



It is difficult to change when the individuals that surround you don't grow along your side.

Systemic therapy doesn't stop at supporting your individual well being but **aims to improve the overall health of your most meaningful relationships**, resulting in more impactful and lasting change.

Systemic therapy allows the same provider to **work with you individually while including sessions with your significant other or family**. That means fewer providers needing to be involved to achieve greater health in your family.



MFTs are the specialized discipline in couple/family therapy while mutually equipped to work with clients on a 1-to-1 basis. When MFTs work with individuals, however, we do so through the same systemic framework that meets clients as individuals existing within a larger social context.

When searching for a therapist, search/ask for an "MFT" or "LMFT".



MAMFT maintains its commitment to socially-just practice, research, and education.

www.mamft.net

MAMFT
Minnesota Association for Marriage
and Family Therapy
Relationships Matter

Why See An MFT?



Marriage and Family Therapists

MFTs are unique from other mental health providers as we view individuals as members of larger systems while **emphasizing relational health versus individual pathology**. These larger systems include your relationships, family system, community systems, and cultural systems across society.



Marriage and Family Therapy is the only mental health license that requires direct supervised experience working with relationships during the licensing process (minimum of 650 relational hours).

Common Concerns MFTs Can Help With:

- **Relationship Concerns**
(dissatisfaction, conflict, infidelity, strained communication, etc.)
- **Family-Related Issues**
(across the lifespan)
- **Struggles with mood, anxiety, depression, self-harm, and trauma**
- **Concerns related to gender and sexuality**
- **Grief and loss**
- **Low self-worth and/or underachievement**
(academic, occupational, and/or social)
- **Support for caregivers and families with aging parents**
- **Divorce counseling and work with blended families**



Relationship Experts

You wouldn't see a foot doctor for dental concerns or call a plumber to fix electrical issues. Take the same approach to one of the most valuable aspects of life - your relationships.

Improve your own sense of wellness and the quality of your most valued relationships.

See an MFT!