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# Family Therapy

## + Benefits

- Empowerment to make change. 
- Improve Communications
- Opportunity to Grow Closer

Family therapy involves the whole family working to tackle the problem(s) from the perspective of a family or working system. Family Therapy can help with individual issues as well as relationship issues. A huge part of family therapy is empowering one another to make changes and improving communication as well as strengthening relationships. Family therapy is a great opportunity for families to grow closer and stronger.



### Beneficial When...

Along the way, family members often see how they can help solve problems by making changes of their own. Family Therapy is highly recommended in the following situations:

- A recent stressor or loss to the family as whole. A situation where a big event or change is causing the entire family to adjust and manage (i.e. a death in the family, the blending of families/adding new parents or siblings, an evolving health concern for a family member)
- Transitioning kids in or out of a home (i.e. Adoption, Child Removal, Transitioning into/out of Foster Care, Change of Caregiver)

Any time therapy is being provided for minors, it is beneficial to involve the family in the therapeutic process.

*FAMILY THERAPY IS OFTEN OFFERED IN CONJUNCTION WITH OTHER THERAPY SERVICES, A PERSON MAY RECEIVE BOTH INDIVIDUAL AND FAMILY THERAPY OR OTHER THERAPY SERVICES AND FAMILY THERAPY.*



### Friendly Therapists and Staff

Our Mission is to provide consistent and high quality counseling and therapy services to children and adults of all ages in a warm and non-judgmental environment.

*BRIGHTER FUTURES COUNSELING, PLLC PROVIDES THERAPY SERVICES FOR ALL AGES. WE PROVIDE INDIVIDUAL, FAMILY, GROUP, AND COUPLES THERAPY AS WELL AS OFFER CLASSES TO HELP WITH PARENTING, ANGER MANAGEMENT, AND DOMESTIC VIOLENCE ISSUES. WE ACCEPT MOST MAJOR INSURANCES INCLUDING ALL MEDICAID COMPANIES. SELF PAY OPTIONS ARE ALSO AVAILABLE.*

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