

Are the sessions confidential?

Anything discussed will be treated as private and confidential unless there are concerns about serious risk or harm to any family member or individual. We will ask for your consent before we share information about you.

Are the practitioners qualified?

The Systemic Family Practitioners are

Registered/Accredited members of the BACP

(British Association for Counselling and Psychotherapy) and AFT (Association for Family Therapy and Systemic Practice).



YPAS has 3 Hubs across Liverpool:

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36 Bolton Street
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YPAS South Hub
Lyndene Road
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L25 1NG
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YPAS North Hub
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Young Person's Advisory Service Systemic Family Practice Service

Managing Family Issues Together



Assisting young people to reach
their full potential



What families say about systemic family practice?

They listened to what I had to say, they've helped me through a lot.

Age 18

Felt involved and suggestions were made that were applicable to our family. I felt solutions were sought which were tailored for us.

Parent/carer

That it was fun and had dolls so I always looked forward to coming.

Age 8

The practitioner was easy to talk with, understanding, and offered lots of help, support and ideas for my daughter and myself.

Parent/carer

What is meant by 'family'?

Family can mean any group of people who care about each other. As well as parents and children/young people you may invite grandparents, friends or carers to sessions - whoever you see as the important people in your life.

We will respect a family's culture, family member's ages, needs and preferences.

What happens in systemic family practice?

We find ways of working that feels comfortable for the family. We will think with you and talk with you about how to work and about who attends.

Systemic Family Practice (SFP) is a way of talking together that supports family members to explore difficult thoughts and feelings safely; to understand each other's experiences and views and be more able to help each other.

We do not take sides or blame. We support you to find your own solutions.

How might it help?

At times families experience serious difficulties. If it feels like family relationships are suffering, then attending therapy as a family may help.

Research shows that systemic family approaches are useful for children, young people and adults experiencing a wide range of difficulties.

Those difficulties can include:

- self-harming behaviour
- feeling sad or depressed
- anger in the family
- behavioural/conduct difficulties
- effects of separation, divorce and step-families
- eating difficulties
- childhood abuse
- family communication

'Children have the right to say what they think should happen when adults are making decisions that affect them, and to have their opinions taken into account.'

(UNCRC – Article 12)

