

Russell Ferstandig Reflects on Benefits of Family Therapy

Psychiatrist Russell Ferstandig addresses the benefits of family therapy and the positive impact that it can have.

Russell Ferstandig Reveals How Your Family Can Benefit from Therapy

Russell Ferstandig, a seasoned psychiatrist, understands the intricate relationships that exist among families. Each person is an individual, yet also functions as part of a collective whole. Family dynamics can change frequently. Depending on the situations that individuals and the entire group face, it can affect how they interact.

Sometimes families face challenges that are very difficult to overcome. They may not know how to effectively resolve certain conflicts, confront challenging situations, or deal with major changes. Professional therapy can help them to work through these issues and learn more constructive and beneficial ways to handle emotions and interactions.

What are some reasons that families seek counseling?

Families may decide to attend therapy for any number of reasons. One common reason for therapy is when they go through a major change that affects everyone's lives. This could include things such as:

- marriage
- divorce
- separation
- adoption
- step-families
- death
- addiction

These situations affect each member of the family differently. Each person has their own feelings and handles it in their own way. This can create stress and conflict among families. It can also create lingering problems that build the longer they are pushed aside and not dealt with.

Another reason that some families become involved in therapy is because it is part of a comprehensive treatment program. It is common for those battling addiction to go through several forms of therapy. They may talk with a counselor individually or as part of a group

during treatment, but also have family sessions. Addiction impacts the entire family and this allows them to work through some of the challenges that have arisen.

Russell Ferstandig Highlights How Therapy Can Help

“Family therapy can help to build stronger bonds and relationships,” says Dr. Ferstandig or Dr. Russ as his patients call him. “It can help families to overcome challenges and obstacles that have had a negative impact. They do not have to go through difficult times alone and suffer through results. They realize that there is help available.” Engaging in professional therapy sessions can have many positive and lasting results.

Therapy provides a safe environment for sharing. The therapist facilitates the sessions so that each person has an opportunity to express themselves. At home they may not feel as though they are heard or feel comfortable talking about how they really feel. The office is free from many distractions and the focus is on communication. Through this guidance each member learns how to respectfully listen to the others and respond.

Improves communication. When dealing with difficult situations people are often unsure about how to communicate. They are not sure what to say or how to say it. Ineffective communication can result in conflicts and add to current problems. In therapy, family members learn more constructive methods for expressing themselves. It breaks down common defense mechanisms and gives people a new perspective.

When families learn to truly listen to each other and respond in more effective ways, they can build stronger relationships. It can help to reduce arguments and make for more meaningful interactions.

Improves conflict resolution. By working through difficult situations with the help of a therapist, families learn strategies that they can apply on their own. The therapist can initially work to identify the root of the problem and help develop effective solutions. Then each member builds their coping strategies and develops more effective processes for resolving conflicts. Once lingering problems are worked out, the family can then focus on dealing with each subsequent issue as it arises.

Builds stronger relationships. Major changes such as marriage, divorce, or separation can prove difficult for everyone involved. Therapy can allow everyone to discover their role in the situation and the importance of the part that they play. It can help children to deal with the emotions and confusion that they feel and see in the future in a more positive light. Together family members can work to resolve their differences and gain a deeper appreciation for one another.

In today's busy world it can also help families to focus on putting the group first and making time spent together a priority. Oftentimes people fall into a rut and have difficulty changing their ways. With professional guidance they can identify these ruts, establish new routines and activities that help everyone to connect and feel valued and appreciated.

Family therapy is a positive and beneficial way for people to confront and overcome their challenges. It can help to identify the root cause of issues and effectively work through them. Parents and children learn to communicate and respond to each other in more productive ways that strengthen their bonds. They learn how to support each other, and work through their differences.

Preparing for Therapy

When deciding to engage in family therapy, it is important to find a licensed therapist that the entire family feels they can trust and discuss issues in a comfortable manner. Select someone who has training and experience in providing family counseling. If they are board certified or accredited by a professional organization this means that they have undergone additional training and passed rigorous testing in their field.

It is important that all family members realize that the counseling is meant to benefit everyone. No single person is to blame. The entire family should work together to resolve problems together. Everyone should follow through with the entire program and complete any tasks or activities that are assigned. This process is for everyone's benefit. As time progresses they will better see the positive results that are occurring.

ABOUT:

Dr. Ferstandig is a skilled psychiatrist with more than 30 years of experience in general psychiatry, behavioral and addiction medicine, and biofeedback. He has acquired extensive knowledge regarding the mind-body connection which allows him to more effectively address the physical problems related to mental health. Russell Ferstandig runs his own behavioral medicine and psychiatry practice with a focus on addiction treatment.

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