

My name is Ann-Marie James and I am a professional, fully qualified counsellor and family therapist in private practice in Reading, Berkshire.

My training is in Multi-Systemic Family Therapy (MST) which is a cognitive-behavioural therapy for children, adolescents and their families. I also have a certificate in person-centred Relationship Counselling and training in Emotionally-Focused Therapy for Couples & Families. I am an accredited member of the British Association for Counselling & Psychotherapy (BACP).

Families coming to family therapy generally have concerns such as:

- Recurrent fighting within the family or poor communication
- Faced with major changes such as divorce, death of a family member, or a serious illness in the family
- Children or teenagers who exhibit anger, sadness or frustration through negative behaviour.
- Concerns about depression, anxiety, eating disorders or similar

These are all challenges that can be addressed through family therapy.

"Nobody, as long as he moves about among the chaotic currents of life, is without trouble."

Carl Jung

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Frequently Asked Questions

What is family therapy like?

Family therapy starts with a three-session assessment. If you decide to go forward with family therapy, the process generally runs for at least 8 weeks. It can include parenting coaching, art therapy for children, and whole-family sessions focussed on emotion and communication.

What is the difference between Parent Coaching & Family Therapy?

Family therapy can involve the entire family while parent coaching is shorter sessions without children present, focussed on supporting parents to making changes in the home and in their interactions with their children.

What is Co-Parenting?

Co-Parenting is a program for parents who have recently separated or divorced. It supports parents in working together as a team for the benefit of their children.

Can I speak to you to see if this is right for my family?

Yes. You are welcome to contact me on 07940-703132. If I am with a client my phone will be switched off but please leave a message and I will get back to you as soon as possible.

About Family Therapy

As a family therapist, I assist by:

- Improving communication between family members
- Helping parents try new techniques with children and teens
- Helping parents improve their teamwork, communication and authority in the home
- Guiding family members in learning different ways of interacting
- Supporting parents in developing insight around the needs of their children
- Assisting the family in making changes in the home that will bring about positive behaviours in children

If you have specific questions about beginning counselling you are welcome to contact me by phone or email.

“While other things may change us, we start and end with the family.”

Anthony Brandt

