

Family Matters

in Warwickshire

Therapeutic Approaches Used

As a Clinical Psychology service, we utilise a range of theoretical orientations and therapeutic techniques, tailored to the needs of the individual and family. These include the following:

- Attachment theory
- Behaviour therapy
- Behavioural Family Therapy
- Cognitive behavioural therapy (CBT)
- Developmental assessment
- Interpersonal Neurobiology (IPNB)
- Mindfulness based approaches
- Parent Child Game
- PolyVagal Theory
- Systemic theory
- Solution focussed therapy
- Solihull Approach
- Video Interaction guidance (VIG)
- Watch Wait and Wonder

as always – this is not an exhaustive list!

It is only through assessment and discussion that we will know which approach or approaches are right for you and your family.