

Understanding Family Coaching

Listen to the Resilient Butterfly episode featuring Amy D'Archangelo and Cate Delcoro

When One Person Is Struggling, the Whole Family Is Affected

Family coaching helps families understand what is within their control, change patterns that may no longer be serving them, and develop healthier ways of moving forward—together.



What is Family Coaching?

Family coaching is practical, collaborative, and forward-focused. It helps families better understand what is happening within their family system and develop new ways of responding to difficult or complex situations.

Family Coaching Can Help You:

- Distinguish helping from unintentionally enabling
- Understand patterns and roles within the family
- Establish healthier boundaries
- Communicate with greater clarity and intention
- Identify what you can control—and what you cannot
- Respond rather than react during difficult moments

COACHING & THERAPY: DIFFERENT, BUT COMPLEMENTARY

THERAPY

May include:

- Processing past experiences
- Addressing emotional or psychological concerns
- Diagnosis and treatment of mental health conditions
- Clinical therapeutic interventions

FAMILY COACHING

May include:

- Understanding current family dynamics
- Education and skill-building
- Establishing boundaries and expectations
- Developing practical strategies and next steps
- Accountability and ongoing support

It doesn't have to be either/or. Therapy and family coaching can complement one another. Coaching is not a substitute for mental health treatment when clinical care is needed.

You Don't Have to Wait for Someone Else to Change

Families often come to us focused on one question: "How do we get our loved one to change?" At Feinberg, we help families broaden the question.



SHIFTING THE FOCUS

From	To
How do we get them to change?	How do we want to show up in this situation?
How do we stop what they're doing?	What is within our control?
How can we keep helping them?	What does healthy, sustainable support look like?

THE WHOLE FAMILY IS PART OF THE HEALING PROCESS

We don't see one individual as the family's entire "problem." Everyone has been affected by what is happening, and everyone has an opportunity to make meaningful changes. When family members begin changing their own responses, expectations, boundaries, and patterns, healing can begin—even when their loved one isn't ready to change.



HOW DO WE WANT TO BE?

Change isn't only about what we do. It's also about how we choose to show up.

Family coaching can help family members identify the qualities they want to bring to difficult situations:

Compassionate · Clear · Consistent · Courageous · Patient · Respectful · Boundaried

These "ways of being" can become a guide for making decisions, communicating, setting boundaries, and staying connected to what matters most.

Family healing doesn't require perfection.

- It begins with movement.
- Healthier communication.
- Clearer boundaries.
- Greater understanding.
- More intentional choices.
- And a family that recognizes that their own well-being matters, too.