

Co-Ordinated Family Support

Stressful disruptions to harmony and routine at home, affect every member of the home.

Parents' struggles can become child struggles and child struggles often become parents struggles.

Many factors from this stress contribute to poor communication and fearful, controlling parenting styles; while young lives become impaired and behaviours become symptoms of their psychological biological and social relationships and environments.



At Dig A Little Deeper, **we recognize that the value of a child's therapeutic journey is more enriched and beneficial when parents are involved in their own therapeutic journey, such as parenting support.**

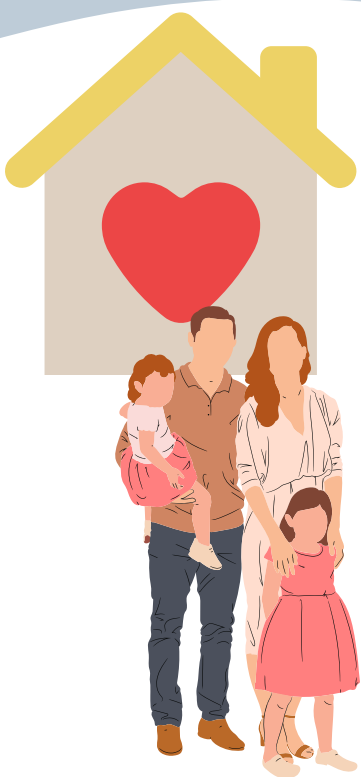
Our solution:

We offer a co-ordinated family support program where each family member receives individualized therapy tailored to their specific needs, issues (including environmental and social difficulties) or mental health conditions. This allows for focused attention on personal challenges without what are sometimes pressured dynamics that might be present in family sessions.



How it works?

1. Each Therapist works with individual members of a family to establish goals from therapy individually and for the family. Questions would be tailored to the age of the participants.
2. Then, the therapists will meet and use this information to ensure that the individual's treatment goals align with the overall family goals and values. The therapists develop a coordinated plan that involves themes, strategies, and modalities that can support family healing while providing individual care.
3. Following individual sessions, therapists communicate regularly to share insights, progress, and tailored interventions for each family member while maintaining a unified approach to family dynamics.



Why this method can help?

By collaborating, therapists can develop a cohesive family plan that addresses both individual and collective issues, promoting harmony and understanding within the family unit. As a member of the family, everyone owns a part. Addressing both individual and systemic issues within the family, this program can provide a more holistic treatment and is one of the key benefits of this co-ordinated approach. Another benefit is consistency; ensuring that participating family members and therapists are working towards the same objectives, reducing conflicting strategies or messages.

Sounds great, now what?

Feel free to contact admin@digalittledeeper.ca or contact your therapist or child therapist to find out if this is an option for your family.

A consultation will be scheduled for a proper intake and to answer any questions.



Dig a Little Deeper
PSYCHOTHERAPY
& COUNSELLING

Mental health for every mind.