

# WHAT IS AN RMFT?



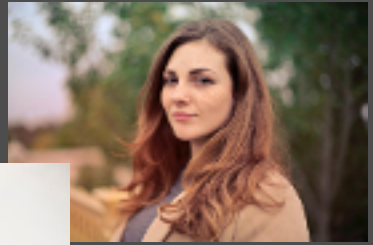
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**Registered Marriage and Family Therapists** are specialists with a systemic perspective; we don't just look at what you are bringing to the therapy room, we also look at what is happening across the systems that you are in. This means issues can be explored from a different perspective, **resulting in fewer sessions, and lasting outcomes.**

**RMFTs provide cost-effective treatment, which translates to an efficient and effective choice for therapy.**

When you are feeling healthier, there is a ripple effect that your children, spouse, friends and co-workers experience as well.

**All aspects of your well-being improve.**



We are all across Canada, united in changing the perspective of mental health for everyone.

Online and in-person sessions.

Check our directory online for an RMFT near you.

**CAMFT  ACTCF**

The Canadian Association for Marriage and Family Therapy  
L'association Canadienne pour la thérapie conjugale et familiale

[camft.ca](http://camft.ca)