

Therapeutic Family Mediation: Helping Families Resolve Conflict

Therapeutic family mediation (TFM) is a process that helps families resolve conflict in a healthy and productive way. TFM is based on the principles of family systems theory, which views the family as a complex system of interdependent relationships. TFM practitioners are trained to help families identify and understand the patterns of interaction that are contributing to conflict, and to develop new ways of communicating and relating to each other. TFM can be used to address a wide range of family issues, including divorce, child custody, blended families, and elder care.

How does TFM work?

TFM is a structured process that typically involves a series of family sessions. During these sessions, the TFM practitioner will help the family to:



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by Howard H. Irving

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- Identify the patterns of interaction that are contributing to conflict.
- Understand the needs and perspectives of each family member.

- Develop new ways of communicating and relating to each other.
- Create a plan for resolving conflict in the future.

TFM is a confidential process, and all information that is shared during the sessions is kept private. The TFM practitioner will also provide support and guidance to the family throughout the process.

Benefits of TFM

TFM can offer a number of benefits for families, including:

- Improved communication and relationships.
- Increased understanding and empathy for each other.
- Reduced conflict and stress.
- Improved problem-solving skills.
- Greater family cohesion.

TFM can also help families to avoid or resolve more serious problems, such as divorce, child abuse, and neglect.

Who can benefit from TFM?

TFM can benefit any family that is experiencing conflict. TFM is particularly helpful for families who are facing major life transitions, such as divorce, remarriage, or blended families. TFM can also be helpful for families who are struggling with communication, conflict, or other relationship issues.

How do I find a TFM practitioner?

To find a TFM practitioner, you can ask your doctor, therapist, or clergy member for a referral. You can also search online for TFM practitioners in your area. When you are looking for a TFM practitioner, it is important to find someone who is experienced and qualified. You should also make sure that you feel comfortable with the practitioner and that you trust them to help you with your family issues.

If you are struggling with family conflict, TFM can be a valuable resource. TFM can help you to improve communication, relationships, and problem-solving skills. TFM can also help you to avoid or resolve more serious problems, such as divorce, child abuse, and neglect.

To learn more about TFM, you can visit the website of the Association for Family and Conciliation Courts (AFCC) at www.afccnet.org.



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