

## Family Counselling

Family counseling, also known as family therapy, is a form of psychotherapy that focuses on improving communication and resolving conflicts within family units. It involves a trained therapist who works with the entire family system to help members understand and address their emotional and relational dynamics. The goal is to enhance the overall functioning of the family, foster healthier relationships, and create a supportive and harmonious environment for everyone involved.

Seeking counselling or psychotherapy doesn't mean there's anything wrong with you or your family. It's a way to get additional support when you need it, just like how you might have asked for help back in school or at work. Our role is to support you in your journey to emotional well-being and personal growth.



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Here's some of the things you can expect from counselling:

1

### Supportive and non-judgmental environment

During family counselling sessions, a safe and non-judgmental space is provided for all family members to express themselves openly. We (the therapist) facilitate discussions and ensures that everyone's feelings and opinions are respected.

2

### Identifying issues

We help you as a family to identify any underlying issues or conflicts that may be causing tension or distress within the family. This could include communication problems, unresolved conflicts, behavioral issues, or major life transitions, such as divorce or loss.

3

### Communication improvement

Effective communication is a key focus of family counselling. We guide you all in expressing your thoughts and emotions more clearly, listening actively, and understanding each other's perspectives.



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### Problem-solving strategies

We assist you as a family in developing constructive problem-solving techniques. By learning how to work together to resolve conflicts, you can develop healthier coping mechanisms for future challenges.

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### Roles and boundaries

We help clarify roles and boundaries within the family structure. This can lead to a healthier balance of responsibilities and expectations among family members.

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### Coping with change

Life events, such as a family member's illness, relocation, or loss, can be emotionally challenging. We can help you navigate through these changes and adjust to new circumstances.

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