



Family Therapy Program

CASA Mental Health's Family Therapy program helps families improve parent-child relationships and find better ways to work together.

The Family Therapy team includes mental health therapists, therapy support navigators and concurrent counsellors. They have different educational backgrounds, including psychology, social work, mental health nursing and occupational therapy. Family Therapy is offered at CASA Centre, CASA Fort Road and CASA West.

The Family Therapy team is committed to promoting resiliency and strength within families and communities, creating healthy and safe environments.



Who is the program for?

Family Therapy is for families with complicated dynamics and at least one child under 18 years old who is receiving services from Recovery Alberta or CASA. Patients can include the whole family, couples, parents, siblings, stepparents, grandparents, caregivers or other family members significant to the child.

- Families living in the Edmonton area or central or northern Alberta.
- Any child/patient referred must have a primary clinician to handle crises and ongoing case management. Patients return to the primary clinician after treatment.



What to Expect When You Bring Your Family to CASA

You will meet with a mental health therapist to explore your family's strengths and develop an understanding of the challenges. The therapist or therapy team will work with you to **identify clear goals and a treatment plan** to support you in your therapy journey. Treatment mainly focuses on emotions and how to deal with them.

Examples of Family Therapy goals:

- Improve communication: Promote healthy and effective ways of expressing thoughts, emotions and needs.
- Resolve conflict: Build a more harmonious and emotionally-supportive environment.
- Strengthen relationships: Create stronger bonds among family members, building trust, empathy and mutual understanding.

Services may include any combination of the following:

- Family and/or couples therapy
- Parent groups and support/education
- Resources and mental health information
- Consultation with other professionals (e.g. adult psychiatry)

Sometimes, Family Therapy may not be the best service for families. In this case, the mental health therapist and/or the therapy support navigator will connect your family to more suitable services or community supports.



Expectations

- Families are motivated to make changes and attend all scheduled therapy sessions.
- Caregivers participate in family or caregiver-only sessions.
- Caregivers attend group sessions if required.
- Please give 48 hours notice for cancelled appointments.