

## HEADLINES AND PARAGRAPHS

### Page: Index Page

**Title:** Marriage & Family Therapy, Group Therapy, Individual Therapy | The Family Therapy Center | Bristol & West Hartford, CT

**Images:** The Family Therapy Center logo, spotlight image of a family

**Header:** Serving Children, Families, and Individuals since 1997.

**Text:** Three brief blurbs offering information about The Family Therapy Center, the services it provides, and its contact and location information.

**Main Navigation Links:** Services, Meet Us, Resources, For Patients, Contact Us

**Footer:** Copyright information

**Keywords:** marriage therapy; family therapy; group therapy; individual therapy; Bristol, CT; West Hartford, CT; therapy for children, therapy for adolescents, therapy for teenagers, marriage and family therapists; couple therapy; grief therapy; medical family therapy; Helen Skovran; Georgianna Sloate; Kyoung-Hi Dickson; Erica Tofano; Cassie Nowak; therapy; therapist; MFT; Connecticut; American Association for Marriage and Family Therapy; psychotherapist; mental health professional; counseling; counselors; therapy practitioners; mental health generalists; mental health practitioners

**Headline:** About The Family Therapy Center

**Paragraph:** The Family Therapy Center was founded by Helen Skovran in 1997 in Bristol, CT. Under Helen's role as Director and Clinical Supervisor, MFTs Georgianna Sloate, Kyoung-Hi Dickson, Erica Tofano, and intern Cassie Nowak have joined The Family Therapy Center team, and we've expanded with a site in West Hartford, CT as well. MFTs are family-focused psychotherapists and mental health generalists who are prepared to effectively guide you through a wide array of mental health conditions with adherence to the ethics of the American Association for Marriage and Family Therapy that guarantees you will be treated with respect, integrity, and confidentiality in a safe, warm, and healing environment. We welcome you!

**Headline:** Services and Treatment

**Paragraph:**

The Marriage and Family Therapists at The Family Center offer treatment for a wide range of clinical problems:

- anxiety and depression
- grief
- living with a life-threatening illness
- stress management
- trauma issues
- eating disorders
- blended family issues
- concerns of military families

Our MFTs utilize a number of techniques and treatment options:

- Family Therapy

- Marriage and Couple Therapy
- Grief Therapy
- Medical Family Therapy
- Individual Therapy.

**Page: A. Services**

**Title:** Services | The Family Therapy Center | Bristol & West Hartford, CT

**Images:** The Family Therapy Center logo, image of military family

**Header:** Services

**Text:** The text on this page will highlight what types of people and issues The Family Therapy Center treats, the types of therapy they provide, and therapeutic group activities they organize.

**Main Navigation Links:** Services, Meet Us, Resources, For Patients, Contact Us

**Secondary Navigation Links:** Types of Therapy, Who We Treat, Group Therapy Activities

**Footer:** Copyright information

**Keywords:** marriage therapy; family therapy; group therapy; individual therapy; Bristol, CT; West Hartford, CT; therapy for children, therapy for adolescents, therapy for teenagers, marriage and family therapists; couple therapy; grief therapy; medical family therapy; Helen Skovran; Georgianna Sloate; Kyoung-Hi Dickson; Erica Tofano; Cassie Nowak; therapy; therapist; MFT; Connecticut; American Association for Marriage and Family Therapy; therapy services; types of therapy; types of therapists; therapy activities; therapy treatment

**Headline:** Types of Therapy

**Paragraph:**

The Family Therapy Center offers the following types of therapy to fit the unique needs of a diverse group of patients in the Bristol and West Hartford areas of Connecticut:

- Family Therapy
- Marriage and Couple Therapy
- Medical Family Therapy
- Grief Therapy
- Individual Therapy

**Headline:** Who We Treat

**Paragraph:**

The Marriage and Family Therapists at The Family Center treat a wide range of clinical problems such as:

- anxiety and depression
- grief
- living with a life threatening illness
- stress management
- trauma issues
- eating disorders
- blended family issues

- concerns of military families.

The family unit often plays a highly influential role in an individual's life and we have found that it can be helpful for them to be actively involved in a patient's treatment.

**Headline:** Group Therapy Activities

**Paragraph:**

Group Therapy is when one or more therapists treat a small group of clients together as a group. The Family Therapy Center utilizes a number of activities in these sessions such as drum circles and working together to create and expand our on-site therapy garden as a way to facilitate physical and emotional well-being.

### **Page A1. Types of Therapy**

**Title:** Types of Therapy | Services | The Family Therapy Center | Bristol & West Hartford, CT

**Images:** The Family Therapy Center logo

**Header:** Services - Who We Treat

**Text:** The text on this page will be information on the type/groups of people that The Family Therapy Center works with and briefly talks about who should be involved in the therapeutic process of someone who is seeking treatment. This page will also provide contact information on who to call if a patient is in an emergency situation or is in crisis and needs counseling if The Family Therapy Center is currently unavailable.

**Main Navigation Links:** Services, Meet Us, Resources, For Patients, Contact Us

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**Headline:** Types of Therapy

**Paragraph:**

- Family Therapy
- Marriage and Couple Therapy
- Grief Therapy
- Medical Family Therapy
- Individual Therapy.

*(NOTE: each bullet will link to the corresponding sub-heading below)*

**Sub-Headline:** Family Therapy

**Paragraph:**

The goal of Family Therapy is to improve communication and resolve conflicts, and it is often a short term engagement. Family Therapy can teach you how families function in general and within your own family unit, and it can help you build skills to deepen family connections, get through stressful times, identify conflicts and anxieties and help the family develop strategies to resolve them by working together, even after you're done going to therapy sessions.

**Sub-Headline:** Marriage and Couple Therapy

**Paragraph:**

Marriage and Couple therapy, helps couples, both married and not, to identify, understand, and resolve conflicts in order to improve their relationship. Marriage and couple therapy gives couples the tools to communicate better, negotiate differences, problem solve and even argue in a healthier way. It can help you better understand your relationship so you can rebuild it or make an educated decision that a split is the best option for everyone involved.

**Sub-Headline:** Grief Therapy

**Paragraph:**

Grief therapy aims to help you cope with grief and mourning by promoting expression of emotion which includes considering the challenges that result from the loss.

**Sub-Headline:** Medical Family Therapy

**Paragraph:**

Medical Family Therapy assists a family with the emotions and challenges they face when a member of that family becomes seriously ill. When a member of the family becomes ill, priorities often become reorganized to center around the health issue, so Medical Family Therapy will help the family focus less on the member diagnosed as ill and focus more on the family as a whole unit.

**Sub-Headline:** Individual Therapy

**Paragraph:**

In individual therapy, the client is treated one-on-one with a therapist, and its focus is to help you identify the goals you seek to accomplish and establish a thriving lifestyle by resolving the issues that brought you to therapy.

**Page A2. Who We Treat**

**Title:** We Provide Treatment For | Services | The Family Therapy Center | Bristol & West Hartford, CT

**Images:** The Family Therapy Center logo

**Header:** Services - Specialty Areas

**Text:** The text on this page will be information on what specific issues the Family Therapy specializes in the treatment of as well the different types of therapy that they utilize in their treatment.

**Main Navigation Links:** Services, Meet Us, Resources, For Patients, Contact Us

**Secondary Navigation Links:** Types of Therapy, Who We Treat, Group Therapy Activities

**Footer:** Copyright information

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**Headline:** Who We Treat

**Paragraph:**

- families
- couples
- children
- adolescents
- groups
- individuals.

**Headline:** We Provide Treatment For

**Paragraph:**

- anxiety and depression
- grief
- living with a life threatening illness
- stress management
- trauma issues
- eating disorders
- blended family issues
- concerns of military families.

*(NOTE: each bullet will link to the corresponding sub-heading below)*

**Sub-Headline:** Anxiety

**Paragraph:**

Anxiety is a normal reaction to stress, but when anxiety or feelings of fear, worry, uneasiness, and dread become excessive, you may have an anxiety disorder. Anxiety may have physical, emotional, cognitive, and/or behavioral effects on your life. At The Family Therapy Center, we can help you focus on identifying, understanding, and changing the thinking and behavior patterns that are behind your anxiety which can give you a greater sense of control over your life and emotional well-being.

**Sub-Headline:** Depression

**Paragraph:**

Everyone feels blue from time to time, but when these emotions engulf your everyday-life, interfere with your ability to work, study, eat, sleep, and/or have fun, you may be experiencing depression. At The Family Therapy Center, we can give you the skills and insight to fight depression and prevent it from coming back. These skills include learning how to reframe negative thinking, identify the root of your depression, understand why you feel the way you do, and learn what triggers depression for you.

**Sub-Headline:** Grief

**Paragraph:**

Grief can be caused by the death of a loved-one, diagnosis of a life-threatening illness, end of a significant relationship, or any other event in which you have lost something that was important to you. Everyone experiences grief in a unique way, but there are similar stages to the process of mourning. Intense periods of grief may last up to two months, but milder symptoms may continue for a year or longer. Grief Therapy helps patients work through the stages of grief with the goal of identifying and solving problems the mourner may have in separating from whatever it was they lost.

**Sub-Headline:** Living with a Life-Threatening Illness

**Paragraph:**

The Family Therapy Center recognizes that living with a life-threatening illness can be difficult for patients and their loved-ones. Everybody has a unique way of coping with this reality, but there are similar stages of emotions when receiving this type of diagnosis. A family's schedule may be disrupted and/or financial complications may arise which can lead to conflicts. Loved-ones may have a difficult time resolving these conflicts amidst feelings of anxiety or depression that can be associated with chronic illness. Therapy can help an individual and/or their loved-ones in reducing stress by teaching self-relaxation and other stress management techniques.

**Sub-Headline:** Stress Management

**Paragraph:**

Stress is a normal reaction to the demands of life in which your brain tells your body to release hormones that will help you respond appropriately. Unfortunately, modern life leaves many people in a constant state of stress which means that your brain and your body are consistently in heightened states and unable to receive the rest and relaxation they sometimes need. When your body is in this state over extended periods of time, it can lead to serious health problems. The Family Therapy Center can give you a set of tools to help give your body the time-outs it needs to reset and be healthy.

**Sub-Headline:** Trauma Issues

**Paragraph:**

Traumatization is when a person becomes stuck in a pattern of distress that doesn't go away and is the result of a stressful event that destroys your sense of security, making you feel vulnerable in a dangerous world. Traumatization can take forms, and it is experienced uniquely by each individual. The Family Therapy Center can help you heal by facing and resolving the unbearable feelings and memories you've avoided and rebuilding the ability to trust.

**Sub-Headline:** Eating Disorders

**Paragraph:**

An eating disorder is when someone has abnormal eating habits which can be either insufficient or excessive intake of food that is dangerous to both the individual's physical and mental well-being. At The Family Therapy Center we can help you learn how to live your life not being controlled by diets, food, and/or a number on the scale by working on how you think and react to a situation even if the situation itself does not change. These skills will help you gain control and change unwanted behaviors.

**Sub-Headline:** Blended Family Issues

**Paragraph:**

After a divorce or loss of a spouse, one or both parents may remarry creating a blended family. This situation may raise a number of challenges. Children may encounter a new type of parenting, experience stress due to visitations, or due to conflict between their parents or between one parent and the other parent's new spouse. If a child feels the need to for more attention of dominance in the new household, sibling rivalry can be heightened. The Family Therapy Center can help address these issues and provide a safe space for each member have a voice and be open about their feelings and concerns.

**Sub-Headline:** Concerns of Military Families

**Paragraph:**

We are very privileged at The Family Therapy Center to be a site where military families can come to for support. We have begun to service children, families, and individuals who are serving our country. Military families can encounter a number of stresses that others may not have to deal with. A nomadic lifestyle may make it difficult for military spouses to find jobs and for their children to make lasting friendships since they often relocate. We can also help soldiers reintegrate into their family life while coping with combat stress, post traumatic stress disorder, and other factors or issues associated with or resulting from combat. Family therapy will assist in identifying the sources of stress and help the family to work together to find solutions in addition to giving each family member tools they can use to effectively communicate with each other when the tension and/or stress gets high.

### Page A3. Group Therapy Activities

**Title:** Group Therapy Activities | Services | The Family Therapy Center | Bristol & West Hartford, CT

**Images:** The Family Therapy Center logo, sets of photos from some past group therapy activities organized by The Family Therapy Center

**Header:** Services - Group Treatment

**Text:** The text on this page will be discuss the benefits of group therapy as well as describe some of the the past group events held by The Family Therapy Center (drum circles, and building a therapy garden).

**Main Navigation Links:** Services, Meet Us, Resources, For Patients, Contact Us

**Secondary Navigation Links:** Types of Therapy, Who We Treat, Group Therapy Activities

**Footer:** Copyright information

**Keywords:** marriage therapy; family therapy; group therapy; individual therapy; Bristol, CT; West Hartford, CT; therapy for children, therapy for adolescents, therapy for teenagers, marriage and family therapists; couple therapy; grief therapy; medical family therapy; therapy for military families; therapy; therapist; MFT; Connecticut; American Association for Marriage and Family Therapy; therapy services; types of therapy; types of therapists; therapeutic activities; therapy treatment; music therapy; drum circle; therapy garden

**Headline:** Therapy Garden at The Family Therapy Center

**Paragraph:**

At The Family Therapy Center we have an onsite Therapy Garden which is an ongoing project for our patients and their families. You may bring in plants or flowers to add or plant one that is provided or care for existing floral during or after your session. Our garden is designed to meet physical, psychological, and/or social needs of patients, their caregivers, and family and friends. Studies show that spending time outside can have positive effects on a person's emotions by lowering blood pressure, reducing stress, and increasing exposure to Vitamin D as well as by creating a calm and quiet environment.

**Headline:** Drum Circle Group Therapy at The Family Therapy Center

**Paragraph:**

A drum circle is simply a group of people sitting in a circle spontaneously creating music using a variety of drums and other percussion instruments. Drumming has a long history of being used as a therapeutic method to promote healing and self-expression for thousands of years. From the shamans of Mongolia to healers of West Africa, the rhythmic techniques of drumming has been used help maintain physical, mental, and spiritual health. Drumming increases creativity, concentration, and focus, and it uses rhythm as a powerful way to bring community together and can help develop communication



and listening skills. The physical effects of drumming can include boosts in the immune system, an improved sense of well-being, reintegration of self, and a release of emotional trauma.

**Page: B1. Therapy FAQs**

**Title:** Therapy FAQs | Resources | The Family Therapy Center | Bristol & West Hartford, CT

**Images:** The Family Therapy Center logo

**Header:** Resources - Family Therapy Center FAQs

**Text:** The text on this page will answer frequently asked questions a newcomer to therapy may have about what to expect during the process and how it can help improve the quality of their life.

**Main Navigation Links:** Services, Meet Us, Resources, For Patients, Contact Us

**Secondary Navigation Links:** Family Therapy Center FAQs, Therapy FAQs

**Footer:** Copyright information

**Keywords:** marriage therapy; family therapy; group therapy; individual therapy; Bristol, CT; West Hartford, CT; therapy for children, therapy for adolescents, therapy for teenagers, marriage and family therapists; couple therapy; grief therapy; medical family therapy; therapy; therapist; MFT; Connecticut; American Association for Marriage and Family Therapy; psychotherapist; mental health professional; therapy goals; cost-effective therapy; success of therapy; short-term therapy; solution-based therapy; what is therapy; how can therapy help

**Headline:** How can therapy help me?

**Paragraph:**

Therapy can help you:

- gain a better understanding of yourself and your goals
- improve your relationships and communication skills
- resolve conflicts
- cope with stress and anxiety
- manage overwhelming emotions
- change negative behaviors
- boost your self-esteem.

Marriage and Family Therapy is designed to be solution-focused with feasible goals that set a distinct end point within your sights. Research shows that Marriage and Family Therapy is often a cost-effective and short-term process with treatment that is highly results-oriented.

Clients frequently report improvements in their emotional and physical health as well as in their relationships which is indicative of successful therapeutic experiences.

**Headline:** Is therapy right for me?

**Paragraph:**

People come to therapy for a myriad of unique reasons. A therapist can:

- be a support system
- provide you with insight
- help you develop a skill set that sets you up to succeed and grow into an emotionally and physically healthy being.

Family Therapists are trained in various areas and approaches of therapy in order to prepare them for work with a diverse population of individuals, families, couples, and groups with unique, specialized needs. Therapy is right for you if you are interested in taking control and responsibility for your well-being and happiness. If you have additional questions regarding your particular situation, please contact us so we can address your case on a more personal level.

**Headline:** What is therapy like?

**Paragraph:**

Therapy is unique to each individual and their specific goals for themselves. Sessions are often weekly, but can be less or more frequent depending on your needs, and last approximately an hour. Therapy can be short term to work on a specific issue in your life or longer if your goal is to address a more complex issue.

**Headline:** Can I use medication instead of therapy?

**Paragraph:**

People experience things uniquely. For some people a combination of medication and therapy may be helpful, but not everyone responds positively or finds medication beneficial. It's up to you to decide what is ultimately best for you, but it is generally accepted that medication is not a successful long-term solution to most emotional problems. Medication treats a symptom but does not address the underlying issue creating the problem. Therapy can help you identify and address the deeper cause of your symptoms and provide long-term relief.