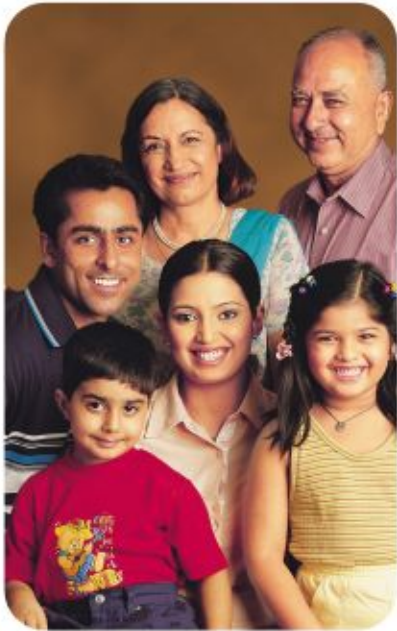


FAMILY  
AND MARITAL  
THERAPY



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# FREQUENTLY ASKED QUESTIONS

1

## WHAT IS MARITAL THERAPY?

Marital therapy provides such a setting to help enhance the quality of a marriage by improving communication and understanding between married partners. Therapists trained in marital therapy analyse the relationship dynamics and problem areas between couples from a neutral perspective, helping individuals move towards a solution.

## WHAT ARE THE GOALS OF MARITAL THERAPY?

2

- Provide the couple with a safe environment to express feelings.
- Guide the couple to mould expectations and reactions.
- Facilitate effective communication.
- Initiate reciprocity of feelings and emotions.
- Negotiate roles and responsibilities.
- Develop problem solving skills.
- Enable perspective sharing.
- Enhance decision making.

3

## WHAT IS FAMILY PSYCHOTHERAPY?

Family therapy is a psychotherapeutic approach that is practiced with the intent of bringing about a change in the existing interactions amongst family members to further improve the functioning of the client. Family can play a therapeutic role in fostering and maintaining the good health of the client. This nurturing and supportive stance is mobilized in the course of therapy so as to aid in the rehabilitation of the individual and in prevention of relapse.

## WHAT ARE THE GOALS OF FAMILY THERAPY?

4

- Educate the family regarding the illness, developing realistic expectations about the problem and its ramifications.
- Improve problem solving ability through identification of conflicting goals and interests and alteration of perspectives.
- Modify present communication patterns to foster healthy interaction patterns.
- Establish more productive ways of coping with the manifestations of the client's problems.
- Reduce the degree of distress and sense of stigma being experienced within the family due to the client's symptoms.

5

## DOES THERAPY HELP IN TREATMENT?

Substantial evidence has demonstrated the effectiveness of marital and family therapy in the treatment and management of relational problems, mood disorders, schizophrenia, substance-related disorders, and disorders diagnosed in childhood etc.

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