

Coming to Family Therapy



What is family therapy?

Family therapy is a way for families to talk together and get help when things feel tricky. You'll meet someone called a family therapist who will listen to you and your family. They'll help everyone understand each other better and find ways to make things feel a bit easier.

Sometimes you'll be with some of your family, sometimes all of them, and sometimes just you and the therapist — if you're okay with that.

There might be one therapist or two. They're there to help.



Why am I coming here?

You're not coming because you've done anything wrong. You might be feeling sad, worried, or unsure how to talk about things. Or maybe someone in your family wants help finding new ways to talk and understand each other.

Lots of children feel nervous at first — that's totally okay.

Other children have said:

- “I like coming because I get to express my feelings and somebody listens to me.”
- “Give it a chance and you might like it.”
- “Scared, but I like that me and my sister can say how we feel.”



What happens in therapy?

You'll be in a quiet room with comfy chairs. You and your family might:

- Talk about how things are going
- Do activities or games
- Share your thoughts and feelings
- Get ideas and tips to help with problems.

Your therapist will listen carefully and take your feelings seriously.

Other children said:

- “Just be yourself.”
- “They’re trying to help you.”
- “Don’t feel scared or embarrassed. Just say what’s on your mind.”



What will my therapist be like?

Your therapist will be kind and caring. They'll help you understand your feelings and talk with your family.

They might be a man or a woman, and sometimes there are two therapists.

Other children said:

- “My therapist listens and doesn’t judge me.”
- “They’re nice and understand you.”
- “I like talking to someone who gives me time.”



When will I come here?

You might come once a week or less often. It could be during school time or in the holidays. Your family will get a letter with the date and time.



What's it like coming here for the first time?

It's okay to feel shy or nervous. The building might look grey outside, but inside it's colourful and welcoming.

When you arrive:

- A friendly receptionist or therapist will say hello
- You might wait in a room with books, toys, and comfy seats
- Then your therapist will take you to the therapy room

Other children said:

- "I like reading comics in the waiting room!"
- "The people are really nice."
- "It's better than I thought."