



Dear General Practitioner

Re: FILIAL THERAPY

As you are aware, raising a family can be very stressful, with impacts on the mental well-being of parents and children alike.

You are likely aware that we provide child therapy services at The Counselling Space. You may not be so familiar with the Filial Therapy we offer. Whilst Filial Therapy is not well known in Australia, it is used extensively in the UK and USA, with a significant body of evidence to support its efficacy¹.

Filial Therapy is a psychoeducational intervention designed to enhance the parent-child relationship, decrease problematic behaviours in children, and reduce parental stress by including the parent as a therapeutic agent.

Filial Therapy uses key Focused Psychological Strategies to support the parent as defined by Medicare:

- **Psycho-education**, including neurosequential development of children, attachment, signs and symptoms of stress, anxiety and low mood in parents and children
- **Relaxation strategies** to assist the parent with their own emotional regulation
- **Skills training**, specifically parent management training
- **Interpersonal therapy**, particularly facilitating change, exploring power relations and the impact of guilt-blame-repair cycles.

Parents attend individual sessions where I identify the impact of parenting on their own wellbeing, develop goals for themselves, their child and their family, then use intra and inter-personal strategies for implementation in the home with my support and coaching.

Parents are able to access a Medicare rebate through the Better Access Program if the stress of parenting is such that it is impacting on their mental health, resulting in anxiety, depression, or other difficulties.

If in your clinical opinion the bearer of this letter would benefit from a referral under a Mental Health Care Plan, please email it to admin@thecounsellingspace.com.au or fax it to 02 8322 8076. Please note, as sessions are held with the parent, it is the parent that should be listed on the Care Plan. We will keep you informed of engagement, progress and outcomes.

Please feel welcome to contact us if you would like to know more, or to check our current capacity for new clients.

Warm regards,

Mental Health Social Worker | Family Therapist | Child Play Therapist

¹ Cornett, N., & Bratton, S. C. (2015, April 20). A Golden Intervention: 50 Years of Research on Filial Therapy. *International Journal of Play Therapy*.

Angie Laussel at The Counselling Space

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