



CFR-Dunbar Partnership

Council for Relationships (CFR) is one of the nation's oldest treatment and training sites for systemic therapy, founded in 1932. We provide individual, couple, and family therapy that is affordable for all.

Counselors from CFR have been working with all Dunbar students in grades 6-8 since January, providing weekly workshops designed to increase resilience in the face of community violence, trauma, anxiety, and disconnection. The group sessions focused on managing emotions, building resilience, enhancing communication, and learning coping strategies for stress and loss.

We are extending our partnership to the entire Dunbar school community by offering affordable services at our Philadelphia locations or virtually.

Systemic Therapy

CFR treats thousands of individuals, couples, and families from diverse backgrounds facing various challenges. Our extensive experience and research show that the therapy process can often be helped when other family members or loved ones are included.

Our Specialties

The following are examples of specialties you'll find at CFR:

- Healthy relationships
- Depression & Anxiety
- Grief
- Trauma
- Life transitions
- Parenting concerns
- Anger & stress management

To Schedule

Call our CPI specialist Mike Butera at (215)-382-6680 ext 4346 or email mburtera@councilforrelationships.org to submit an appointment request. We'll return your confidential call or email within two business days.

Or, you can speak with Mr. Adkins, your school counselor, about getting connected with a therapist at CFR.



Working with Interns

Interns are closely supervised by senior CFR therapists. During the course of their time at CFR they have regular Clinical Supervision to discuss their cases and to review recordings of their sessions all for the purpose of providing quality, high-level clinical care.



Fees

Sessions are offered at a low fee with the goal of providing access to Mental Health Services for those who may not otherwise have access due to financial limitations. Student interns provide therapy services for \$20 to \$70 per session based on the client's income.