These are some of the families seen at the CCAF in our new, collaborative program to bring family inclusion, support, and when appropriate, couple and family therapy, to our treatment programs at Penn.

“John was 21 when he was sent home from college following weeks of failing in class and a 2 week episode of staying up all night, and telling his roommate he was the president of the university. The doctors who saw him at the college refused to speak to his parents.

At home John went into a deep depression. His parents desperately wanted to help, but had no idea where to turn.

When John was treated at the University of Pennsylvania, an innovative collaboration between the CCAF and the Bipolar Clinic allowed John and his parents to work together toward his recovery. This family was given information about the illness, were supported in their concerns, and taught the skills necessary to keep John on track.

They enrolled in a 4 session multifamily psychoeducation group to share their experiences with other families going through the same process. This collaboration, in addition to John’s medications and individual therapy, reduced the ever-present anxiety, and gave the family tools for a lifetime of recovery.”

“Dana and Howard married when they were both in their 50s. Their marriage was fine when they were alone, but Howard’s grown children from his first marriage were enraged with Dana, and pushed their father to choose them over her. Dana and Howard were seen together at CCAF to educate them about remarried families, and to help Howard act as a “gatekeeper” between his children and new wife. Howard and his children met with the CCAF family therapist to talk about their sadness over Howard’s divorce and their fear that they were losing their father to this “new woman.” Their family therapist provided education, support and active coaching about this new and often complicated family constellation.”

“Ally’s addiction to alcohol took a severe toll on her marriage and family; by the time she went for treatment at the O’Brien Center for Addiction, her husband was considering divorce. Couples therapy as part of her addictions treatment provided education about the impact of addiction on the couple and family, reduced tension, and got the marriage back on track.”

If you would like to learn more about our program and services, please contact Lindsey Walker at lindsw@upenn.edu or 214.898.3037. Visit www.med.upenn.edu/ccaf for more information about our program and services.
THE CENTER FOR
COUPLES AND
ADULT FAMILIES
(CCAF)

Innovative, integrated care for couples and adult families

SUPPORT OUR WORK

Private philanthropy meets funding needs not covered by government grants, fees, or insurance reimbursements. It is essential and can make a significant difference in our ability to respond quickly, effectively and compassionately in finding new ways to assist couples and families.

Your generous donation can be used to help train family therapists and family psychiatrists, establish a scholarship for families in need, or support research on couples and the family.

If you would like to learn more about ways to support The Center for Couples and Adult Families, please contact Lindsey Walker at lindsw@upenn.edu or 214.898.3037.

Bringing Family to the Table

CCAF is the primary home of family oriented work within the Department of Psychiatry at The University of Pennsylvania.

The mission of the Center for Couples and Adult Families is to provide education, clinical services, and research to advance the inclusion of family in psychiatry and medicine.

Family psychoeducation for severe mental illness is one of the most well-studied and effective adjunctive interventions in the mental health literature. Family involvement—including family consultation, multifamily group therapy, and family therapy have been consistently linked to better individual and family functioning. A marked decrease in medical care utilization is a consistent outcome for family involvement in treating severe mental illness.

Research on couples therapy for depression indicates that couples therapy is a critical component of treatment for couples in which there is both depression and couple distress.

Family-based interventions are also effective for persons with medical problems. Treatment outcomes show improvement in the patient, as well as a decrease in depression and stress in other family members. Family therapy is particularly effective with families who are providing care to elders and to a child with chronic illness (e.g., asthma, diabetes, cystic fibrosis, cancer.)

Research has shown that family-based interventions are highly effective as part of the treatment for depression, substance abuse, alcoholism, and schizophrenia. Couple and family based interventions are the treatment of choice for couple dysfunction and couple and family enrichment.

At CCAF, we recognize the value of family inclusion, and utilize the cutting-edge resources within the Department of Psychiatry at Penn to provide all aspects of care for families.

FAMILIES CAN, AND SHOULD BE, OUR GREATEST SOURCE OF STRENGTH AND COMFORT.