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Structured Systemic Intervention -

Supporting Families Experiencing Crisis with Teenagers

Overview

Families sometimes reach a point where relationships at home feel increasingly strained and unstable.

Parents may be experiencing ongoing conflict with their teenager, behavioural escalation, withdrawal, school refusal, or emotional volatility that is affecting the whole family system. In these situations, parents often describe feeling exhausted, overwhelmed, and unsure how to respond effectively.

Many families arriving at this stage have already tried a number of approaches — parenting strategies, individual therapy, or professional support — yet the patterns at home remain stuck.

Structural systemic intervention focuses on the family relationships and interaction patterns that shape behaviour and communication within the household.

Rather than focusing solely on the individual teenager, the work looks at the family system as a whole, helping parents and family members understand the relational dynamics that may be contributing to the current difficulties.

The aim is to support families in restoring stability, strengthening relationships, and creating more sustainable patterns of interaction.

What does structured systemic intervention offer?

This structured systemic intervention supports families to step back and understand the patterns that may be maintaining conflict and distress within the home.

The work may focus on:

- understanding the relational patterns within the family system
- identifying escalation cycles and communication difficulties
- strengthening parental confidence and leadership within the family
- supporting clearer boundaries and expectations
- rebuilding connection between parents and teenagers

The intervention provides both **therapeutic exploration and practical guidance**, supporting families to move from constant conflict and tension towards more stable and constructive relationships.

Who This Intervention Supports

The intervention support families experiencing (this is not an exhaustive list):

- 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:

- weekly systemic family therapy sessions
- flexible session composition depending on the needs of the family
- therapeutic reflection and guidance between sessions through emails or/and telephone calls where appropriate
- liaison with relevant professionals involved in the family system if needed
- written summaries or reports where clinically appropriate
- a **midway and a final review** to reflect on progress and adjust the direction of the work

The family therapist holds the **clinical leadership of the intervention**, supporting the family in understanding relational patterns and guiding the therapeutic process.

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

Fees are discussed on enquiry and tailored to the scope of the intervention.

For further information or commissioning enquiries:

enquiries@rainbowfamilytherapy.co.uk

