



Family therapy word search

D	M	Y	F	U	N	N	Y	D	X	F	S	K	S	P
H	E	B	P	D	U	M	D	C	U	D	Y	H	S	J
T	O	T	Q	P	H	N	A	Y	N	I	A	P	O	O
M	W	X	I	Z	A	C	A	E	Z	K	D	F	R	K
L	O	O	H	C	S	H	I	Z	S	W	I	A	C	E
H	N	Z	F	Q	X	R	G	C	Y	B	L	M	L	Z
J	O	A	O	N	F	E	A	R	F	R	O	I	Y	S
Q	B	M	N	H	Q	R	G	J	V	O	H	L	J	U
B	R	Y	E	R	E	N	X	C	S	Y	G	Y	R	Y
O	O	Q	C	D	A	J	O	D	O	R	M	L	I	U
R	T	D	E	I	R	R	O	W	A	U	D	A	D	E
D	H	E	B	Q	M	D	W	N	S	I	S	T	E	R
A	E	N	V	U	Z	L	D	V	W	C	R	I	O	K
S	R	B	M	C	Q	A	Z	E	G	Q	M	I	N	D
G	H	H	E	O	D	I	L	D	X	X	A	Z	W	S

Can you find these words:

- BROTHER
- SISTER
- JOKE
- CROSS
- HOME
- NAN
- DAD
- MUM
- EXCITED
- FAMILY
- WORRIED
- COUSIN
- SCHOOL
- CARED
- FUNNY
- GRANDAD
- ANGRY
- HAPPY
- SAD
- FRIENDS
- HOLIDAY

How can I contact the team?

For more information, call the team on:

- Walsall – 01922 607 400
- Dudley – 01384 324 689

How do I give feedback about the service?

If you have a suggestion, compliment or concern about the service, please speak with a member of the team. Alternatively, you can contact the Service Experience Desk (SED) which is the central point of contact for all concerns, enquiries, formal or informal, complaints, compliments or suggestions. We welcome any comments you may have on the service we provide. You can contact SED on:

Tel: 0300 555 0535

Email: SED@dwmh.nhs.uk

Address: Service Experience Desk,
Second Floor, Trafalgar House, 47-49 King
Street, Dudley, DY2 8PS

If you require this leaflet in another language or format such as large print, braille or easy read please contact the communications team on 01384 325022 or email communication@dwmh.nhs.uk.

Leaflet Control

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Family Therapy Clinic

Information for children and young people



*Families come in all shapes
and sizes*



Why are we having family therapy?

A family is a bit like a sports team or group. When everyone is getting on well, things are okay. If someone is upset, angry or injured, then the rest of the team is worried and does not play as well. All sorts of things can affect a family and how they get along.



When a family comes to the family therapy clinic together, we can help them learn how to help each other solve their problems.

What is the goal?



When you come to see us, everyone will get a chance to say what they want to change.

This helps us know what is important to your family.

Only you, your family and the people who asked us to help you will know you are coming.

Why is there a family therapy team?

Seeing the family therapy team is a bit like having your own team of coaches to help your family. The team is not there to judge you, but to help you and your family find ways of doing things differently. You will have an opportunity to meet the team before the session starts.

Who will come with me?

Anyone in the family who is concerned about how things are going can go with you to family therapy.

Think about the people who live with you. Who would you most like to be in your team? Does your family have supporters or fans? Is there anyone else who would have something important to say about how your family is working together?

People may have different ideas about what might help. We think it is important to hear different ideas and talk together. This can help us all work out the best way to make things change.

Who will I see?

Family therapists often work in a small team. The team usually sit behind a special mirror. You can have a turn at looking through the mirror so that you know where the team will be and what they will see.

What happens in my session?

The session will usually last between 60 and 90 minutes.

We might see everyone together, or just the adults, or each person individually at different times. Talking and listening together helps the family understand how each person sees their place in the team and helps the family work together better.

Sports coaches sometimes record what happens during training. We like to do this as well. Recording what happens in the room helps us to think about how we can help you and your family. We only do this if your family agrees. We won't show the video to people outside our team without your permission.

Tell us what it was like

We want to know what you think about our team and whether you found us helpful.

If you have any questions please ask them. You might want to write down your questions so you remember them when you come to see us.

You'll notice that we ask lots of questions too.

Confidentiality

The Family Therapy team normally keep everything anyone shares private. Sometimes they might have to tell other people helping with your care or who need to know.

We would normally talk to you about this first.