

Family Systems Therapy

Family systems therapy is a form of psychotherapy that focuses on the family as a whole unit. The approach views the family as an emotional unit, and individual behavior must be considered from the context of the family. Individual members are influenced by their family, but each person also influences their entire family. Therefore, if the individual changes, the whole family changes either positively or negatively.

The family is more than the sum of its parts. When something affects one family member, it impacts every other member of the family. In the same way, when a family is strong and stable, it can provide balance and support to a family member experiencing problems.

This approach to therapy considers how generational, social, community and cultural factors influence individuals and families. Healing may require getting connected and getting support from all these areas.