



ATG Family Systems Program Information

This Family Systems Program is a comprehensive, integrative approach designed to support individuals and families by addressing relational dynamics, emotional patterns, and systemic issues. Rooted in family systems theory, the program recognizes the interconnectedness of family members and the impact of multi-generational patterns on current functioning.

The program combines **therapeutic intervention** with **coaching support**, creating a dual-track model that fosters both healing and growth. Licensed therapists facilitate in-depth therapy sessions focusing on emotional processing, communication repair, and the restructuring of unhealthy relational roles. At the same time, our parenting coach provides goal-oriented support, helping parents apply insights from therapy to everyday life, strengthen practical skills, and maintain momentum between sessions.

Key components include:

- **Family and individual therapy** (in-person or virtual) to explore patterns, address conflict, and build emotional resilience.
- **Systems coaching** that supports behavior change, goal setting, and family role realignment through structured action plans.
- **Psychoeducation** on family systems theory, boundaries, attachment, and emotional regulation.
- **Family mapping tools** such as genograms to visualize generational patterns and relationships.
- **Regular check-ins** and coordination between therapists and coaches to ensure integrated care.

The program typically spans 3 to 6 months, with flexibility based on each family's needs. It is ideal for families facing chronic conflict, transitions (divorce, blended family formation, relocation), or mental health challenges impacting the family system.

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