

Client Type	What is this?		Treatments Offered	What is this?
Family	Improve your family relationships	All families have challenges. Successful families learn to harness their strengths and manage their weaknesses.	Family systems	Family Systems therapy works with families to improve the interaction between members. It aims to help families draw upon each others' strengths and wisdom, and encourages support from all family members.
	Family problems	Families have their challenges. Find ways to understand family difficulties and work through them.	CBT	This therapy works to replace unhelpful thoughts and behaviours within a family with more helpful ones.
			Narrative	The narrative therapist collaborates with the client in constructing strong, positive stories of the family and deconstructing negative self-stories. In narrative therapy, "The family is not the problem, the problem is the problem."