**Family / Marital**

[Marriage](https://www.psychologytoday.com/us/basics/marriage) and Family Therapy (MFT) is a form of [psychotherapy](https://www.psychologytoday.com/us/basics/therapy) that addresses the behaviors of all family members and the way these behaviors affect not only individual family members, but also relationships between family members and the family unit as a whole. As such, treatment is usually divided between time spent on individual therapy and time spent on couple therapy, family therapy, or both, if necessary. MFT may also be referred to as couple and family therapy, couple [counseling](https://www.psychologytoday.com/us/therapy-types/coaching), marriage counseling, or family counseling.

The range of physical and psychological problems treated by MFT include marital and couple conflict, [parent](https://www.psychologytoday.com/us/basics/parenting) and child conflict, [alcohol](https://www.psychologytoday.com/us/basics/alcohol) and drug abuse, sexual dysfunction, [grief](https://www.psychologytoday.com/us/basics/grief), distress, [eating disorders](https://www.psychologytoday.com/us/conditions/eating-disorders) and weight issues, children’s behavior problems, and issues with eldercare, such as coping with a parent’s or grandparent’s [dementia](https://www.psychologytoday.com/us/basics/dementia). MFT practitioners also work with mental-[health](https://www.psychologytoday.com/us/basics/health) issues such as a family member’s [depression](https://www.psychologytoday.com/us/basics/depression), [anxiety](https://www.psychologytoday.com/us/basics/anxiety), or [schizophrenia](https://www.psychologytoday.com/us/conditions/schizophrenia), and the impact these issues have on the rest of the family.