

Family Therapy

By Cindy Lichterman, LCPC

In the United States there are many different types of family structures but the traditional structure of the American Family -- father, mother and children -- continues to prevail. Yet, over the past several decades, family structure has evolved due to many factors ranging from advancements in science to the changing composition of the workplace. Single parenthood, adoption, step-parenting, stay-at-home fathers and grandparents raising children are just a few of the significant changes challenging our families.

Other issues impacting today's families are:

- Aging
- Alcohol or drug abuse
- Anger management
- Blended families
- Co-parenting
- Cultural and multicultural families
- Custody of children
- Job loss or retirement
- Lesbian, gay, bi-sexual & transgender (LGBT) issues
- Juvenile delinquency
- Loss and grief
- Parent-child relationships
- School performance or behavior
- Special needs children
- Stress
- Teen conflict
- Life stage transitions -- birth of a child, separation, divorce or re-marriage

Family therapy comes in a number of different forms. The most common is Family Systems Therapy. This approach views all problems as being related in some way to the family as a whole, rather than one individual member of the family. Structural Family Therapy assesses and works with the structure of the family, such as the hierarchies in the husband-wife and parent-child relationships, as well as the emotional distance/connection between family members. Other family therapy models include cognitive, behavioral and supportive approaches to treating family issues.

Making the first call for help or support is often a very difficult thing to do. Arbor Counseling Center's professional therapists can help your family navigate the challenges you are encountering and provide you with the skills to overcome these difficulties. Call us at **847-913-0393** to learn more about our counseling staff or to schedule an appointment.