



Family Therapy

Systemic Psychotherapy, sometimes called family therapy, is work with family relationships.

Family Therapy can help families when they are feeling overwhelmed, sad and angry, when they are not sure what to do for the best, or when they are stuck in patterns of hurtful, harmful behaviour.

During family therapy, sessions may be arranged with individuals or parents as part of the work, giving a safe, confidential space to explore relationship issues.

“Family therapy helps people in close relationships help each other. It enables family members, couples and others who care about each other to explore thoughts and emotions safely, to understand each other’s experience and views, appreciate each other’s needs, build on strengths and make useful changes in their relationships and their lives.” - Association of Family Therapy.

Sometimes families need help to hear each other, or adapt to different circumstances or life stages, to be able to hear each other’s perspectives and feelings. Systemic Family therapy is useful in allowing all voices to be heard and move away from unhelpful patterns of communication. The therapist will help the family identify goals and hopes for the future and their relationships. Initially it is important to help families stop blaming each other and to begin exploring how everything can work better. Family is defined as a close group and can include whoever you think it would be helpful to attend.

Some areas where family therapy may be helpful:

- Relationship difficulties
- Separation and divorce – couples and children /young people
- Rebuilding trust
- Communication
- Parenting and Step parenting
- Child and adolescent behaviour and family relationships
- Anxiety, depression and loss
- Better family/couple functioning
- Adolescent difficulties
- Supporting sibling relationships
- Work with children and adolescents

<http://www.aft.org.uk/consider/view/family-therapy.html>