



Behavioural Family Therapy



An Easy Read Booklet

What is Behavioural Family Therapy?



A Family worker will work with you and your family/carers to help with problems.



We will ask you to tell us about your health or mental health problems.



We will also talk with you and your family/ carers about helping you to talk to each other better.



We will ask you and your carer/ family member to agree personal goals.



Your Family Worker will help you and your carers/family to do this together.

How can Behavioural Family Therapy help?

A Family worker can



Help your family/
carers understand your
learning disability and
any health problems.



Offer support to you
and other carers/family
members.



Help you solve problems together and choose personal goals.



Help you to get on better as a family or care team.

How can Behavioural Family Therapy help?



Family/carers help you to keep healthy.

All family/carers can get stressed. Family work helps to lower this.



Research has shown that it helps you to reduce stress.



Family intervention is provided by people who have been trained in family intervention.



These sessions can be at home or at a health service setting.



Or we can see you for a video appointment.



It is private and we will only speak to people you give us permission to.



If you would like to take part you can speak to your community learning disability nurse, GP or anyone who is involved with your care.

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