



FAMILY SUPPORT FAQS

How can family support help?

With family counselling the counsellor will negotiate with the family what its needs are and when it comes to a child or parent transitioning, usually there is a disconnect between each family member which can stop their being a unified position. In family therapy any number of the family can come to each session depending on the needs of each individual and the counsellor will work with everyone to make sure everyone is heard, and everyone's needs are met, allowing the family unit function in a productive and positive manner.

Does family counselling have to involve all family members living in the household?

No, all counselling is dependent of the family members needs, the only difference with family therapy from individual therapy is, all participants that choose to be involved contract so that, whatever is discussed in each session, regardless of who attends, is not withheld from all involved in the counselling contract.

Does everyone have to be in the same house to be involved in each session?

No, using video counselling means all parties can access the therapy from wherever they are in the country, indeed the world. Remember that, Evolve is an online therapy service, however, we can offer face to face, though this relies on your geographical location to our address.



How long are the sessions?

If there are multiple people attending each session then we allow for 1hr 15 mins to allow for everyone to have space to talk, however, if only one person is coming, we will reduce the session to 50 minute as we are private practitioners and are flexible on these matters. What is important is, the family gets the support it needs to function in a supportive and healthy way for all concerned.

What if I don't wish to share with my family members?

We would, in these situations highly recommend individual counselling to help build resilience and hopefully help you to make decisions regards your family and what you can do to help them to help you, whether you are a child, parent or partner.

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