



#300, 2204 - 2 Street SW
Calgary, Alberta T2S 3C2
Phone: (403) 802-1680
Fax: (403) 270-7446
www.familytherapy.org
E-mail: fraserm@ucalgary.ca

CALGARY FAMILY THERAPY CENTRE

Mission

The Calgary Family Therapy Centre will provide a well-integrated service, education and research program in family therapy.

Therapy Process

Professional therapists work with families whose children are experiencing emotional or behavioral problems, with the primary goal being to enable these families to develop their own methods of managing these problems more effectively.

The orientation of the Centre is specialized in that the major emphasis is placed on working with the family group rather than with individuals. The initial task is to clarify the nature of the problem(s) and the ways in which family members can help. Thus all members of the household are usually asked to attend the first interview and each member is encouraged to share her or his view of the problem and possible solutions. After therapy has started, interviews may continue with the family as a whole or may be arranged for one or more members of the family. Several therapeutic approaches are utilized in the Centre. Each situation is assessed and the most appropriate approach(es) determined for that family. On average, families attend five to eight sessions of 1 to 1.5 hours duration. The time interval between sessions varies from one to four weeks.

Therapy Team

The therapy team is composed of professionals from a variety of disciplines. It includes psychiatrists, social workers, psychologists, nurses and interns in these disciplines, all of whom have a specialized interest and skill in family therapy. Each family is engaged by a specific team member who carries primary responsibility for therapy with that family. During the course of the therapy, the primary therapist may seek input from other team members through discussion, supervision or consultation. In this way the special expertise of other team members may be drawn on and the family may have the benefit of several opinions even though they may have seen only one or a few team members. Psychiatric consultation may be arranged by the primary therapist when indicated but family members should consult their family physician in regards to any medical problems and for on-going medical care.

Teaching and Research

Families may be invited to participate in teaching or research activities by having interview(s) videotaped or observed through a one-way screen. The family's explicit consent is always sought before such participation with the understanding that the family may refuse without prejudice. The Centre's staff and trainees assume the responsibility to respect the privacy of the family and to treat all information as highly confidential and part of the family's medical file.

Referral Procedure

The Centre accepts families who are experiencing emotional or behavioral problems with their children and/or adolescents 18 years of age or younger. Any family member who is concerned may phone the Centre directly. Alternatively, the family may be referred by any community resource (physicians, teachers, social agencies, etc.) either by telephone or in writing.

Fee

There is no out-of-pocket charge to families seen in the Centre since it is funded by the Calgary Health Region of the Department of Health and Wellness of the Government of Alberta. Psychiatrists bill the Alberta Health Care Insurance Commission.

Hours

The Centre is open between 8:30 am - 6:00 pm Monday to Thursday: 8:30 am - 4:00 pm Friday. Each therapist schedules his/her own appointments. To minimize scheduling difficulties, families are requested to keep appointments whenever possible. We ask that at least two days advance notice be given if it is essential that an appointment be cancelled or rescheduled.

The Centre is located on the third floor of the Huang Wing of the Holy Cross Centre (see map). The mailing address is:

Location of Program

Calgary Family Therapy Centre
Holy Cross Centre
300 - 2204 2nd Street SW.
Calgary, Alberta T2S 3C2

Telephone – (403) 802-1680 Fax (403) 270-7446
www.familytherapy.org
e-mail: fraserm@ucalgary.ca

