



What is family therapy?

Our relationships are what matter most to us. Family therapy helps people in close relationships help each other. It enables family members to express and explore difficult thoughts and emotions safely, to understand each other's experiences and views, to appreciate each other's needs, to build on family strengths and make useful changes in their relationships and their lives.



Who do we help?

We recognise that family can mean different things to different people. In our sessions we can meet with whoever is important to you. We see individuals, couples, children of all ages, grandparents, siblings, adult children with their parents, looked after children, aunts, uncles, friends, carers and other professionals.



What problems do we help with?

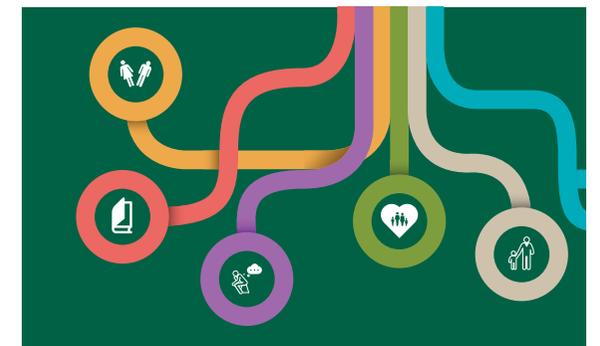
Research shows family therapy is useful for a wide range of difficulties and experiences:

- Family communication problems
- Child and adolescent behaviour problems
- Parenting issues
- Mental health problems of any family member
- Eating disorders
- Couple relationship difficulties
- Physical illness and disability
- Intellectual disability
- Separation, divorce and step family life
- Fostering, adoption, kinship care
- Death of a family member
- The experience of immigration and issues faced by refugee families



What do we do?

In a session lasting about an hour a family therapist meets with you and those close to you that you wish to bring. Our aim is not to take sides, blame, or provide simple answers. Discussion may focus on present day problems, about who says and does what and when. Sometimes it is useful to talk about people's past experiences and deeper values. We acknowledge the importance of people's different beliefs, cultures, contexts and life experiences and bring these into our sessions. Sessions involving children will often involve drawing and playing. We try to work with a colleague or a team when we can in order to be more effective in finding ways forward with families.



Confidentiality

Everyone who works at Couple Counselling Lothian is bound by a code of confidentiality and will not give your name or any information about you to anyone outside Couple Counselling Lothian without your permission. The only time we would break this code is if a child is at risk or we believe an adult is at risk of serious harm.