

# The Healing Power of Family Therapy: Engaging the Families of Children and Adolescent Clients

Jonah Green, LCSW-C

Liann Seiter, LCMFT

# Agenda

1. The Value of Family Therapy
2. Overcoming Barriers to Working with Families
3. Working with Parents in Parent Meetings
4. The Collaborative Flexible Family Therapy Process “How-Tos”

# The Value of Family Therapy

# Common Presenting Issues in Children that Can Benefit from Family Therapy

## Emotional Dysregulation

- Enhance caregivers coregulation with child and improve methods for limit setting
- Increase entire family's emotional vocabulary
- Help caregivers model effective emotion regulation skills
- Identify any underlying systemic issues contributing to child's defiant behaviors

## ADHD

- Importance of scaffolding by caregivers when teaching children executive functioning skills
- Psychoeducation can help caregivers make sense of child's negative behaviors
- Considering the genetic link, when applicable parent can normalize child's experience

**For further information or to  
schedule this training at your  
organization, please contact Jonah  
Green at 301-466-9526  
or [jonah@jgatherapy.com](mailto:jonah@jgatherapy.com).  
Thank you!**