The Family Insight Model

Building Understanding & Communication

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the therapeutic consultants

Building A Foundation Within A Family

When you have a child or young person in the family who is struggling, it often feels like the obvious way forward is to get professional help for them. However, in our experience it is important to start with some work which helps to strengthen the family by helping everyone to understand the presenting situation and build communication between each other.

Building A Foundation Within a Family

At TTC, we have developed a carefully considered way of beginning work with families. Our Family Insight Model is an approach that can be a piece of work in its own right, or the start of longer-term work if needed.

The model is designed to:

- Gain a really thorough understanding of the issues that are affecting the presenting child.
- Help the whole family to gain insight into themselves and the way they relate to others in the family.
- Build the foundations for good communication between all family members.
- Give the young person the tools they need to understand themselves and the issues they are experiencing.
- Give parents the support and confidence they need to be able to support their child with the issues they are facing.

At TTC we take a whole-system approach, involving family, school and community where appropriate. This collaborative model strengthens support around the the child whilst significantly improving therapeutic outcomes.

Particularly in short term work, we feel that we give the best chance to the young person and their family if we work with the whole system. This system can then continue to support the child long after the work with us has ended.

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What can I expect to happen in the Family Insight Model?

The Structure of the Work

- Our work will commence initially with the parents/carers.
- We start by gathering information and taking a full developmental history and time line; including addressing and beginning to understand any traumatic events.
- Throughout this phase of this work, part of the intention is to clearly understand the family system, including the parents' own upbring and background.
- The school holds a vital role and is a strong part of the network around the child. For this reason, we will check in with the school at various points in the work. We will liaise with them to help them think about and work with the child and we will use their minds and insights into the child's situation to help us in our work with the child and family.
- It is vital to our work that our therapists are able to think with their supervisor in depth about each stage of the work. The supervisor's mind provides an overview of the work and can see patterns which are emerging.
- Once the initial phase is complete, we will put together a careful treatment plan which could include the following:
    - parent work
    - child and parent work together
    - individual child work alternated with parent work or with parent and child work
    - work with the one parent and the child and then the other parent and the child and then bring all three together
    - any creative version of the above!
- The therapist role forms more of a whole family approach rather than an individual child-centred one.

Once this work is completed we can think carefully with the family about whether any further work would be helpful. While it can be a luxury if resources are short, it is often helpful for young people and/or parents to have further one-to-one therapy to understand themselves in depth. If there is a possibility for a family member to continue with further work, the foundation of the Insight Family Model will help the whole family to understand and support that work.

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