



What is Family Therapy?

Family Therapy is a short-term, intensive support service designed to help parents, caregivers, and their children to communicate, connect and problem-solve as a family to overcome life's challenges as they arise.

This service is available to families experiencing multiple and complex challenges that might make it harder to provide a safe and stable home for children. This intense, yet short-term, program achieves long-term change for families who repeatedly experience the same challenges and feel stuck in patterns that don't seem to shift.

We can help with:

- ♥ supporting you to develop better relationships in your family.
- ♥ learning new skills to address and reduce conflict.
- ♥ collaboratively problem-solving everyday challenges.
- ♥ improving communication between family members, extended family, schools and community.
- ♥ building trust, respect and understanding within your family.
- ♥ having everyone in your family feel heard.
- ♥ creating sustainable change and connection to reduce the need for services in the future.

How does it work?

The Family Therapy team utilises Functional Family Therapy - Therapeutic Case Management (FFT-TCM). This program engages families in a structured therapy process. The model is proven to enhance families' wellbeing and work in a way that empowers and respects each family's individual needs and culture.

How long can we get support for?

Family Therapy typically provides support to families for 6-9 months; however this is often dependent on each family's needs.

How often will we see our child's therapist?

Sessions typically last for 60-90 minutes and can occur once or twice per week. As family therapists, we love to have the whole family involved in sessions and will aim to match the content and discussion to the age and development of the children and young people in the home.

Where do we meet?

Our therapists can do face-to-face sessions within the family home, at an Act for Kids centre, or at a mutually agreed location in the community. During the first visit, we will discuss where is the most comfortable location for you and your family.



Learn more at actforkids.com.au

Act for Kids Limited. ABN 98 142 986 767.

