



KALPAXIS LEGAL

# MARRIAGE AND FAMILY THERAPY

"WE CAN'T SOLVE PROBLEMS BY USING THE SAME KIND OF THINKING WE USED WHEN WE CREATED THEM"  
- ALBERT EINSTEIN

## WHAT IS MARRIAGE AND FAMILY THERAPY (MFT)

Marriage and family therapy (MFT) or Family Counselling are forms of psychotherapy that seeks to improve the interactions amongst members of a family or similar close relationship in order to improve their functioning both as a unit and as individuals. This type of therapy is also called Systemic Therapy. Systemic therapy refers to therapy that explores dynamics, relationships and interactional patterns between people.



## WHAT HAPPENS?

8-10 solution focused sessions ranging from 45 min to an hour. The therapist meets with the members in a group setting and potentially individually. Family behaviours will be illuminated of contributing factors to certain issues. They're made aware of communication styles, emotions, roles and emotional triangles.

## WHAT DOES IT ACHIEVE?

The goal is to address and solve conflicts by using improved communication and better understanding of the family situation. Since family members are together, effective solutions are more able to be achieved. Family members explore their own individuality within the family dynamic. The therapist views the family as a whole organism with which people's behaviour within affect one another.



## WHO IS A MARRIAGE AND FAMILY THERAPIST?

They are a mental health practitioner that is: highly specialised having had:

- a master's or PHD degree
- specialised training in the form of 2 years of 3,000 clinical hours of supervised experience
- passed a state licensing or Association of Marital and Family Therapy Regulatory Board exam.

## WHEN TO USE FAMILY COUNSELLING?

It can be used for a wide variety of both physical and psychological problems including: marital/couple conflict, parent/child conflict, alcohol and substance abuse, sexual dysfunction, grief, anger management, eating disorders and mental health issues such as depression, anxiety and schizophrenia.

No matter what you think your issues presently or in the future might be, it is always beneficial to visit a marriage and family therapist.



## WHAT ABOUT MY FAMILY?

Different people have different families. There is no one definition of family.

At Kalpaxis Legal we recognise that families can be a mixture of a wide variety of things and that people come from different backgrounds and circumstances.

CREATED BY KALPAXIS LEGAL

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