

Couple & Family Therapy

 Information
Booklet



Introduction

At St John of God Hospital, our Couple & Family Therapy service offers professional psychotherapy to support individuals, couples, and families in building stronger connections. Through open communication and understanding, we help you navigate life's challenges while fostering meaningful relationships.

Delivered by Systemic Family Therapists registered with the Family Therapy Association of Ireland (FTAI) and the Irish Council of Psychotherapists (ICP), this service is part of our commitment to providing compassionate, patient-centred care.





Some of the aims of Couple & Family Therapy are to promote open communication, increase understanding of different perspectives, and to build on people's relational resources.

Who Can Benefit?

This service is effective in addressing:

- Couple relationship challenges.
- Family conflict, separation, or loss.
- Mental health conditions such as eating disorders, depression, and psychosis.
- Strengthening family relationships to cope with mental ill health.

Eligibility Criteria

To ensure a safe and effective therapeutic environment, referrals **cannot** be accepted for:

- Individuals in active addiction.
- Those actively suicidal or engaging in self-harm behaviours.
- Families with current or historical abuse involving participating members.
- Patients in active crisis or currently inpatient.



What to Expect

- **Therapeutic Approach:** Therapy focuses on promoting open communication, understanding different perspectives, and building relational resources.
- **Therapists:** Sessions are delivered by highly skilled systemic psychotherapists who practice in an LGBT+ inclusive manner and are sensitive to any negative effects that stigma, discrimination, and social exclusion can have.
- **Confidentiality:** Therapists communicate with your Consultant Psychiatrist or GP when necessary, providing clinical updates and managing any identified risks.





How to Access the Service

For Those Currently Attending St John of God Hospital:

- Speak with your treating team to discuss a referral.

For Anyone Else:

- Contact your GP to explore referral options.



Referral Process for Referrers

Referrals can be made by:

1. Completing the referral form.
2. Submitting the form via:
 - **HealthLink or your practice manager system.**
 - **Email:** couplefamilytherapy@sjog.ie
 - **Post:** Couple & Family Therapy Service,
St John of God Hospital,
Stillorgan, Co. Dublin, A94 FH92.





Contact Us

For more information or assistance, please contact:

Phone: 01-277 1400

Email: couple.familytherapy@sjog.ie

Visit www.stjohnofgodhospital.ie for further details.



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