

Couple & Family Therapy



What is Couple and Family Therapy?

Couple and Family Therapy can look different depending on the specific goals. Therapy can be with a caregiver and child, with siblings, members of the same household and romantic partners or spouses. The Couple and Family Therapy model serves different functions, as there is not a one-size-fits all prescription for therapy. Individuals who have worked one-on-one with their therapist for years may be referred for family therapy sessions, especially when the issues that are coming up are related to an individual's family life. Similarly, any couple regardless of marriage status may come together to meet with a therapist to discuss foundational issues in their relationship.

"Marriage and Family Therapy (MFT) is a form of psychotherapy that addresses the behaviors of all family members and the way these behaviors affect not only individual family members, but also relationships between family members and the family unit as a whole." – Psychology Today

Why Couple and Family Therapy?

Family and Couple Therapy is a solution-focused approach to addressing systemic relationship dynamics and fosters collaboration between the therapist and family members to identify healthy alternatives for interacting with one another. Couple and Family Therapy requires an openness from its participants to acknowledge and take responsibility for how an individual's behaviors can affect everyone in the family. With the support of a skilled therapist, couples and families can learn how to express their needs and hear the needs of others, while collaborating on ways to meet unmet needs.

Couple and Family Therapy at Catholic Charities

Catholic Charities Bloomington tailors therapy to address individuals' unique needs and our Couple and Family Therapy counseling process allows us to treat family systems holistically. Marriage and Family Therapists hold Masters' Degrees, are licensed and are required to continue their education through further training and research.

Licensed Marriage and Family Therapists are often asked if they can work with individual clients without their significant other and the answer is yes! Marriage and Family Therapists can work with individuals as well as couples and families. Couple and Family Therapy sessions include multiple individuals and work to heal dynamics among families and couples. Treatment plans may include one-on-one sessions alongside sessions with the couple or family, depending on each individual's specific goals for therapy.

"Marriage and Family Therapists (MFTs) are mental health professionals trained in psychotherapy and family systems and licensed to diagnose and treat mental and emotional disorders within the context of marriage, couples and family systems."

– American Association of Marriage and Family Therapists (AAMFT)

Couple and Family Therapy is:

- Short
- Solution-focused
- Collaborative

Is Couple and Family Therapy Effective?

"After receiving treatment, almost 90% of clients report an improvement in their emotional health, and nearly two-thirds report an improvement in their overall physical health."

– American Association of Marriage and Family Therapists (AAMFT)



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