

# 10 things to know

## FAMILY WORK FOR PEOPLE WHO EXPERIENCE PSYCHOSIS (Behavioural Family Therapy BFT)



Clinical Design & Innovation  
Person-centred, co-ordinated care

### 1. DO YOU KNOW?

Psychosis is a common experience that can affect anyone but getting support early helps people to return to their normal lives.

It affects  
**3/100**  
people

### 6. WHO CAN TAKE PART?

We use the word 'family' as a general term to refer to anyone who is close to the person. This may include parents, siblings, cousins, partners, friends and care-givers.

### 2. SUPPORT

Family Work (FW) is recognised as a recommended intervention by the National Clinical Programme for Early Intervention in Psychosis.

Nice National Institute of Clinical Excellence (2014) recommended that family interventions should be offered to all individuals with first episode psychosis.

### 7. VALUES/PRINCIPLES OF FAMILY WORK

Collaborative working

- Family are seen as the experts
- Positive in its approach
- Holding of hope
- Focus on the here and now



### 3. WHAT IS FAMILY WORK/BEHAVIOURAL FAMILY THERAPY?

It is a practical skills based programme for families and people who experience psychosis. It is facilitated by family workers on a Mental Health Team.



### 8. WHAT TO EXPECT

Every family is unique and sessions are tailored to your needs.

Family worker will meet you regularly to focus on information sharing and skills.

Family worker will arrange a time and venue that suits your family.



### 4. RESEARCH SHOWS FAMILY WORK IS EFFECTIVE IN:

Promoting recovery for both the person and family members.

Reducing relapse rates and hospitalisations.

Improving family communication and coping skills.



### 9. RECOVERY

Programme involves a focus on self-care and personal goals for each person.

Supports the recovery of both the person and family members.

### 5. BENEFITS OF FAMILY WORK

Effective in reducing stress for the person with mental health difficulties and their family.

Learn more about your relative's mental health and how best to support them.

A space to talk openly about your worries and concerns.

Promotes positive and effective communication skills.

Supports individual members to achieve personal goals and maintain self-care.



### 10. SUPPORTER WELLBEING

A place to be heard and supported.

Looking after you!



If you are interested in family work please talk to a member of the team: