



**Southern Health**  
NHS Foundation Trust

## Leigh House Hospital

### ***FAMILY THERAPY***

Our family therapist is available as part of our multi-disciplinary team. She can offer appointments to a variety of family members depending on what will be most helpful. This may include individual, parental/couple or sibling sessions, or a combination of these.

Multi-family Therapy group work is also provided as part of an evidence based treatment programme for Anorexia Nervosa and is led by our family therapist.

Family therapy sessions focus on the positives, strengths and hopes in your family as well as offering an opportunity to explore the challenges you are facing. Our family therapist will think with you about communication between family members, and how your family can achieve your shared goals for change; this may include thinking about the impact of your young person's illness on family life.

Family therapy can help families when they are feeling overwhelmed, sad, angry and unsure what to do for the best; or when they are stuck in repeating patterns that no longer work for them.

Our family therapist also provides input into assessments and clinical team discussions.

We have leaflets explaining more about family therapy, please ask at reception.