

# Family therapy

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# Definition

- Family therapy is a type of psychological counseling (psychotherapy) that helps family members improve communication and resolve conflicts.

# Why it's done

- Family therapy can help you improve troubled relationships with your spouse, children, or other family members. You may address specific issues such as marital or financial problems, conflict between parents and children, or the impact of substance abuse or a mental illness on the entire family.

# How you prepare

- You can ask your primary care doctor for a referral to a therapist. Family members or friends may give recommendations based on their experiences. Your health insurance company, employee assistance program, clergy, or state or local mental health agencies also may offer recommendations.

# What you can expect

- Family therapy typically brings several family members together for therapy sessions. However, a family member may also see a family therapist individually.

# Results

- Family therapy doesn't automatically solve family conflicts or make an unpleasant situation go away. But it can help you and your family members understand one another better, and it can provide you with skills to cope with challenging situations in a more effective way.