



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

All of our staff are required to abide by a strict code of conduct on confidentiality. At times we may need to share information in relation to safeguarding with colleagues within and external to Dudley and Walsall Mental Health Partnership NHS Trust.

We would normally talk to you about this first.

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 parents and carers



*Families come in all shapes
and sizes*



What is family therapy?

In family therapy, we try to help people in families work together to tackle problems that are affecting them. We recognise that families have resources and strengths which can be used when working like this.

Often children and young people who are referred are upset or are upsetting others. It usually turns out that one problem is affecting the whole of family life. This problem can influence relationships within the family.

Family therapy clinics see all sorts of families. Families come in lots of different shapes and sizes, including:

- Two-parent families
- Families where childcare is shared between different people
- Families with same-sex partners
- Foster families
- Refugee families
- Lone-parent families
- Families which bring together children from different relationships

We see families from all cultural backgrounds and can work with interpreters when necessary.

What happens in a family therapy session?

Before your first session, we ask you to fill in a questionnaire about your family.

You will be invited to a meeting which usually includes both the children and parents/carers. If you are not sure who should come, we can discuss this with you.

You will see the same therapist each time and they will explain how we work. Basically, this involves a therapist talking with all of you. They may use a team to help.

We use teams in different ways and the therapist will discuss this with you. The team may be in an adjoining room behind a screen that looks like a mirror. They may also come into the therapy room.

The sessions will usually be between 60 and 90 minutes long.

Who can attend?

The therapist will invite the family to choose who will come to each session. This might not be the same people each time. The therapist may want to help you think about other people you could invite.

Who might be in the team?

Your main contact will be a named family therapist trained in family and systemic psychotherapy. Our therapists work with a team of people which might include

specialist nurses, social workers, psychologists and doctors who work in CAMHS. Some of these people may be trainees.

Why are sessions recorded?

The team may record sessions onto video with your consent. You have the choice to refuse.

The therapist will make sure that any recordings are kept confidential and held in a secure place. These recordings help the therapist and team think about your family in between sessions. We can look back over previous sessions and prepare for our next meeting with you. Sometimes we will invite you to review a past session with us.

Preparing for family therapy

You may sometimes find family therapy sessions emotionally challenging and distressing.

Some individuals within the family may experience disruption in aspects of their life, such as relationships, parenting and work.

Some families may feel the benefits of Family Therapy after just a few sessions; others may need more sessions over a longer period of time.