



Child and Adolescent Mental Health Service (CAMHS)

# CAMHS family therapy and consultation

## What is family therapy?

Family therapy helps people in close relationships to help each other. It enables family members to express and explore difficult thoughts and emotions safely, to understand each other's experiences and views, and appreciate each other's needs and make useful changes in their relationships and their lives.

## What do family therapists do?

Family therapists help family members to share their views and to feel heard and understood. Their aim is not to take sides, blame or provide simple answers. Family therapists help families to think about their strengths, helping families find their own answers.

Sometimes young people may be worried about having a family discussion. However, family therapists are skilled in managing the kind of differences of opinion and stressful feelings which may sometimes be produced by these discussions.

## What to expect in family therapy

To begin with an appointment will be offered to the person who is distressed or unhappy, and will include family members living at home. At the first discussion, further appointments will be arranged in agreement with you all. These appointments generally last for an hour and take place every two to four weeks.

The number of sessions will be agreed with you and your family. The average tends to be around six sessions, but some families find they need less, others find they need more.

Sometimes the whole family will come to the sessions, sometimes only part of the family, and sometimes, if there are important members of the family living elsewhere, appointments can be arranged to give them an opportunity to contribute.

You and your family may be seen by a family therapist who is working on his or her own with you. This may be in a CAMHS setting, or may take place in another setting, like your GP surgery. Alternatively, you and your family may be seen by a therapist who is working jointly with another team member in the room.

You may be seen by a therapist who is part of a small family therapy team. While the therapist is meeting with you, the team follows the discussion from outside the room using a one-way screen or a video link. At some stage during the meeting the team will share their ideas with you. Families usually find this way of meeting helpful, because in this way they are able to make use of a range of ideas.

When you receive a letter offering a time to meet, it will always be explained what you can expect at this appointment.

**If at any time you are concerned about your treatment by staff** please do not hesitate to contact the team manager or The Patient Advice and Liaison Service (PALS) to help you resolve any concerns that you have informally.

**Email:** [PALS@oxfordhealth.nhs.uk](mailto:PALS@oxfordhealth.nhs.uk)

**Freephone:** 0800 328 7971

**Address:** Oxford Health NHS Foundation Trust, Warneford Hospital, Headington, Oxford, OX3 7JX

If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

আপনি যদি এই তথ্যাদি অন্য কোন ভাষায় বা মাধ্যমে (ফরমেট) পেতে চান  
তবে দয়া করে আমাদেরকে বলুন

ਜੇ તમને આ માહિતી બીજી ભાષામાં અથવા બીજા આકારમાં જોઈએ, તો કૃપા કરીને અમને પૂછો

यदि आपको यह जानकारी किसी दूसरी भाषा या आकार में चाहिए हो तो कृपया हम से पूछें

若您需要本信息的另一种语言或格式的版本文本，请与我们联系

ਜੇਕਰ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੀ ਦੂਜੀ ਭਾਸ਼ਾ ਜਾਂ ਸ਼ਕਲ ਵਿੱਚ ਚਾਹੀਦੀ ਹੋਵੇ ਤਾਂ ਕਿਰਪਾ ਕਰ ਕੇ ਸਾਨੂੰ ਪੁੱਛੋ

اگر آپ کو یہ معلومات کسی دوسری زبان میں یا کسی دوسرے طریقے سے درکار ہوں تو براہ کرم ہم سے پوچھیں۔۔

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Child and Adolescent Mental Health Services (CAMHS) are  
part of the Children and Young People's Directorate