

*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 am also currently completing a certificate in Marriage & Couples Counselling.

Families that benefit from family therapy or parent coaching are usually faced with challenges involving children or teenagers who are acting out at home, in public, or at school. Kids might be defiant, refusing to go to school, aggressive or experiencing mental illness. Families will often also feel that the relationships between family members are full of conflict and lacking in warmth. These are all challenges that can be addressed through family therapy.

I am an accredited member of the British Association for Counselling & Psychotherapy (BACP) and am a UKRCP Registered Independent Counsellor/Psychotherapist. Any information as relates to you and the process of counselling is strictly confidential.

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

**Carl Jung**

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**Ann-Marie James, MA**  
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## Family Therapy & Parent Coaching

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## Frequently Asked Questions

*What are your qualifications?*

I hold a Master of Arts in Pastoral Counselling, a Certificate in Multi-Systemic Family Therapy, and a BA (Hons), in Counselling Psychology as well as BACP Accreditation and UKRCP Registration. I have worked in various clinics, hospitals, and charities providing counselling to adults and families over the past 9 years both in the UK and America.

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*What is family therapy like?*

Family therapy sessions run for at least 90 minutes in order to allow everyone in the family to participate. It is ideal when the entire family can be present. A minimum of three sessions are recommended in order for the family to benefit from the process.

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*What is the difference between Parent Coaching & Family Therapy?*

Family therapy involves 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.

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*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:

- Facilitating conversation 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
- Assisting parents in making use of natural supports in their environment such as schools, social workers, and relatives
- 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

