

Frequently Asked Questions about Family Therapy

Does family therapy help with chronic conflict or emotional distance?

Especially then. When every conversation leads to arguments or when parents and children become emotionally distant, it can be hard to truly connect. Even very young children sense more than we think – including unspoken tensions and emotional disconnection.

Family therapy can help break through stuck patterns, restore communication, and rebuild a sense of togetherness. It's not about perfection, but about connection. Because children don't need perfect parents – they need present, emotionally available adults who are willing to listen and grow together.

Does family therapy help with young children, teenagers, or in blended families?

Yes – family therapy is helpful at every stage and for every family model. Whether during infancy or adolescence: each phase of development requires a strong family culture, clear guidance, and vibrant dialogue.

Every family is unique – not only blended families bring different biographies, loyalties, and values. Together we explore what is realistic, helpful, and unifying – beyond blame or rigid role expectations. Family therapy supports conscious relationships – grounded in clarity, presence, and mutual respect.

What if my child or partner doesn't want to join? Does the whole family need to be present? From what age can children take part?

No one should be forced into therapy. Even one person can bring about meaningful change in a family system. I often start with one or both parents – especially in parenting support, that's often enough.

Family therapy works systemically, even if not everyone is involved. Children are included in age-appropriate ways – through play or individual sessions, always with consent and at their own pace.

How quickly does family therapy work? What does it cost?

It varies. Often, relief can be felt after just a few sessions – with more understanding and less conflict. For lasting change, 5–10 sessions spaced out over time are usually effective. Change often begins earlier than expected. I work with self-paying clients – I'll be happy to share the cost with you personally. It's roughly equivalent to a lovely dinner for two.

