

Accessible & Exemplary Therapy

Council for Relationships (CFR) is a nonprofit organization whose mission is to help people from all walks of life improve their important relationships by providing exemplary therapy, educating and training clinicians in the family systems approach, and advancing the mental health field through research.

Our History

Dr. Emily Hartshorne Mudd founded the Marriage Council of Philadelphia in 1932 with the goal of helping couples build healthier relationships.

In the 1940s CFR partnered with Veterans Affairs and established its first professional education and clinical training program.

CFR received its 501c3 designation in 1958, and over the following three decades forged new partnerships with the likes of Masters and Kinsey Research Group and launched its Clergy Training Program and Transcending Trauma Project.

The new millennium brought about a reaffirmation of CFR's commitment to the communities of greater Philadelphia by establishing its new Community Partnerships and Racial Equity in Therapy initiatives.

Now over 90 years old, CFR continues to innovate and provide accessible, exemplary therapy and training.



CLINICAL SERVICES

Individual, couples, and family therapy with CFR senior therapist & psychiatrists



LOW & NO FEE THERAPY

Commitment to offering high-quality therapy services financially accessible wherever possible



PROGRAMS

Specializing in working with at-risk communities, Veterans, women, and other diverse populations



GRADUATE & PROFESSIONAL ED

Post grad certs in Couple & Family Therapy and Sex Therapy, professional training for clergy members, and continuing education for professionals



RESEARCH & RESOURCES

Researching complete trauma and intergenerational transmission in the lives of Holocaust survivors.



CALL US 215-395-2852

councilforrelationships.org

What Makes CFR Unique

CFR has been an innovator and change agent since 1932. We offer a sliding-fee scale so that high-quality therapy services are financially accessible wherever possible. We make finding the right therapist or psychiatrist easy.

Responsive. All potential clients receive a return phone call within 48 business hours of inquiry.

Convenient. CFR sees clients at its 9 offices across Pennsylvania, New Jersey, and Delaware. CFR also offers virtual therapy.

Affordable. CFR offers an income-based sliding scale for clients facing financial insecurity.

Our Clients

63% of CFR's clients identified as **female**.

BIPOC clients represent **28%** of CFR's clientele.

Each year CFR serves **215 Veterans** and their families.

1/4 of clients identified as **LGBTQ+**.

Children and **Seniors** made up **15%** of CFR's clientele.

Our Clinicians

CFR's clinical staff is comprised of **77 therapists** and **6 psychiatrists** who work with **individuals, couples, and families**.

36 CFR clinicians are **experts** in working with **children and teens**, including **2 board-certified child and adolescent psychologists**.

Over the past year, **54% of new hires** were **diverse** in terms of gender identity, sexuality, race, and ethnicity.

CFR offers **42 therapeutic specialty areas**, including **23** clinicians who specialize in **mindfulness**, **23** clinicians who specialize in **women's psychological health**, and **37** clinicians trained to work with **Veterans, military personal**, and their **families**.

16 CFR clinicians are **certified** in **Eye Movement Desensitization Therapy (EMDR)**.

26 professional education degrees are represented by CFR clinicians, including Clinical Social Work, Marriage and Family Therapy, Psychology, and Psychiatry.

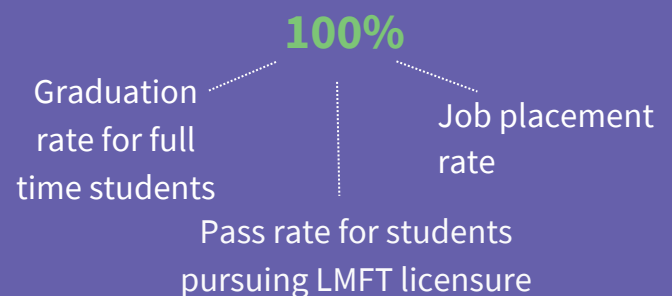
Our Impact

CFR provided **41,358** therapy sessions to over **4,600** clients.

25% of therapy sessions were provided at a **low or no-fee rate**.

CFR clinical interns provided nearly **10,000 hours** of supervised therapy.

A **quarter** of all continuing education workshops focused on Racial Equity in Therapy.



Offering therapy at 9 locations across greater Philadelphia as well as virtually.