



Systemic Family Practitioner Support

Early Years Alliance Lewisham Children and Family Centres are delivering a small scale systemic family practitioner service Tier 2/Getting Help service to families.

The purpose of this approach is to be able to offer families support before they reach crisis point or a referral to CAMHS.



Children must meet the following criteria:
Aged 10-17 years and presenting with a dominant distressing behaviour, conduct issues, low mood or depression.

‘Thank you so much for all the time and support you have given us over the last few months. It has not been easy but many of the things we have been over will see us through the next stage as a family’
Feedback from a parent

What is Systemic Family Therapy?

Family Therapy is a form of psychological therapy which is well established with the NHS, Social Care, Voluntary and Private Sectors.

‘Systemic approaches differ from other approaches to human problems and distress, because instead of focussing on the individual and his or her internal states, systemic approaches focus on the contexts in which the difficulties occur e.g. relationships within the families.

Human problems are essentially interpersonal not intrapersonal’

- Carr 2000



Advantages of a Systemic Approach

- It engages with the potential of the supportive family and social networks.
- It looks at the family system within the context of the relationships in which they live their lives.
- Evidence shows that addressing specific Mental Health issues, enables the family to look at their own roles and responsibilities.
- The family are a resource for the child/young person, and can help build on strengths and resilience.

Referrals may feature:

- Generational dynamics
- Divided loyalty conflicts
- Mild to moderate attachment difficulties

If you have a family in mind, please consider these points to ensure they are suitable for this service:

- Systemic work includes the referred young persons family.
- There needs to be sufficient motivation within the family to begin work.

'Thanks again for everything you've done for us. You're a talented and empathetic therapist and we have felt very supported. We're a work in progress of course, but we are all more of a functioning unit, and happier as a result.'

Feedback from a parent

**Parents can self refer onto the programme by:
Sending a message:**

www.lewishamcfc.org.uk/contact-us/

Email: enquiries@lewishamcfc.org.uk

Call, text or leave a message on: 07377 724243

Professional referrals

Professionals can refer families using our [referral form](#) via our website

www.lewishamcfc.org.uk/professionals-referral-form/



Our further Therapeutic Parenting Support

Incredible Years

A 12 week group programme for parents of children aged 4-11 years delivered both online and in person.

Personalised Individual Parent Training (PIPT)

An in-depth 1:1 support programme delivered over 6 sessions to parents and children aged 4-8 years.

Guided Self Help

A 6 week in-depth programme for 1 or both parents /carers and children aged 4-11 years.

Download our Therapeutic Parenting [Info Sheet](#) for more information



More information about Lewisham Children and Family Centres and our Parenting offer:

Visit our Parenting webpage

- www.lewishamcfc.org.uk/parenting/

Visit our website

- www.lewishamcfc.org.uk

Read our blog posts from our Parenting Practitioners:

- [Praise Helps Children Feel Good](#)
- [Half Empty or Half Full?](#)



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