

## Chester County Juvenile Probation Family Therapy

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### FAMILIES WORKING TOGETHER

- Respect for one another
- Productive discipline
- Home responsibilities
- School responsibilities
- Drugs
- Alcohol
- Sexual Behavior

#### ***What is Family Therapy?***

Family therapy brings the family together in a safe environment to work with a skilled therapist in making changes that the family and therapist believe will improve communication skills and other day-to-day family interactions.

#### ***How much will therapy cost?***

There is no cost to the family or to the youth involved with the probation office.

#### ***Where do we go?***

The Family Therapy Intervention Unit is located on the third floor of the Chester County Justice Center, which is located at 201 West Market Street in West Chester.

#### ***How long is each session??***

Each session lasts approximately one hour.

#### ***How many sessions do we have to attend?***

The probation officer and the Court often make this determination. As therapists, we ask for six sessions. At the end of these sessions, we ask the parents if they would like to continue.

#### ***Does everyone in the family have to come?***

Therapy is usually more successful when all attend. We understand this is very difficult or even impossible for some families, so we work with the family to include as many members as possible.

#### ***Does the Court think we are bad parents?***

The Juvenile Court and the probation department are not evaluating parents or families. Their primary concern is the behavior of a youth. As a matter of experience, most referrals for family therapy are for families that are viewed as having strengths that can be used to encourage good behavior.

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***Will you see our son/daughter for individual therapy?***

No, our focus is on family interactions.

***Are the family therapists properly trained therapists?***

Yes, the therapist has a master's degrees in psychology or in counseling and many years of experience working with youth and their families

***Will you come to our home for therapy sessions?***

No, our sessions are held at the Justice Center. If a family thinks that in-home therapy is a good choice, they should ask the probation officer if such therapy could be arranged through another agency.

***Our values may be different than those of the therapist, will our values be respected?***

Yes, we work with families from many cultures, races, religions and ethnic origins. We strive to understand and respect such differences in values.

**Who do I contact if I have questions?**

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