

Family Relationship Coaching

Restoring health and happiness to family relationships

When you or a loved one become ill with a rare neuro-inflammatory condition, everyone else in the family can be affected. It can feel stressful and isolating and there may also be other issues your family is dealing with. All you want is to find ways to get past these challenges and for you and your family to feel happy again. Family Relationship Coaching can help you do that.

Results you can expect

- √ Uncover the less useful behaviours that are keeping your family stuck.
- √ Gain a greater understanding why family members act the way they do.
- √ Help you understand each other's perspectives, emotions and needs in new ways.
- √ Identify the strengths in your family and build resilience.
- √ Develop more useful and healthier ways of relating and communicating with each other.
- √ Constructively navigate challenges due to illness, disability and/or other issues - bereavement, ageing, divorce, family conflicts, problematic behaviours, etc.
- √ Collaboratively agree and work towards goals for your family.

What happens in Family Relationship Coaching?

Your family explores issues with the support of a qualified coach who listens non-judgementally, asking questions to surface everyone's perspectives on the issues and their goals in a way that is safe and useful. Your coach will work collaboratively with you all to identify your family's strengths and develop solutions that can work for your family.

More than one person from the family attends sessions as this work recognises that each family member plays a part in how the family functions. The focus is on the interaction between people rather than on one person dealing with the problem. The coach doesn't take sides.

It's understandable if a family member may feel reluctant to attend sessions. An initial free consultation with your coach is an opportunity for family members to ask questions, air concerns and discuss possible ways forward.

Who might benefit?

Families where an adult or child is affected by TM, ADEM, NMO, MOG, AFM or ON.

Your family may be in the early stages of living with the illness or you may have been living with it for some years and it is still having a negative impact on your family.

Or maybe your family has adjusted to living with the illness but there are other issues your family needs support with.

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Family can be defined as a group of individuals who care about and care for each other. You may be biologically related or not. You define what family means to you.

Your Family Relationship Coach

Barbara Babcock, who had TM herself and previously was a trustee and Chair of the TM Society, is currently on the [Post-graduate Certificate in Family Therapy](#) at King's College London and will progress to the [MSc Family Therapy](#) year. She is seeking clients to meet the requirement of working with families systemically. Although therapy is in the title of the PgCert course, it doesn't mean that Barbara is a family therapist yet as it's a first stage qualification.

Barbara holds a MA in Coaching Psychology and the Associate Certified Coach credential with the [International Coaching Federation](#). She is also a student member of the [Association of Family Therapy](#) (AFT). Her work with families is supervised by a qualified Systemic & Family Psychotherapist and Supervisor who is registered with the AFT and [United Kingdom Council for Psychotherapy](#) (UKCP). Barbara has also studied Acceptance Commitment Therapy and Systemic Family Constellations. You can learn more about Barbara, her coaching work and read her blogs at www.returntowellness.co.uk. Barbara holds an enhanced DBS check.

How does the Family Relationship Coaching scheme work?

You and your family will have 6 to 12 sessions. Each session will be 60 minutes.

The cost is heavily discounted - £60 for 6 sessions, so £10 per session.

The sessions will be in English and take place over Zoom so you will need to have a computer/iPad/phone, broadband access and be able to download and use Zoom.

Barbara may record sessions for her learning. They will be kept on her computer which is password protected and only listened to by her and her supervisor. They will be deleted when the coaching has ended.

Your family is currently not in any other form of therapy as a group as that can introduce confusion into which therapist is doing what.

Email Barbara Babcock at barbara@returntowellness.co.uk with your interest. She will then arrange a time to speak with you over Zoom.

How does this initiative differ from the TM Society's Coaching Bursary scheme?

The Coaching Bursary service is designed to work one-on-one with individuals regarding their issues whereas Family Relationship Coaching is specifically addressing relationship dynamics between family members and working with more than one person in a session. Also, Family Relationship Coaching is being offered through Return to Wellness® rather than the TM Society.