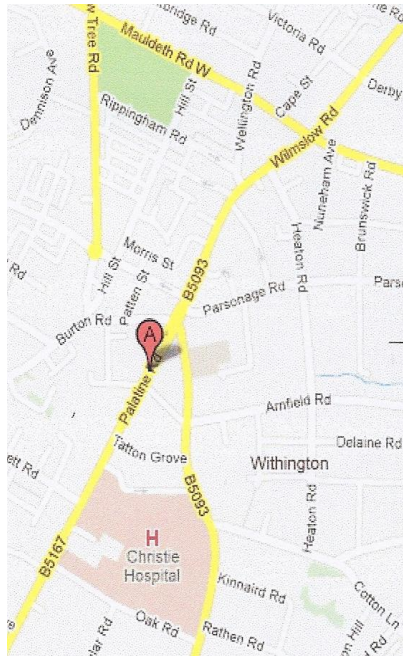


**Contact details and rooms:**

**Telephone: 07789 485435**

**Or**

**Email: [drsmbenbow@aol.com](mailto:drsmbenbow@aol.com) or [systemic.therapist@gmail.com](mailto:systemic.therapist@gmail.com)**



**Hampden House,  
2 Palatine Road,  
Withington,  
Manchester, M20 3JA.**



**Susan M Benbow, PhD**  
**Systemic/ Family Therapist**

**What is Family Therapy?**



Families sometimes get into difficulties through differences with one another, or they may become stressed, for example when family members experience physical illnesses, mental health problems, major life events or a combination of illnesses and difficult decisions. Something which troubles one member of a family often impacts on other members.

Family and Systemic Psychotherapy offers a way of helping people in close relationships to help each other. It provides a safe setting and a trained therapist to:

- support family members in voicing and exploring difficult thoughts and feelings;
- help family members understand each other's experiences, worries and views, and appreciate each other's needs;
- support a family in building on their strengths;
- help family members make decisions and changes in their relationships and their lives.

Sometimes one or two family meetings can be sufficient to help a family free up their strengths; sometimes difficulties are complex and a family may need longer to find a way forward that works for them.

## Who am I?



I am a UKCP registered systemic therapist and old age psychiatrist (GMC registration 2382872). I completed a Postgraduate Diploma in Family Therapy at the University of Wales in 1993 and have worked in a family clinic since the 1980s, at first in Manchester and then in Wolverhampton where I worked in a life span clinic until 2009. Since then I have completed a PhD.

I work with adults of all ages facing a range of relationship and other difficulties.

My particular interests are in working with families living with physical or mental illness, and those facing the challenges of middle and later life, including retirement, bereavement, and loss.

I see families in the South Manchester/ Cheshire area.

## What happens if you come to see me?

We will arrange a time to meet and talk together in a private room for one hour. The first meeting will allow you to see how I work and allow me to get some idea of the focus. Sometimes couples or families only need one or two meetings to help them work out the way forward – other families may need to come for a longer period of therapy.

## What do you do now?

If you want to arrange to see me for an initial meeting, want information about my fees or any other information, you can contact me by:

Email:

[drsmbenbow@aol.com](mailto:drsmbenbow@aol.com) or [systemic.therapist@gmail.com](mailto:systemic.therapist@gmail.com)

or telephone: 07789 485435.

If I can't answer please leave a message and I'll call you back.

Please note that I work for Older Mind Matters Ltd (company number 6832503) see [www.oldermindmatters.com](http://www.oldermindmatters.com)