

## What is Family Therapy?

Family Therapy is a way of helping you solve your difficulties with the co-operation of those closest to you. It focuses on your strengths, and on creating a safe environment where problems can be discussed.

You may find it very supportive to have your family understand what you are going through, give you encouragement and assist you with everyday life.

## Understanding

It is often the case that family and friends don't understand your difficulties or recognise your symptoms.

With the help of the family therapist, you can explain and talk openly about your symptoms, and the specific support you would like to have from family and friends

## Support for the family

Sometimes, family and friends can find the behaviour of a relative with a mental illness difficult. This is normal and a family therapist can help a family understand these reactions.

The family may also be unsure about how best to support their relative, and this can be discussed in the therapy sessions so that everyone feels confident and positive. Through the therapy, the family is shown how to support each other,

# Family Therapy Fact Sheet

## Family Therapy at CAMHS

At your appointment, it will be discussed whether family therapy would be beneficial to you and your family.

We have a qualified Family Therapist that will take you through the details and make you feel comfortable with the service.

<https://www.westlondon.nhs.uk/patients-and-carers/treatments/family-therapy/>