

# SFP

## Information Leaflet

What is SFP?

SFP stands for Systemic Family Practice. It aims to help family members build and develop their relationships within the family system. If you think of a system, such as a machine, if one part isn't working as it normally should, this can effect the whole machine. Similarly, if one family member is struggling with difficulties, this can effect the whole family system.

Who can SFP help?

SFP is a family therapy and it may include multiple members of the family in sessions. SFP is aimed at helping family members talk together or separately about difficult issues and thoughts. It can be accessed by children, young people and adults.

What do SFP sessions look like?

SFP sessions will look at building individual and family strengths, supporting communication between family members and developing positive relationships. Sessions of SFP aim to create more openness and honesty, allow family members to feel less blamed and appreciate family times.

How long are SFP sessions?

SFP sessions normally last 60 minutes in length and you will typically receive around 10-12 sessions with your SFP practitioner.