

Programs that offer therapeutic sessions that focus on the system of relationships and communication patterns among family members and which attempt to modify those relationships and patterns to achieve greater harmony. The therapist focuses on the family as a unit rather than concentrating on one of the members who is singled out as the person in need of treatment.

Article

## **5 Tips for Difficult Family Caregiving Conversations**

Regardless of your specific caregiving situation, you're likely to engage in many challenging conversations with those you care for, as well as with other family members.

Source

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Showing 1-1 of 1 Results