

## Psychological Therapy Factsheet 11



This factsheet is about **Family and Systemic Therapy**. We call this **Systemic Therapy** for short. **Systemic Therapy** is a **psychological therapy**.



**Psychological therapy** is treatment to help you feel better in your mind.



A **therapist** will help you with your treatment. A **therapist** is someone who has been trained to help people with their thoughts and feelings.

## What is systemic therapy

**Systemic therapy** is about families and relationships between people, particularly in families. This kind of therapy helps people to understand their family better.



**Systemic therapy** gives support to people who feel stressed in their family so they can feel better in themselves. This is called **wellbeing**.



**Systemic therapy** can help children and adults to work out their differences and get on better with each other.



Some people may find it harder to get on with their family and work things out. **Systemic therapy** can help everyone to understand each other better





## How systemic therapy helps you

**Systemic therapy** helps you to share your thoughts and feelings with your partner or family.



**Systemic therapy** helps you to understand how you get on with your family so you can make changes for the better.

**Systemic therapy** helps couples, families and other people close to you, to get on better.



## What happens in a systemic therapy session

Your family therapist will talk to you and your family about how you want to work together.

They will talk to you all about how you would like to share your thoughts and feelings so that everyone feels OK.



Some families will work things out quite quickly but others might take longer.

Your therapist will talk to you and your family to decide how long you need to come to the therapy session.



The session will last for between 45 minutes and 90 minutes – this is one and a half hours.



Your therapist will work with you and your family. This might include other people you care about like grandparents, cousins, carers and friends.



You can find out more about **psychological therapy** and **family systemic therapy** by going to this website

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