

# Marriage and Family Therapist

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Marriage and family therapists play an important role in mental health. They are trained to deal, specifically, with interpersonal issues that arise in individuals, couples and families. The American Association of Marriage for Marriage and Family Therapy reports that nearly 90% of people who receive marriage and family therapy report improvements in their emotional health. In this article, we will discuss the important role of a marriage and family therapist in the lives of couples and families, and what distinguishes them from other psychotherapists.

## 1) What is a Marriage and Family Therapist?

Is a professional and also an expert who understands and deals with marital, familial and relational difficulties. He can therefore assess and treat the behavior of each couple or family.

- The therapist therefore receives couples who are facing different problems such as infidelity, separation or divorce.
- They help families who have relationship problems with their children.
- They also offer psychological treatments to anyone living in conflict (wounds due to hidden secrets and abuse).

- They are competent professionals to help people in connection with the custody of children, the right of access and adoption.



## 2) Why consult a Marriage and Family Therapist?

- A therapist should be consulted when the life of a couple or a family faces difficulties such as school failure, loss of a job, alcoholism, illness or bereavement, mental illness... All of these issues have a significant impact on the quality of the couple's or family's relationship.

We read in an article published on the OTSTCFQ page that “Often, it is the difference that leads to consultation, because it can distance instead of bring closer. The therapist will take care of helping the couples to see it as an asset. "We don't change people, concludes the therapist, we bring them to be able to live in the most harmonious way possible. Sometimes what brought the two spouses together at the beginning of the relationship pushes them apart, because one of the two has evolved and no longer sees this difference as an asset. The couple did not take stock and things got tense. Marriage therapy can update the contract of life together and increase the satisfaction of each within the relationship.

In any case, it is better to consult a therapist as soon as possible and prevent rather than arriving at an unbearable or dramatic situation, for the good of the partners and the children, if necessary.

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### **3) What distinguishes a Couple Therapist from other providers?**

The marriage therapist is first and foremost a couple and family specialist. Thanks to the psychotherapeutic treatment it offers, the relationship between couples and their children improves and people regain balance and control of their lives.

Depending on the situation, consultations can be offered individually, as a couple with or without the children.



#### **4) Our approach at the institute**

As a psychotherapist, trained on the model of values, our basic approach is the Humanist-Existential. Then, we acquired the systemic-interactional approach, as a marriage and family therapist. To these two approaches we integrate brief strategic therapy models, solution-oriented, single session, NLP, hypnosis, psychocorporal and others.

#### **5) At INSTITUT THERAPÉIA, do we have the necessary resources?**

Our psychotherapist Charbel Ibrahim is a member of the Order of Psychologists of Quebec since May 19, 2015.

In addition, Charbel Ibrahim is also a member of the Order of Social Workers and Marriage and Family Therapists of Quebec, since October 14, 2021.

Our psychotherapist Charbel Ibrahim can also support you in your educational mission as parents (with parental coaching) in order to maintain a good emotional and relational climate with your children. It will help you manage stress and conflict and regain motivation and self-confidence as parents.

We are here for you!  
Do not hesitate to contact us!

**You can make an [appointment](https://www.psychotherapeute.pro/contact) with our psychotherapist**

**<https://www.psychotherapeute.pro/contact>**

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