

# Family Therapy Solutions

Happy to Help Individuals, Couples, & Families Think Outside The Box

## Family Therapy & Family Law: Presentation Handout

Follow along with the presentation and use the lines provided for your notes.

### Considerations for the Ideal Family Court Order

- Who makes a better argument vs. Who makes an argument better

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### The Role of Family Therapy in Court - How does an MFT see it?

- Whole picture focus
- Pattern detection
- Ripple effect awareness
- Multiple perspectives
- SYSTEMIC

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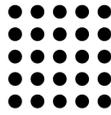
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### The Role of Family Therapy in Court - How does an Attorney see it?

- Case as a system
- Pattern analysis
- Chain reaction planning
- Multiple narratives

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## Problems in court:

- Time constraints
  - Limited legal roles
  - A short act
  - Antiquated values
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## How therapists hope to help:

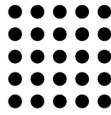
- Reduce recidivism
  - Decreased criminal activity
  - Better community functioning
  - Less wasted resources
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## Therapist Priorities - Best Practices:

- Stable environment
  - Coparenting Support
  - Access to Therapy
  - Harm Prevention
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## Blended Family Cycle - Family Eruption

- Lack of negotiating skills
- Forced to take a stand



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- Legal Division and rigid boundaries
  - Weakened resources
  - Paired likely with another blended family to regain resources
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## The Ideal Order

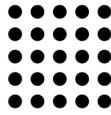
- Clear and Specific
  - Child/ Victim Centered
  - Flexible
  - Enforceable
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## Challenges to Orders - Ambiguity

- Leaves it to parents to 'agree,' which often fails if communication breaks down
  - Suggested Fix: Request a clarified order with exact dates/times
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## Challenges to Orders - Enforcement

- Be specific
- Define all key terms
- Include visuals (calendars, maps, diagrams)
- Use a consistent pick-up/drop-off location
- Add conflict-resolution steps before court
- For high-conflict cases: enforcement tools & detailed exchanges



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## Challenges to Orders - Education

- Education for parents (parenting classes, trauma-informed)
  - Education for lawyers/judges
  - Education for therapists on legal processes
  - Psychological evaluations before custody decisions
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## How to Improve

- Collaboration of legal and mental health (continued conversations, trainings)
  - Shared specifically defined goals
  - Respect for scope
  - Redesigned legal forms
  - DEI considerations
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## Conclusion

- In a world shaped by rapid technology and growing individualism, community ties are thinner than ever. To meet the complex realities of modern family life, we must replace one-size-fits-all solutions with collaborative care, and individual approaches.
- Conversate
- Network
- Continuing education courses
- Diversify resources