

Family Systemic Therapy

Family Systemic Therapy aims to work in partnership with adults and children. The Therapists will work to: build on family members' understanding of how they function as a family unit; develop their strengths and resources, so enabling individuals to support each other. The aim is to identify and challenge family difficulties and the damaging behaviours that may lie behind child and adult distress.

Our family therapy integrates four approaches to working with a family and makes use of a therapy team rather than individual therapists.

Humanistic psychology focuses on the importance of growth and self-actualization. The fundamental belief of humanistic psychology is that people are innately good, or seek to be so, and that mental and social problems result from deviations from this natural tendency. We recognise that people have choices but they don't always make the best choice. This, we recognise, is part of being human – making mistakes. Two major theorists associated with this approach are Carl Rogers and Abraham Maslow.

The key element of **Person Centred therapy** is that the therapist is *non-directive* and encourages clients to lead the discussion. The therapist needs to display three key qualities : *Congruence*, being able to share feelings honestly; show *Unconditional Positive Regard* by accepting the clients for who they are; be reflective, *Empathetic*, acting as a mirror of the client's feelings and thoughts.

Eric Berne developed **Transactional Analysis** with the philosophy that People are basically Okay and that positive reinforcement increases the feeling of being Okay. All people have a basic lovable core and a desire for positive growth. Everyone has the capacity to think and so can decide their story and destiny; therefore early decisions can be changed.

A Systemic Approach focuses on the 'system' rather than the individual. Within a family, an individual's behaviour may be seen as problematic but within systemic therapy it will be seen as an attempt to have their needs met within the family environment. In other words, their behaviour is a response to the family system.

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Monthly meetings with a specialised therapy team promoting wellness within the family

**To find out more contact:
Bohemia on:
01424 722923**

Mental health and emotional well-being are frequently linked to relational difficulties. Relationships can sometimes fuel problems and eventually break down under strain. Yet close relationships can also help people recover from difficulties and improve their lives.

Family Systemic Therapy can be effective across an extraordinarily wide range of problems and circumstances including:

- ✚ Self-harm
- ✚ Domestic Violence and Abuse
- ✚ Family Reintegration, Separation and Divorce
- ✚ Eating Issues
- ✚ Overcoming Physical Health Problems within the family

Family appointments last an hour and twenty minutes (including a short break for 20 minutes). There will be two practitioners working directly with the family during the session with a supporting group observing by video / audio link. The practitioners will meet before and after each session during which time they will combine their knowledge and discuss how they can

best support the family. The number of sessions can vary considerably. The assessment stage of therapy may take two or three sessions. Sessions will be reviewed after every six sessions. Therapeutic letters with a summary of discussions may be sent after a session. Sessions may involve talking, art, craft or other creative activities to meet the needs of individual families and the therapeutic aims.

Why use more than one therapist

By working as a team, rather than an individual therapist, we bring a balance to the process. This is normally reflected in the gender of the practitioners.

Confidentiality

Confidentiality is fundamental and is only ever broken by practitioners if a member of the family is considered to be at serious risk of harm. Practitioners' professional responsibility requires adherence to the codes of conduct and ethics of BACP. Supervisors are bound by the same agreement.



"Your problems make my fee seem insignificant."

Although the service is free clients' are welcome to make donations

"We recognize how much we can achieve when we work together as a team supporting each other. This applies to the family and is reflected within the therapeutic team."

Contact Bohemia on:

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