



# Family Therapy Clinic in BICS

Explained for Professionals

**We want families to benefit from this process and so ensuring families are willing to actively engage in the process is key.**

**For further information please contact:**

**Claire Wainwright**

(EH/Community Family Therapy Queries)

and **Helen Rankin/Dr Zuzana Winter**

(Social care/YOS Family Therapy Queries).

Family Services staff can refer using 'BICS request for service'.

**[www.barnet.gov.uk/BICS](http://www.barnet.gov.uk/BICS)**



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## What is Family Therapy and who is it for?

**Family and Systemic Psychotherapy** – also known as Family Therapy – can help those in close relationships to better understand and support one another. It enables family members to express and explore difficult thoughts and emotions safely, which builds a platform for them to understand each other's experiences and views, to appreciate each other's needs and further builds on the families' strengths allowing them to work together to make useful changes in their relationships and their lives.



### How is it run?

We run a systemic consultation process and a family therapy clinic. At present we have seven qualified systemic psychotherapists to follow the families in therapy and use a reflecting team of up to three or four clinical, early help and social care practitioners to hold on to any complexity as a team and to ensure that we don't miss important ideas and thought processes. The team operate in an anti-oppressive and non-judgemental way, are there to provide support for all members of the family and will strive to ensure the best outcomes for everyone.

The Family Therapy clinic is running a hybrid model of face to face and virtual sessions at YMCA Tarling Road Community HUB fortnightly on Monday afternoons. On the alternate Monday afternoons, a second clinic will be running from The Fairway Children's Centre from 27 September 2021.

This has been a useful model in managing the logistics of seeing multiple members of a family at the same time.

### How to access the Family Therapy Clinic?

Access the Family Therapy Clinic is via the BICS request for service on EHM and LCS.

If you are the Social Worker and or Early Help Practitioner who is referring, then there will be an expectation you will still manage the day to day concerns of the children and young person. The Family Therapy Clinic does not have the capacity to manage concerns on a day to day basis for the Family.

In the first instance a consultation to see if the family are ready for this type of intervention will take place. The consultation can take place in the family therapy clinic to fully establish the request. Prior to engaging there does need to be a mental health risk assessment of the young person and or child to ensure that they are not currently a high risk of self-harm. If they are deemed to be a high-risk of self-harm, then it is advisable that you make a CAMHS referral. We would not consider seeing a family that are in crisis and or have active safeguarding issues.

