

Family Therapy

All families struggle to cope at times, and this can lead to stressed relationships (conflict or withdrawal). Points of life transition, loss and illness (both physical and mental) are particularly hard for families no matter how much you love and care for each other. Family therapy helps improve your understanding and communication as a family and can help reduce the presenting difficulties you are struggling with.

For most people, how we connect with the closest relationships around us is key to our emotional wellbeing. Systemic psychotherapy views all individuals as connected to the systems we live in whether these are families, couples, friendships or wider society. We all have strengths and struggles and those around us can help with better shared communication and understanding.

Family therapy holds relationships as central, accepts all perspectives and uses a compassionate curiosity to help open up conversations that might be too hard to have at home by yourselves. It is a collaborative model which is led by your hopes and respects your best intentions. This approach very much focusses on resilience as well as exploring problematic experiences and interactions. We will talk about the narratives you might hold about yourselves and each other as well as working with connected emotions.

People need to feel safe in therapy and the therapeutic relationship is the foundation for conversations that can create change. Family therapy pays particular attention to power and difference in society and in relationships, including the therapeutic relationship and so we are mindful of this in conversations. Family therapy regularly checks if we are talking about the right things for you and if there is anything the therapist could be doing differently.

The taster/introductory session will carefully explore your needs as a family and how we might best work together. Different combinations of family members can come at different times. If you decide, you do want to continue family therapy, we will agree frequency, number of sessions and a review date. Sessions are usually every two weeks, to allow change to happen in the family between sessions.

Who offers family therapy?

Ali Murphy