



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

Freephone: 0800 328 7971

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

If you would like to have information translated into a different language, please contact the Equality and Diversity Team at: EqualityandInclusion@oxfordhealth.nhs.uk

Arabic يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتنسيق مختلف.

আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে **Bengali** পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।
Urdu اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کریں۔

Chinese 若要以其他語言或格式提供這些資訊，請與我們聯繫

Polish Aby uzyskać informacje w innym języku lub w innym formacie, skontaktuj się z nami.

Portuguese Queira contactar-nos se pretender as informações noutro idioma ou num formato diferente.

Oxford Health NHS Foundation Trust
Trust Headquarters
Warneford Hospital
Warneford Lane
Headington
Oxford
OX3 7JX

Switchboard: 01865 901 000
Email: enquiries@oxfordhealth.nhs.uk
Website: www.oxfordhealth.nhs.uk

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