



## Wimbledon Guild Counselling Service

### Family & Couples Therapy

Systemic Family Psychotherapy or Family Therapy how it is often called helps family members to find constructive ways to help each other. We encourage family members to look at their own family contexts, listening to different perspectives, views and stories and exploring possible ways forward. Often we agree on tasks relating to new ways of thinking and behaviour to be tried out between sessions. We work with everyone who wants to improve relationships with other people. We can see individuals, couples, families or parts of families, step families and extended families.

#### ● What is the setup of the sessions?

At the Wimbledon Guild we have the privilege to work in teams of two to three therapists per family. One lead therapist is the main point of contact and guides through the sessions while the co-therapist/s has/have a more observatory role. At some point in the session there will be a 'reflective conversation' between the therapists with the family listening. Each family member can then comments or reflects on what they have heard. We see families every three to four weeks for one session in order to allow enough time for practising new skills.

At the initial consultation you will negotiate an on-going contribution towards the cost of the counselling. We subsidise our counselling services so that you will not be prevented from getting the help you need due to lack of money. Your contribution will be based on what you can afford.

#### ● What are the kinds of issues people come to us with?

Family Therapy can help with a wide range of issues such as:

- Family communication problems
- Child and adolescent behaviour difficulties
- Mental health problems
- Couple relationship difficulties
- Illness and disability in the family
- Separation, divorce and step-family life
- Anorexia, bulimia and other eating disorders
- Fostering, adoption, kinship care and the needs of 'looked after' children
- Domestic violence
- Self-harm
- Drug and alcohol misuse
- The effects of trauma
- Difficulties related to ageing

#### ● How much does it cost?

We aim to provide affordable therapy for people who live or work in the Borough of Merton. In order to do this the Wimbledon Guild Counselling Service is subsidised by other parts of the charity. A session costs £35.00 regardless of the number of people attending. If people are struggling to pay this fee a further reduction can be discussed with a minimum fee of £10.00 for a family/couple therapy session.

#### ● When are family & couple therapy sessions held?

We see our families on Tuesdays and Thursdays from 12.00 noon. The more flexible people are with the times they can come for sessions the quicker we can see them. The first session aims to find out if we can help you with your specific issues. At the same time it is an opportunity for all family members to see if they feel comfortable working with us.

#### ● How can I contact the Wimbledon Guild to make an appointment?

Contact Sandra Kaestel, Family Therapy Co-ordinator: **T** 020 8296 0030 or **E** [skaestel@wimbledonguild.co.uk](mailto:skaestel@wimbledonguild.co.uk)

Many people are referred by their GP or another Service, but this is no condition. You can contact us directly if you wish to start Family or Couple Therapy with the Wimbledon Guild.