

**Family Systems Therapy**

We use the techniques of Family Systems therapy to view our clients problems within context of their family as apposed to behavior of a particular family member. As a Family Systems therapist we look specifically at the dynamics of the family to try to understand their functioning and problems. We view the family members as part of a complex system with their own patterns, language, rules, roles, beliefs and particular needs. As Family Systems therapists we help the individual members understand how their own childhood family operated, the impact of that role in that system, their family rules and expectations, and how that experience has shaped their role in their current family and its functioning.