

Systemic Family Therapy

Systemic family therapy (SFT) approaches problems practically. It does not attempt to determine past causes, nor does it assign blame to an "identified patient". SFT seeks to identify stagnant patterns of behavior in the family and address these patterns directly, irrespective of cause. A key point of this perspective is the humble recognition by therapists that they do not change family systems; instead the therapist's role is to help systems change themselves by introducing creative examples.

For people with Cystic Fibrosis, this approach can be helpful at any age, particularly when the family, parents or partners play an important role in helping with self-management of the illness. This is even more relevant with children and adolescents. Systemic family therapy can help us to explore the family's attitude towards the problem. It can help change maladaptive pathways in daily life and in daily treatments.