Reasons to search for couple and family therapy: 
A systematic literature review

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Abstract

There is a gap in the literature regarding the process by which families and couples seek professional help. Little is known about the familial and environmental factors that influence this process. The goal of this study was to identify the reasons why couples and families search for couple and family therapy. A systematic literature review was conducted. Twenty-three articles have met the inclusion criteria. Content Analysis was used to identify the factors that influenced the help-seeking process. Four factors were identified: type of problem, previous sources of help, gender and relationship factors. Results showed that couples and families use a variety of resources before looking for couple and family therapy. Research into this area is still in its early stages. Further studies must be conducted to better understand this phenomenon.

Keywords: couple therapy; family therapy; help-seeking behaviors

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