Systemic Family Psychotherapy

A Brief Guide to Family Therapy

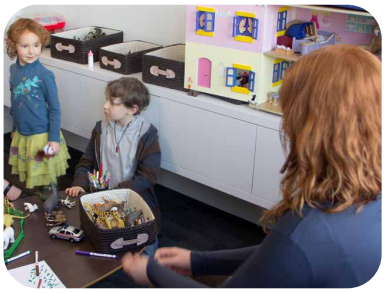
ttc
the therapeutic consultants

Seeking help for your family can feel like a significant step. The following information is offered to help you understand how family therapy works and what you can expect from it. Please do not hesitate to ask if you find anything unclear, or wish to question or confirm any details.

What is Family Therapy?

Family therapists help family members to communicate effectively about the circumstances that are causing problems. They facilitate healthy communication and help families to find alternative ways to express themselves and to function well together.

How can it help?



Often we do not notice the destructive patterns that hold back emotional development and cause family members to become stuck in set ways of functioning, inhibiting psychological growth and the potential of family relationships.

Family therapists are highly skilled at identifying and exploring different dynamics and relationships, and at addressing the impact of problematic behaviours.

They will help you move towards different and more effective strategies for managing yourself and each other, to bring positive change, growth and improved relationships between family members.

What can it help with?

Family therapists work with a wide range of presenting issues, and are experienced in helping families through difficult and sensitive circumstances of all kinds.

They have particular expertise in facilitating communication, and can work with children and adults of all ages.

> Systemic Family Therapy has been evidenced by **NICE** (the National Institute for Health and Care Excellence) to be effective with a range of family difficulties.

What is the process?

Family therapists will begin with an assessment of the difficulties you describe. They will then work with you to develop alternative strategies for managing those difficulties and new ways of living family life together.

This work always takes into account the richness and influence of the contexts we each live within: culture, language, political experiences, extended kinship systems, mental health and wellness, race, gender and sexuality, and disability, and the role these play in how a family functions.

> *The aim is positive change, growth, and improved relationships between family members, with new and healthier ways of living family life together.*

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