

## INDIVIDUALS

Working systemically with individuals, e.g.,  
Multigenerational issues and patterns;  
Wellbeing, Mental Health, & Substance Use.  
Relationship coaching with individuals.  
Meaning making, re-storying, and finding  
strengths, solutions and ways forward.

## COUPLES/DYADS

Couples & other dyads e.g., adult siblings,  
adults and their parents,  
a young person in residential care  
and a key worker.  
Communication, problem solving, patterns  
and dynamics, wellbeing, connection and  
belonging, values and vision, strengths,  
navigating changes and challenges.

## FAMILIES

Families of any constellation, including  
blended families and foster families.  
Connection & Belonging, Communication  
& Problem Solving, Parent-Child  
relationships, Parenting, Family Structure  
and Dynamics, Family Narratives,  
changes and challenges associated with  
the family life cycle.

## COMMUNITIES

Addressing complex issues with  
consideration of systemic causes,  
patterns and dynamics.  
Promoting collaboration and  
participation. Valuing diversity.  
Strengthening community resilience by  
focusing on adaptive capacity.

# THE MANY FACES & USES OF FAMILY THERAPY

[www.drleoniewhite.com](http://www.drleoniewhite.com)

## RESIDENTIAL CARE & INPATIENT SETTINGS

Anxiety in the system, structure  
including leadership and roles, felt  
safety in relationships, relationship  
dynamics, communication, problem  
solving and meaning making.

## STAKEHOLDER GROUPS

Enhanced collaborative practice through:  
understanding emotional relational  
processes (e.g., triangling, over and  
underfunctioning dynamic), contracting  
shared goals and roles, communication,  
problem solving and developing shared  
meaning and focus.

## TEAMS & ORGANISATIONS

Holistic perspective, communication  
and collaboration, organizational  
anxiety and dynamics, power  
structures, patterns of interaction,  
change management, and  
organisational resilience.

## PROFESSIONAL AND CLINICAL SUPERVISION

Solution focused supervision e.g., amplifying  
effective areas of practice.  
Narrative practice supervision e.g.,  
deconstructing problems, externalizing  
problems the supervisee is managing.  
Systemic thinking for the "helicopter view"  
using genogram mapping to find  
maneuverability.