

## Being a Family Therapist

**Source:** Produced by Victoria Tilney McDonough and Brian King

**Video Link:** <http://www.brainline.org/content/multimedia.php?id=1433>

**Caron Gan:** Well being their family therapist, it's automatic for me to include the family because we know that a brain injury affects the family, but how the family deals with the situation also affects the outcomes for the person with a brain injury.

So because I work with a younger population, it's imperative that the families become involved right at the outset and we just make it standard practice, you know, when we're meeting with a young person for the first time we'll also include as many family members as possible and if not every family member can make it to the first assessment interview, then I will follow up, I will make sure that I make the rounds and meet with both parents, all the siblings, because I think it's really important that we try to identify what the family's needs are for support.

You know, often a lot of rehabilitation is focused on supporting the individual with the brain injury, but we also know that family members including siblings are in need of support and siblings in particular often get left behind. You know, they're not involved in case conferences and meetings and we know that from working with siblings and the research that siblings are also profoundly affected by the brain injury.