

**CALGARY
FAMILY
THERAPY
CENTRE**



MISSION

The Calgary Family Therapy Centre will maintain a well-integrated and high-quality service, education, and research program in systemic family therapy.

THERAPY PROCESS

Professional therapists at the Centre work with families whose children are experiencing severe emotional and/or behavioural problems, with the primary goal of enabling these families to manage these problems more effectively on their own.

The orientation of the Centre is specialized in that the major emphasis is placed on working with the family group rather than with individuals. The initial task is to clarify the nature of the problem(s) and the ways in which family members can help. Thus, all members of the current household are usually asked to attend the initial interview and each member is encouraged to share his/her view of the problem and possible solutions. After therapy has started, interviews may continue with the family as a whole or may be arranged for one or more members of the family.

Several therapeutic approaches are utilized in the Centre. Each family situation is considered unique and the most appropriate initiatives to respond to that situation are determined collaboratively between the family and therapist. On average families attend five to eight sessions of 1 ½ hours duration. The time interval

between sessions is also determined collaboratively and varies from one to four weeks.

THERAPY TEAM

The staff at the Centre work together as a mutually supportive team. The clinical component of the team is composed of professionals from a variety of disciplines, including psychiatry, psychology, social work, , nursing, and interns in these disciplines. All members of the clinical team have specialized interest and skills in family therapy. One specific team member carries primary responsibility for the work with a particular family. During the course of therapy, the primary therapist may seek input from other team members through discussion, supervision, team reflection, and/or consultation. Thus, the family may have the benefit of additional contributions even though they may meet with only one team member. When indicated, the primary therapist could arrange a consultation with a psychiatrist, but family members should consult their family physician with respect to any medical problems and for ongoing care, including pharmacotherapy.

TEACHING & RESEARCH

Families may be invited to participate in graduate teaching or research activities by their having interview(s) observed or recorded. The family's explicit consent is always sought before such participation with the understanding that the family may refuse without prejudice (full service

**CALGARY
FAMILY
THERAPY
CENTRE**



is still offered even when the family declines observation). Staff members and trainees assume the responsibility of respecting the privacy of the family and treat all information as highly confidential within the team.

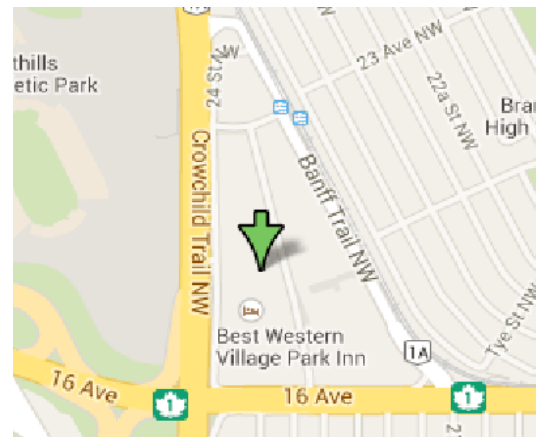
families are requested to keep appointments whenever possible.

We ask that you please provide notice two days in advance if it is essential that an appointment be cancelled or rescheduled.

REFERRAL PROCEDURES

The Centre accepts families who are experiencing serious emotional and/or behavioural problems with their children and/or adolescents, 18 years of age or younger. Any family member who has such concerns may phone the Centre directly at 403-802-1680 to refer themselves. The family may also be referred by any community agency or resource (Access Mental Health, physicians, teachers, social agencies, police, etc.) either by telephone, referral letter or by fax (403-270-7446).

LOCATION



FEE

There is no out-of-pocket charge to families seen at the Centre as the program is fully funded through a grant from Alberta Health Services (AHS). When psychiatrists are involved, they bill the Alberta Health Care Insurance Commission (AHCIC).

ONE EXECUTIVE PLACE

#600, 1816 CROWCHILD TRAIL NW

The Centre is located on the 6th floor of *One Executive Place* on Crowchild Trail NW.

HOURS

9am – 6pm Monday through Thursday
9am – 5pm Friday
Closed Saturday, Sunday, and holidays
Limited evening appointments are available from October through April on Mondays and Tuesdays but most appointments are scheduled within regular business hours. Therapists schedule their own appointments. To minimize scheduling difficulties,

Parking is available for \$4.00/day at McMahon Stadium on the west side of Crowchild Trail NW. To get to the east side of Crowchild Trail, take the overpass walkway and then walk one block south to our building.

The Banff Trail C-train Station is 1 block north & 1/2 block east of our building, and there is limited 2 hour street parking available on 24th Street (service road in front of strip mall).

**CALGARY
FAMILY
THERAPY
CENTRE**



Telephone: 403-802-1680
Fax: 403-270-7446
Webpage: www.familytherapy.org
Email: cftc@familytherapy.org