



FamilyLive©

FamilyLive© is an intensive family therapy model that addresses the complex needs of families in which the caregiver's history of trauma and disrupted attachment interferes with his/her ability to create the physical and emotional safety that children need in order to address their own trauma exposures and ultimately thrive.

FamilyLive© provides caregivers with a new relationship experience focused on building self-care, emotional regulation and reflection skills. Once those capacities are established, **FamilyLive©** focuses on enhancing family organization, bolstering parent-child attunement, and strengthening family relationships, allowing for the development of clear boundaries and roles.

FamilyLive© uses a reflecting "team" behind a one-way mirror intervening in the family's session with the therapist. Through telephone call-ins, the "team" acts as a **consistent and structuring presence**, providing hope, acknowledgement, validation, support, accountability, audience to the family's story, and containment for strong emotions.

Resources Needed:

- One-way mirror with audio transmission equipment and telephones on both sides of the mirror
- Observation room
- Trained team to work from behind the mirror while therapist meets with family



The Family Center
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For more information:

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