

# Adult Family Therapy

Helping families affected by  
mental health problems



**Caring, Learning  
& Growing Together**

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# Adult family therapy team

To help you think about a referral to us, we wanted to explain a little more about our service and how we may work together.

## Who we are

We are a team of professionals that specialise in working with families. The team includes family therapists and staff from different health and social care professions who have undertaken, or are undertaking, additional training in family therapy.

## What is family therapy

Family therapy uses the personal experiences and knowledge that individuals, couples and their families have about themselves and each other. Family strengths are used to find new solutions to problems.

A small team is used to add to the ideas and suggestions about ways of approaching these problems.

## Why family meetings

- Families can make a valuable contribution towards helping one of their members because of how well they know each other.
- Problems and difficulties can impact on the whole family.

## Who should I bring to meetings

You are invited to bring anybody to your meetings who you think would be helpful to involve in discussions. These people could include relatives, such as parents, children, grandparents, partners and siblings. They may also include other people who are important in your life, such as friends or other helpers.

## **What happens in the meetings**

At your first meeting, our team will introduce themselves and give you information about the service.

Your family will be able to ask questions and decide if you wish to continue with family therapy.

There is no fixed format for family meetings as team members will try to adapt the way they work to the needs and preferences of the family.

A member of the team will talk with you about the things that are important to you and will ask questions which enable new ways of viewing the situation. The other team members will listen carefully to this conversation so they can generate ideas which they will then share with you.

Family therapy sessions can take place in an NHS building or online. Each meeting lasts about an hour and the number of sessions that occur will vary according to individual needs.

## **Confidentiality**

Information your family shares with the family therapy team will be treated as confidential between any professionals already involved in your care. The only exception to this is if during the discussion the possibility arises that somebody may be at risk of harm. In this situation it may be necessary for the team to involve one of the statutory agencies such as social services or the police.

## **Helpful website**

- [www.aft.org.uk](http://www.aft.org.uk)

# CONTACT US

If you would like any further information about family therapy, please ask your care co-ordinator to arrange for you to meet a member of our team.

## Patient Advice and Liaison Service (PALS) and Complaints

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