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Family and Systemic Psychotherapy

A structured space to restore connection and stability

You may be considering family therapy because something at home doesn't feel right.

- There may be ongoing conflicts.
- Silence that stretches too far.
- Escalating behaviour.
- Emotional distance.
- Relationships difficulties
- Or a sense that no one feels understood anymore.

Family therapy offers families a safe, structured space to slow things down and work through what's happening — together.

What Is Family and Systemic Psychotherapy?

Family and Systemic Psychotherapy — often called family therapy — helps people in close relationships better understand and support one another.

It creates a safe space to explore difficult thoughts and emotions, understand each other's perspectives, recognise individual needs, build on family strengths, and make meaningful changes in how you relate and live together.

Family therapy helps:

- Improve communication
- Reduce conflict and escalation
- Strengthen understanding between family members
- Restore connection
- Create realistic, sustainable change

Who Can It Help?

Family therapy can support families experiencing:

- Family relationship difficulties
- Child and adolescent mental health issues
- Adult mental health issues
- Child, adolescent and adult behaviour difficulties
- Parenting challenges
- Illness and disability in the family
- Separation, divorce and step-family life
- Fostering, adoption, kinship care and the needs of care experienced children and young people
- Domestic violence and abuse
- Self-harm
- Drug and alcohol misuse
- The effects of trauma
- Physical illness, death, dying and bereavement
- Difficulties related to ageing and other life cycle changes

This work supports families with children of any age — from early childhood to teens, and also adult family relationships where old dynamics are still active.

What Happens in Family Therapy?

Family Therapists build on the strengths already present within individuals, couples and families. The aim is to create a space where different perspectives can be shared and understood, and where families can find workable ways forward together.

Sessions with Pei-I usually last between 50–90 minutes. The therapist ensures everyone feels welcome and has the opportunity to contribute. The structure is adapted to suit age and need — sessions with children may include creative approaches such as play or drawing. Some families meet together from the start, while others begin with parents or individual conversations first.

Some therapists work alone; others work as part of a team. With consent, colleagues may observe and share reflections, which many families find helpful when navigating complex situations.

Family Therapy can also be offered online where appropriate.

How Often Are Sessions?

You do not need to commit to endless weekly therapy.

Most families attend every two weeks. Some see meaningful change in a short block of sessions. Others may need longer to consolidate progress.

The focus is on what the family needs — and moving at a pace that feels manageable.

Practical Information About Family Therapy

Session Length: Each family therapy session lasts 70 minutes.

Frequency: Most families attend every two weeks, allowing time between sessions to reflect and implement changes. That said, this can be flexed to reflect the needs of the family and will be agreed with the family therapist in your initial consultation and can be changed to suit the family's needs.

Fees: Sessions are £195 per 70-minute session. There are no long-term contracts. We review progress regularly and agree together how to move forward.

Introductory Call: Pei-I offers a 15-minute introductory call to briefly discuss your situation and explore whether family therapy is the right support for your family, and who to attend in the initial consultation session.

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 children, adolescents and families. She specialises in adolescent mental health, behavioural escalation, and high-conflict family dynamics.



Frequently Asked Questions

Is family therapy just talking about feelings?

No. While we explore emotions and experiences, sessions are structured and focused. We identify patterns, clarify misunderstandings, and work toward practical changes that improve day-to-day life.

What if someone in the family is reluctant to attend?

It's common for one person to feel ready for family therapy while another feels unsure or resistant. This is completely understandable. Starting therapy can feel like a big step, and people move at different paces.

If this happens, we can begin with an initial consultation to explore everyone's concerns and questions. This gives space to talk about what family therapy involves and how it might help, without pressure.

Family therapy is not about forcing anyone to participate. It's about creating a safe, structured space where people feel more able — and willing — to engage over time.

How long will we need therapy?

There is no fixed length. Most families attend every two weeks. Some see meaningful change within a short block of sessions; others continue longer to consolidate progress. We review regularly and adjust based on your needs.

Do we all have to attend every session?

Not always. Sometimes the whole family attends. Sometimes we meet with parents or carers first. The structure depends on what will be most helpful and stabilising. This is discussed with families in sessions collaboratively.

Can family therapy still work if not everyone attends?

Yes.

While we always aim to involve key family members where possible, therapy can still be effective even if someone chooses not to attend.

If one member is unable or unwilling to participate, we begin with those who are ready. In systemic work, change in one part of the family often influences the whole. When one person shifts how they respond, communicate, or position themselves, it can create meaningful change across the wider family system.

We will always consider how best to involve others over time, but progress does not depend on everyone being present from the start.

What type of sessions are available?

Family Therapy Sessions are online or in-person in Edinburgh (depending on your location/availability).

In person session takes place at 21 Ladsdowne Crescent, Edinburgh EH12 5EH. 1 minute walk from Haymarket Station.

What if you have more questions

You may have questions specific to your situation. You might also want to know more about Pei-I's training and experience. These are important considerations. Pei-I offers a 15 minute introductory call to provide families with opportunities to ask questions they have about family therapy.

Alternatively, you can write to enquiries@rainbowfamilytherapy.co.uk or visit our website for more information about family therapy.

🌐 Rainbow Family Therapy | Family Therapy For Families Navigating Family Issues

