



# FAMILY INSPIRED THERAPY



**Family Inspired Therapy** is a form of treatment that addresses communication and structure challenges within the family. Family Inspired Therapy utilizes an approach that builds on the family's existing strengths and focuses on how all family members, not just the individual in treatment, are impacted by one another. Family Inspired Therapy may be an appropriate form of treatment for those who are seeking to expand therapy to include the family or other family members, or those who have already received a form of family therapy and are ready to move to a less intensive level of service.

All therapists utilizing this model of treatment receive ongoing monthly training that is family focused and based upon the Structural Family Therapy framework developed by renowned family therapist Salvador Minuchin.

## GOALS OF FAMILY INSPIRED THERAPY MAY INCLUDE:

- Creating and helping maintain healthy family dynamics
- Strengthening boundaries
- Empowering individual family members to make a positive change
- Developing new patterns of family interaction
- Providing families new ways to problem solve

## HOW TO GET STARTED:

In order to get started, participants must be authorized to receive Behavioral Health Rehabilitation Services and have a qualifying behavioral or mental health diagnosis from a licensed psychologist or psychiatrist.

Parents and guardians can make a direct referral for the BHRS program by contacting the Barber National Institute. Family Inspired Therapy is provided under Mobile Therapy through the BHRS program. The prescriber can recommend Mobile Therapy and ask for a focus on family therapy.

## WHAT CAN I EXPECT FROM SERVICES?

Family Inspired Therapy is a brief (36 week) treatment program. Sessions typically are held two to three times a week and may take place in the home, school or community setting. Family Inspired Therapy is conducted by a Master's level therapist who will work in conjunction with parents, siblings, and other family members in treatment to help strengthen relationships and discover new patterns of interaction.

## WANT TO KNOW MORE?

To learn more about Family Inspired Therapy and our other services, please visit our website at [www.BBHI.org](http://www.BBHI.org)