



SYSTEMIC FAMILY PRACTICE

What is Systemic Family Practice?

People have different ideas about what 'family' means. Family is used to describe any group of people who care about each other and call themselves a family. We respect the importance of each person's beliefs, culture, life experiences and will deliver our sessions with this in mind ensuring we meet the needs of the family.

Systemic Family Practice enables family members to express and explore difficult thoughts and emotions safely. By understanding each other's experiences and views and appreciating each other's needs we can build on family strengths and work together to make useful changes.

Systemic Family Practice can help your family if you are facing difficulties such as:

- Worrying about a child(s) behaviour.
- Parents who want to divorce or separate in a way that focuses on their children's needs and happiness.
- Facing special challenges like mental/physical illness, bereavement, family conflicts, trauma, substance misuse.

What our Systemic Practitioners do;

- Encourage everyone in the family to talk about their experiences, the challenges they are facing and to listen to everyone else.
- Help families to stop blaming each other and to begin exploring how everyone can work together towards their hopes to make things better.
- Help people to understand the effect their words and actions have on everyone else in the family.



QUOTES FROM THE FAMILIES SUPPORTED BY CANW:

**The most positive experience
we have had to support us with
concrete tasks and we have seen
the results with the children.**

**The support has helped me identify my need
for respite and how to put this in place.
In addition my confidence in my abilities to
parent my children has grown dramatically
and I am enjoying life with them. Thank you**

**Thank you for your support and
patience in making myself and
my children feel comfortable
talking between us as a family
and exploring how we feel.**

IAPT

**Our Systemic Family Practitioners
work within the 'Improving Access to
Psychological Therapies' (IAPT) model.**

We are able to offer therapeutic support
for families experiencing a range of mild to
moderate mental health problems.

The term 'Systemic Practitioner' refers to
a person who has completed a Family and
systemic Psychotherapy to intermediate level.

**CALL TODAY ON
01254 692709
www.canw.org.uk**

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CANW

Child Action Northwest