

Systemic Family Psychotherapy

Systemic family psychotherapy helps people in close relationships to better understand and support one another. It enables family members to express and explore difficult thoughts and emotions safely, understand each other's experiences and perspectives, and work together to make helpful changes in their relationships and daily lives.

Family therapists respect each person's beliefs, culture, and experiences, and will adapt their approach to suit the ages, needs, and preferences of the family. The focus is on moving forward, although it can sometimes be important to reflect on past events and how they influence the present.

Who is involved?

People have different ideas about what 'family' means. Here, 'family' refers to any group of people who care about each other and see themselves as a family. Alongside parents and children of all ages, sessions may include grandparents, siblings, extended family members, friends, carers, or other professionals — whoever is important to the family.

We can meet with children or adults individually, with family members together, or offer a mixture of both if helpful. Family therapists also work with couples, including parents of children and young people we may be supporting.

Sometimes the family and therapist may choose to involve other people, such as school staff or professionals who know the family well and can contribute to the discussion. These meetings can be very helpful in supporting change.

What do we offer?

Dr Carina Embeita is a Family Systemic Psychotherapist and a registered member of the United Kingdom Council for Psychotherapy (UKCP). She offers couple and family therapy sessions in person in Ipswich, or online where appropriate.

Following an introductory meeting to discuss your needs, therapy usually involves six weekly or fortnightly sessions.

After these six sessions, Carina will review progress with the family and decide together whether further sessions would be helpful. Some families find that only a few sessions are needed to create meaningful change, while others may benefit from a longer period of support.

Family Systemic Therapy can be helpful for:

- Families facing challenges such as mental or physical illness, bereavement, conflict, cultural transitions, or trauma

- Families who are worried about their children's behaviour
- Families who are fostering or adopting
- Any family who would like support to talk about difficult topics in a safe, open, and constructive way

Family Systemic Therapy does not aim to “fix” a problem within one individual. Instead, it works with the whole family to find new ways of relating and supporting one another.

The therapy process

Systemic Family Therapy is offered by Dr Carina Embeita, UKCP-registered Systemic Family Therapist. After an introductory meeting, if Systemic Therapy is agreed to be a suitable approach, Carina offers blocks of six sessions of up to 90 minutes each. A review will take place after these sessions, and further sessions can be arranged if needed.

In-person sessions take place in Ipswich. Online sessions may be offered where appropriate.

Clients will be asked to read and sign a therapy agreement.

Confidentiality, records, and personal information

Information about clients is held in confidence and in accordance with Carina Embeita's Data Protection Policy, available at www.carinaembeita.com. Information will only be shared if required by law or safeguarding duties. With clients' consent, information may be shared with other professionals involved in supporting the family.

Cases may be discussed anonymously in professional supervision, as required by UKCP.

Records are kept securely for four years after therapy ends, after which they may be destroyed.

Terms and Conditions

- *The therapy process*

Systemic Family Therapy is offered by Dr Carina Embeita, UKCP registered Systemic Family Therapist. After an introductory meeting, if it is agreed that Systemic Therapy could be a helpful approach, Carina offers blocks of 6 sessions of up to 90 minutes each. A review of progress will be carried out after these 6 sessions and more sessions can be agreed if needed, after this. In person sessions take place in Ipswich. Online sessions may be offered, if appropriate.

Clients will be asked to read and sign a therapy agreement.

- *Confidentiality, records and personal information storage*

The information held on clients will be held in confidence and in accordance with Carina Embeita's Data Protection Policy, which is available on her website: www.carinaembeita.com,

unless she is required to disclose any or all of it by a Court of Law or other statutory duty such as safeguarding obligations. Information will not be shared with any organisations or other professionals without the consent of the parent/client. Cases may be discussed on an anonymized basis as part of professional supervision sessions, as required by the professional regulatory body (UKCP).

Current Therapy Fees:

Please note that fees are subject to change. Fees will be discussed at the introductory session.

Couples

Introductory online meeting (30 minutes): free of charge

In person: £100 per session, payable in blocks of six with a 10% discount (£540 total)

Extra sessions: £100

Online: £85 per session, payable in blocks of six with a 10% discount (£459 total)

Extra sessions: £85

Families (more than two people)

Introductory online meeting (30 minutes): free of charge

In person: £120 per session, payable in blocks of six with a 10% discount (£648 total)

Extra sessions: £120

Online: £100 per session, payable in blocks of six with a 10% discount (£540 total)

Extra sessions: £100.

Please note:

Online sessions may not always be appropriate. Suitability will be discussed at the initial introductory meeting.

Therapy commissioned by statutory organisations (e.g., Social Services) may be charged at different rates. Please contact Carina for details: enquiries@carinaembeita.com

Contact

For more information, please visit: www.carinaembeita.com

Or email: enquiries@carinaembeita.com stating your name and a brief summary of the issue you would like support with.

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Carina Embeita
Psychology and Therapy