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Structured Systemic Intervention - Specialist systemic intervention for fostering, adoption, kinship care and families experiencing relational crisis.

When relationships come under strain

When relational systems become overwhelmed, behaviour often escalates.

Care-experienced children, young people, and families under pressure frequently communicate distress through behaviour such as:

- behavioural escalation or aggression
- emotional volatility or withdrawal
- attachment-related strain
- home placement instability
- conflict around contact or family relationships
- identity and belonging challenges
- risk-taking or self-harm behaviours
- high-conflict family dynamics

Individual therapeutic support may already be in place.

Yet the **wider relational system remains under strain.**

This intervention works at the level where these patterns are unfolding — **within relationships and within the caregiving system.**

The aim is **stabilisation, strengthened relational containment, and sustainable change.**

A Structured Systemic Intervention

It is a **structured systemic intervention designed to stabilise relational systems**, reduce escalation, and strengthen the caregiving environment around the child or young person.

The work focuses on:

- stabilising escalating relational patterns
- strengthening carer confidence and containment
- improving communication within families and placements
- supporting families through transitions
- reducing the risk of placement disruption
- strengthening relational stability so other interventions can hold

Who This Intervention Supports

This work may support:

- foster carers and fostering home placements
- adoptive families
- kinship carers
- families experiencing significant relational crisis
- care-experienced children and young people
- multi-agency professionals seeking systemic input

The intervention support families, and home placements experiencing:

- Family relationship difficulties
- Child and adolescent mental health issues
- Adult mental health issues
- Child, adolescent and adult behaviour difficulties
- Parenting challenges
- Self harm
- Drug and alcohol misuse
- The effects of trauma

This work supports families with children of any age — from early childhood to teens.

What the Intervention May Include

The intervention is structured and tailored to the needs of the family or care system and may include:

- **Systemic assessment and relational mapping** to understand the emotional and behavioural dynamics within the family or placement.
- **Relational formulation or system audit**, identifying patterns, pressures, and interaction cycles contributing to escalation or instability.
- **Weekly systemic family therapy sessions** focused on stabilising relational dynamics and strengthening the caregiving system.
- **Flexible session composition**, where different family members or carers may attend sessions depending on what is most helpful for the therapeutic work.
- **Therapeutic email reflections or brief telephone support between sessions**, where clinically appropriate.
- **Clinical leadership of the intervention**, with the family therapist guiding the systemic formulation and leading the treatment process.
- **Reflective consultation with professionals within the wider system**, such as social workers, schools, CAMHS, or other involved services.
- **Liaison with the wider professional network** supporting the child, young person, or family.
- **A midway review**, to reflect on progress, review the formulation, and consider whether any adjustments are needed.
- **Written summaries or reports**, where clinically appropriate, to support communication and coordinated planning across the system.
- **Collaborative systemic input**, which in some cases may include co-facilitation with another family therapist or the use of a reflecting team approach.

Our Family and Systemic Psychotherapist - Pei-I Yang

Pei-I Yang is UKCP-accredited Family & Systemic Psychotherapist. She has nearly 30 years' experience working with the most vulnerable children, adolescents and families. She specialises in adolescent mental health, behavioural escalation, needs of care experienced, and high-conflict family dynamics.



Fees

This intervention can be commissioned by local authorities, fostering and adoption agencies, schools, or families seeking specialist systemic support. Fees are discussed on enquiry and tailored to the scope of the intervention.

Referrals & Commissioning

This intervention may be commissioned by:

- fostering and adoption agencies
- local authorities
- professional networks supporting families
- families seeking specialist systemic support

For further information or commissioning enquiries:

enquiries@rainbowfamilytherapy.co.uk

