Family Consultation

**What is it?**
- Family consultation provides an assessment of family functioning and related treatment.
- Only CADD staff members can refer clients to this service.
- Typically, three to five sessions will be held with an outpatient therapist who has training in Ecosystemic Structural Family Therapy.
- Each session will last approximately 45 minutes.

**What will occur during the session?**
- The therapist will use a variety of interactive tools and measures to gather detailed information about family functioning.
- The therapist will identify strengths and areas of struggle within the family, making recommendations to improve the overall functioning of the family unit.

**Who should attend?**
- Initially, parents or caregivers, though later sessions may include the client or other family members if indicated.

**Client should attend sessions if:**
- They are verbal and able to actively participate in assessment and treatment.
- They are stable and can handle discussion in detail of the presenting issue.