



Family therapy

In family therapy, I included all or most of the members of a family in the therapy process. Because the family has an influence on every member, it can be helpful to focus on the family as a unit instead of just on one individual.

Family therapy and counseling can help families:

- ❖ Work together as a unit to communicate feelings and ideas more effectively
- ❖ Enjoy their time together more-vacations, outings, holidays
- ❖ Develop effective family meetings
- ❖ Gain understanding and education and learn to manage out of control or depressed teen,
- ❖ Gain skills to manage when dealing with divorce or going through trauma and/or high conflict
- ❖ Learn to create structure in your family system

Family therapy can help parents:

- ❖ Understand and work with a child's personality
- ❖ Understand and guide a difficult child who opposes them
- ❖ Gain skills on how to create and maintain a healthy family system

Family therapy can help children:

- ❖ Communicate more effectively with family members and strengthen social skills
- ❖ To communicate with the family about problems in their life and school and feel heard by family members
- ❖ Understand their parents and play a active healthy role in the family system

