

PSYCHOSOCIAL HEALTH SERVICES

Family and Couples Therapy

Therapy that evaluates the clients relationship to the family and the role it plays on their psychosocial health

Cognitive Behavioural Therapy

Type of therapy that uses social intervention to change thinking and behavioural patterns

Supportive Psychotherapy

Type of therapy that primarily focuses on providing emotional support, encouragement, and validation during difficult life circumstances or psychological challenges

Therapists will often use active listening and empathy to help clients feel validated and comfortable

How do they help?

Reduce unhealthy cognitive and behavioural patterns in times of difficult life circumstances

What can we do?

- Implement activities taught in services in our everyday lives
- Reduce unnecessary stress
 - Maintain healthy relationships
 - Stay mentally and physically active

Service
Canada



Community Transcultural
Support Services June 2024