

INDIVIDUALS

Working systemically with individuals, e.g.,
Multigenerational issues and patterns;
Wellbeing, Mental Health, & Substance Use.
Relationship coaching with individuals.
Meaning making, re-storying, and finding
strengths, solutions and ways forward.

COUPLES/DYADS

Couples & other dyads e.g., adult siblings,
adults and their parents,
a young person in residential care
and a key worker.
Communication, problem solving, patterns
and dynamics, wellbeing, connection and
belonging, values and vision, strengths,
navigating changes and challenges.

FAMILIES

Families of any constellation, including
blended families and foster families.
Connection & Belonging, Communication
& Problem Solving, Parent-Child
relationships, Parenting, Family Structure
and Dynamics, Family Narratives,
changes and challenges associated with
the family life cycle.

COMMUNITIES

Addressing complex issues with
consideration of systemic causes,
patterns and dynamics.
Promoting collaboration and
participation. Valuing diversity.
Strengthening community resilience by
focusing on adaptive capacity.

THE MANY FACES & USES OF FAMILY THERAPY

www.qldfamilytherapy.com

RESIDENTIAL CARE & INPATIENT SETTINGS

Anxiety in the system, structure
including leadership and roles, felt
safety in relationships, relationship
dynamics, communication, problem
solving and meaning making.

STAKEHOLDER GROUPS

Enhanced collaborative practice through:
understanding emotional relational
processes (e.g., triangling, over and
underfunctioning dynamic), contracting
shared goals and roles, communication,
problem solving and developing shared
meaning and focus.

TEAMS & ORGANISATIONS

Holistic perspective, communication
and collaboration, organizational
anxiety and dynamics, power
structures, patterns of interaction,
change management, and
organisational resilience.

PROFESSIONAL AND CLINICAL SUPERVISION

Solution focused supervision e.g., amplifying
effective areas of practice.
Narrative practice supervision e.g.,
deconstructing problems, externalizing
problems the supervisee is managing.
Systemic thinking for the "helicopter view"
using genogram mapping to find
maneuverability.