

An Introduction: **Family Therapy at Compass Health**

Common FAQ's

What Is Family Therapy at Compass?

- 45-60 minute sessions that typically occur on a bi-weekly or weekly basis, dependent on level of care and patient need, either during or outside of program hours & at no additional cost
- A space for family (biological or chosen) to learn about the program & how to support you with your treatment goals

What is Family Therapy NOT at Compass?

It is not appropriate for concerns of active abuse, couple mediation or to address behavioral concerns of another person

When should I expect to meet with my Family Therapist?

Dependent on availability, typically within the first 5 treatment days

How should I prepare to meet with my Family Therapist?

Begin to think about who is in your support system, who you might want to involve and what your goals might be

A Message from Your Family Therapists

“We are excited to meet you and to be a part of your treatment team while you're here. We don't expect you to have everything figured out, so show up as yourself and we'll help through the rest.”

Join us during the optional Resource Hour (RH) every Thursday to learn more about what to expect in Family Therapy

AM Program RH: 1p-2p CST

PM Program RH: 4pm-5pm CST