VOLUME 3 | ISSUE 1 | 2022

ISSN: 2181-1385

Scientific Journal Impact Factor (SJIF): 5.723

Directory Indexing of International Research Journals-CiteFactor: 0.89

DOI: 10.24412/2181-1385-2022-1-972-976

THE IMPORTANCE OF THE FAMILY THERAPY

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ABSTRACT

In this article, the ways and the benefits of family therapy are analyzed to improve family dynamics and relationships

Keywords: therapy, family therapist, counseling, psychotherapy, relationships, transgenerational, individual, couple, healthy boundaries, parenting, depression, marital problems, children, connection.