

The Family Therapy Clinic at AIBDT Psychological Services provides supportive care to couples and the entire family system. Couples and family therapy at AIBDT will

- help clients better understand their individual symptoms and interaction patterns within their existing family system,
- follow research guidelines that have shown family-based interventions to be effective, and
- help to improve overall relationships within the family by focusing on roles in relationships, communication styles, and coping skills.

Couples and Family Therapy

- provides direct treatment for mental health symptoms and disorders including depression, anxiety, substance abuse, marital problems, and child behavior problems,
- is solution focused, and
- tends to be brief, averaging from 8 to 12 sessions