

Who is this service for?

This service is for any family who is experiencing difficulties.

User's Comments...

"I had a better understanding of parenting and how I could help my child."

"They understood the complicated nature of our family."

NewLife
counselling

NewLife
counselling

"we're listening"

Contact Details

For further information or to make a referral, please contact:

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Hello.

We're New Life Counselling,
we're here to help you.

What is Family Therapy?

Most families experience serious difficulties sometimes. If it feels like family relationships are suffering, if you're no longer sure what to do for the best or family members seem stuck in repeating patterns of hurtful or harmful behaviour, Family Therapy may help.

What is Family Therapy?

Families are small and unique communities. Like all communities they sometimes get into difficulties through their differences with one another, or feel the strain when members experience troubles.

Family Therapy helps people in close relationships to each other. It is useful for children, young people and adults experiencing a wide range of difficulties and circumstances, as well as relationship problems.

"They did not make me feel bad about my situation."



Building Family Strengths

How might it help me and my family?

Family Therapists are highly skilled professionals, trained to work with children, young people, adults, carers and other agencies.

Research shows Family Therapy:

- **Enables** people in close relationships to help each other
- **Builds** family understanding and strengths
- **Promotes** mental health, well being and recovery
- **Develops** individual and family resilience
- **Prevents** family difficulties escalating into crises

"I was able to share my feelings with my family."

"It helped me understand my child better."

What happens in Family Therapy?

Family Therapists work in partnership with families. Our aim is not to take sides or to blame. Rather we aim to create an understanding of what the difficulties are and the resources available to the family before identifying possible solutions.

We acknowledge the importance of peoples' different beliefs, cultures, contexts and life experiences and will adapt our ways of working according to family members' ages, needs, resources and preferences. Sessions involving children, for example, will often include play and drawing. We will discuss with you and your family how you might wish to work together.

