



FAMILY THERAPY

CHILD STUDY & TREATMENT CENTER (CSTC)



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Overview of
Services by
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FAMILY THERAPY GOALS



At CSTC we use evidence-based treatment principles to assist family members in the process of building, re-establishing, or strengthening healthy relationships.



FAMILY THERAPY GOALS (CONT.)

Family therapy seeks to facilitate healthy interactions that can lead to the successful reintegration of the patient into the family.



FAMILY THERAPY GOALS (CONT.)



Family therapy acknowledges that each individual influences the family unit and that the family unit influences each individual. Therefore, treatment may focus on skill development for the patient, parent(s), siblings, extended family, or other members of the community who play a role in the care/support of the patient.



FAMILY THERAPY GOALS (CONT.)

Areas of Skill development may include:
Communication, Conflict resolution, or
Refining/Expanding parenting
techniques.



ROLE OF THE FAMILY THERAPIST

- Provide Emotional Validation & Support to Parents/Guardians
- Plan and Facilitate Patient and Family Contact
 - Examples: Family Visit, Grounds pass, Off-campus day pass, Overnight pass
- Help Patient Transfer or Adapt CSTC Successes to the Home and the Greater Community
- Help Parents/Guardians Feel Empowered in Their Interactions with Their Children and the CSTC Staff



ROLE OF THE FAMILY THERAPIST (CONT.)

- Help Facilitate or Improve Communication Between Family Members
- Provide Psychoeducation to Child and Adult Family Members (e.g., explain psychological testing results or psychiatric diagnoses)
- Create Safety Plans for Therapeutic Leaves (i.e., “passes”)
- Help Families Develop and Implement Interventions that Meet the Patient’s Current Treatment Needs



ROLE OF THE FAMILY THERAPIST (CONT.)

- Depending on the Family's Needs, the Family Therapist May:
 - Meet with the patient and parent(s)/guardian(s)
 - Meet with the parent(s)/guardians(s) only
 - Meet with the patient and sibling(s)
 - Meet with the patient and extended family or community member(s)
 - Meet with extended family or community member(s) only



FOR MORE INFORMATION...

CSTC FAMILIES: If you have questions or feedback please contact your Family Therapist or your Program Director.

Questions?

Comments?