



Family Therapy

Families are important and valuable systems in society.

The family plays an important part in the shaping of an individual. It is an important space for growth and direction.

It happens, due to various reasons, that families get stuck and need an objective injection to get unstuck and function as a healthy unit. Family Therapy can help getting unstuck.

Some of the aspects of a family system I assess are the quality of communication, the strength of assertiveness, the style of conflict, the knowledge of intimacy, the discipline in parenting etc. I also address needs and wishes of members of the family.

The therapist and family members work as a team to reach the goals set by the family.

My Family Therapy is an interactive process in which various psychological techniques and theories are applied to make it practical and workable.

As people we invest much time and money in materialistic matters. Isn't it time to take your family on a creative and healing journey of Family Therapy...?



Contact me for more!