

Domestic abuse family work interventions @ Bright Eyed & Bushy Tailed



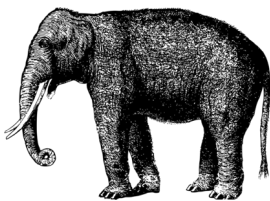
Family work differs from **one-to-one therapy** and **group work** through the focus on relationships between family members, rather than solely on an individual's thoughts and feelings. This is known as **systemic therapy**.

It gives individual family members a safe space to explore the unit they are in, especially where that unit has become dysfunctional. It allows families to overcome hurdles by addressing them.

This work helps make sense of the present and the past. It explores the main areas that are affecting the family as a whole: the dynamics, the process, the games people play, the resentments, the betrayals.

While a support group will not come together with the same problem, a family will be affected by a common issue. In this case, the fallout of domestic abuse.

With goodwill and with the right conditions, this work will help individual members to empathise and sympathise with each other, to each get a voice and have that voice validated, improve communication, build stronger relationships, heal and repair.



Family work gently allows the elephant – that which remains unspoken - to stay in the room long enough to be recognised and dealt with.

Using art and creativity within family work

Art work can play an important part in this approach, by giving members access to an expression, when exploring complex issues, that words alone cannot yield. When focused on creative tasks, members often interact in different ways and see problems and problem-solving in a different light.

