

What is Systemic Family Therapy

Family therapy recognises that life can be difficult and stressful at times and it can be helpful to have a safe, confidential place, outside of your home, to talk about this.

Family therapy considers the ways people in relationships get along. Family therapy is interested strengths and resources in finding helpful ways of resolving life's difficulties.

Family therapy is creative. Difficulties and stresses are explored in lots of different ways.

Families, couples, individuals and young people can attend. Family therapy can be long or short term.



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www.dochasfamilycentre.ie

Registered Charity CHY: 11976



SYSTEMIC FAMILY THERAPY
(A Dochas Family Centre Service)

Information Leaflet
2022-2023



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Who We Are

Dóchas Family Centre is an interagency project committed to supporting, children & their families. Dóchas has been providing support to families for over 25 years.



We work with children and families who are experiencing various types of difficulty and stress. We provide a holistic, accessible professional service which is need and evidence based. Support provided by the team always focuses on strengthening the family unit.



Who Family Therapy Helps:

Children & Young People
Families
Adults
Grandparents
Parents
Carers
Couples
Individuals

Support is Available with:

Conflict
Communication Difficulties
Traumatic Events
Illness
Learning to look after yourself
Mental Health Diagnosis
Relationship Difficulties
Loss
Separation
Life Changes

Appointments:

Priority is given to families Dochas Family Centre is working with.

We offer limited space for families living in North Clondalkin.

Dochas Family Centre operates a waiting list for this service

Contact Us:

If you are interested in Family Therapy or have questions about whether it is Suitable contact the Centre on:

Tel: 01 623 4531

Feedback:

"We are able to talk about stuff we couldn't talk about inside the house"

"12 months ago I wouldn't have done this.. I feel part of the family now, I have a role"

"Here (Dóchas) we have debates not arguments, we don't argue as much"

"We're talking now not just having an argument. It's constructive"

