

What is Marriage and Family Therapy?

Marriage and Family therapy (MFT) looks at family members as though they are part of a system. When looking through a systemic lens, interactions between family members become important, because a person learns what is acceptable through the feedback family members give to one another. Marriage and Family therapists focus on understanding and learning about a family so they can help a family function better.



MFT believes that when we look at any one person, it is the equivalent of taking a single gear out of a machine and looking at that gear. When looking at a gear, you may find something that needs work, but when you look at that gear in context of the machine you may find the work may be a symptom of something more. Likewise, when a therapist talks with an individual, you may well find a person who needs help, but when you talk with that person and his or her family, then the entire support system is enlisted and the entire family can work together for the good of the individual and the family.

When an entire family works together, the family is strengthened and relationships between family members become more supportive resulting in each family member feeling safe, secure, loved, and valued. Ultimately, these goals lead to better self-esteem.

MFT can be used in conjunction with individual therapy, on its own, for an individual, a couple, or a family. Open Arms Behavioral Health is proud to offer Marriage and Family Therapy as one of the options available to help “put the pieces back together.”



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