

Does your family need a place to talk?

Family life can be complicated.

Systemic family practice provides a safe space for all of the family to talk together and explore challenges.
Open to all families aged 10 and above.

Are you experiencing?

- Difficulties communicating with your child/ young person
- Parenting challenges
- Frequent arguments or tension at home

How can family therapy help?

- Improve communication
- Encourage understanding of everyone's perspectives
- Help to find different ways of coping with challenges



To find out more call: 020 8680 0404
or email: enquiries@croydondropin.org.uk

SYSTEMIC FAMILY PRACTICE

INFORMATION FOR PROFESSIONALS

Referrals welcome for families experiencing communication difficulties, relationship challenges, conflict, emotional distress, or behavioural concerns.

Systemic family practice helps families understand patterns of interaction, strengthen relationships, and support positive change.

Who Can Be Referred?

- Families with a young person aged 10–18 years (younger children may be considered).
- Whole-family involvement is encouraged, including siblings of any age.
- At least one parent/carer and the young person should be willing to engage in family-based work.

Areas of Support

- Family conflict and communication difficulties
- Anger, aggression, and emotional regulation difficulties
- Defiant behaviour at home or school
- Low mood, depression, self-harm, and emotional distress

Service Information

- No current waiting list – families can usually be offered an initial appointment promptly.
- Individual sessions may be offered where appropriate.
- Up to approximately 16 sessions, depending on need.

Professional Status

This service is provided by a trainee systemic family practitioner undertaking training and working under regular clinical supervision.

For referrals or informal enquiries, please contact:
enquiries@croydondropin.org.uk or 020 8680 0404