



Family Therapy and Systemic Work

What is Family Therapy and Systemic Work?

As individuals, we are surrounded by a number of different systems – we don't live in isolation. The systems surrounding a child, for example, may include school, family, their peer groups, neighbours, healthcare services and so on.

These systems all impact on the child, and the systems may also interact with each other (e.g.: members of the child's family may have interactions with school).

Systemic family therapy aims to identify how different factors affect people within the system. It can work towards identifying patterns in the child's relationships with each of the systems and alter them if they are unhelpful. There is a strong emphasis on strengths, resilience and resources and how everyone contributes to the systems.



What is involved?

There are lots of different approaches within this way of working, including narrative therapy, family therapy and non-violent resistance.

You and your practitioner will together, make a decision about which is the most appropriate therapy option.

Who is it for?

Systemic work and family therapy can be helpful for individuals or the whole family. It can help when a family member is experiencing difficulties such as trauma, OCD, eating disorder, attachment difficulties, anxiety or depression.



If you have any queries about Family Therapy and Systemic Work or your sessions with Psychology Associates, please get in touch with us:

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