

MARRIAGE AND FAMILY THERAPISTS

UNIQUELY QUALIFIED MENTAL HEALTH CARE PROVIDERS

Marriage and Family Therapists have a master's or doctoral degree in Marriage and Family Therapy or an allied discipline, along with extensive post-graduate clinical training. They are independently licensed to diagnose and treat mental health and substance abuse problems.

Trained in psychotherapy and family systems, Marriage and Family Therapists work with individuals, couples, families or groups by asking questions about family roles, patterns, rules, goals, beliefs and stages of development. The Marriage and Family Therapist's goal is to change interaction patterns so that problems can be resolved.

MARRIAGE AND FAMILY THERAPY

SHORT TERM, LOW COST RESULTS-ORIENTED

Marriage and Family Therapists provide brief, solution-focused therapy that often results in lower costs to the client.

Clients report high satisfaction with significant improvements in emotional and physical health, functioning and relationships.

MARRIAGE AND FAMILY THERAPY AN EFFECTIVE FORM OF MENTAL HEALTH TREATMENT

Studies demonstrate the effectiveness of Marriage and Family Therapy in treating the full range of mental and emotional disorders, including severe mental illness.

Clients are highly satisfied with Marriage and Family Therapy Treatment

- 98% RATED SERVICES GOOD OR EXCELLENT
- 97% RECEIVED THE KIND OF HELP DESIRED
- 93% REPORTED THEY WERE HELPED IN DEALING MORE EFFECTIVELY WITH PROBLEMS
- 94% WOULD RETURN TO THE SAME THERAPIST IN THE FUTURE
- 97% WOULD RECOMMEND THEIR THERAPIST TO A FRIEND
- 97% WERE SATISFIED WITH THE SERVICE THEY RECEIVED

MARRIAGE AND FAMILY THERAPISTS SPECIALIZE IN TREATING RELATIONSHIP ISSUES & MENTAL & EMOTIONAL PROBLEMS

RELATIONSHIP PROBLEMS

Family of Origin, Dating, Pre-Marital, Couples, Fertility and Adoption, Childhood and Adolescent Behavioral Problems, Parenting Issues, Separation and Divorce, Mediation and Custody Evaluation, Remarriage, Step-Parenting and Blended Families

EMOTIONAL ISSUES

Anxiety Disorders, Depression, Bi-Polar Disorder, ADHD, Post Traumatic Stress Disorder, Eating Disorders, Bereavement, Sexuality and Gender Issues, Personality Disorders

ADDICTIONS

Alcohol, Drugs, Nicotine, Gambling, Sex and Pornography, Internet and Video Games

ABUSE

Emotional, Verbal, Physical, Sexual

OTHER AREAS

Career, Aging, Chronic Illness, Organizational Consulting

ABOUT AzAMFT

The American Association for Marriage and Family Therapy (AAMFT) is an international association established more than 65 years ago. The Arizona Division of the American Association for Marriage and Family Therapy (AzAMFT) is made up of over 400 highly trained practitioners of mental health. Clinical members are held to a national code of ethics. AzAMFT members are licensed by the State of Arizona Board of Behavioral Health Examiners.

AzAMFT PHILOSOPHY

The Arizona Association for Marriage and Family Therapy provides the community with a relational, contextual and systemic understanding of human behavior. This approach transcends historical models which view individuals separate from their context, like islands unto themselves. This philosophy respects and recognizes multiple perspectives of human identity and family structure. The work of Marriage and Family Therapists fills a gap that is not addressed by other disciplines.

Marriage and Family Therapists are committed to the highest standards of ethics, education, integrity and professional development. AzAMFT values and promotes lifelong learning, innovative professional practices and research.