1. FINDING THE FIT
The primary purpose of assessment is to understand the “fit” between the identified problems and their broader systemic context.

2. POSITIVE & STRENGTH-FOCUSED
Therapeutic contacts should emphasize the positive and should use systemic strengths as levers for change.

3. INCREASING RESPONSIBILITY
Interventions should be designed to promote responsible behavior and decrease irresponsible behavior among family members.

4. PRESENT-FOCUSED, ACTION-ORIENTED, & WELL-DEFINED
Interventions should be present-focused and action-oriented, targeting specific and well-defined problems.

5. TARGETING SEQUENCES
Interventions should target sequences of behavior within or between multiple systems that maintain the identified problems.

6. DEVELOPMENTALLY APPROPRIATE
Interventions should be developmentally appropriate and fit the developmental needs of the youth.

7. CONTINUOUS EFFORT
Interventions should be designed to require daily or weekly effort by family members.

8. EVALUATION AND ACCOUNTABILITY
Intervention efficacy is evaluated continuously from multiple perspectives with providers assuming accountability for overcoming barriers to successful outcomes.

9. GENERALIZATION
Interventions should be designed to promote treatment generalization and long-term maintenance of therapeutic change by empowering caregivers to address family members’ needs across multiple systemic contexts.

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Multisystemic Therapy: Principles and Process

MST Analytical Process

- Referral Behavior
- Desired Outcomes of Family and Other Key Participants
- Overarching Goals
- MST Conceptualization of “Fit”
- Re-evaluate
- Prioritize
- Assessment of Advances and Barriers to Intervention Effectiveness
- Intermediary Goals
- Measure
- Do
- Intervention Implementation
- Intervention Development

Environment of Alignment and Engagement of Family and Key Participants