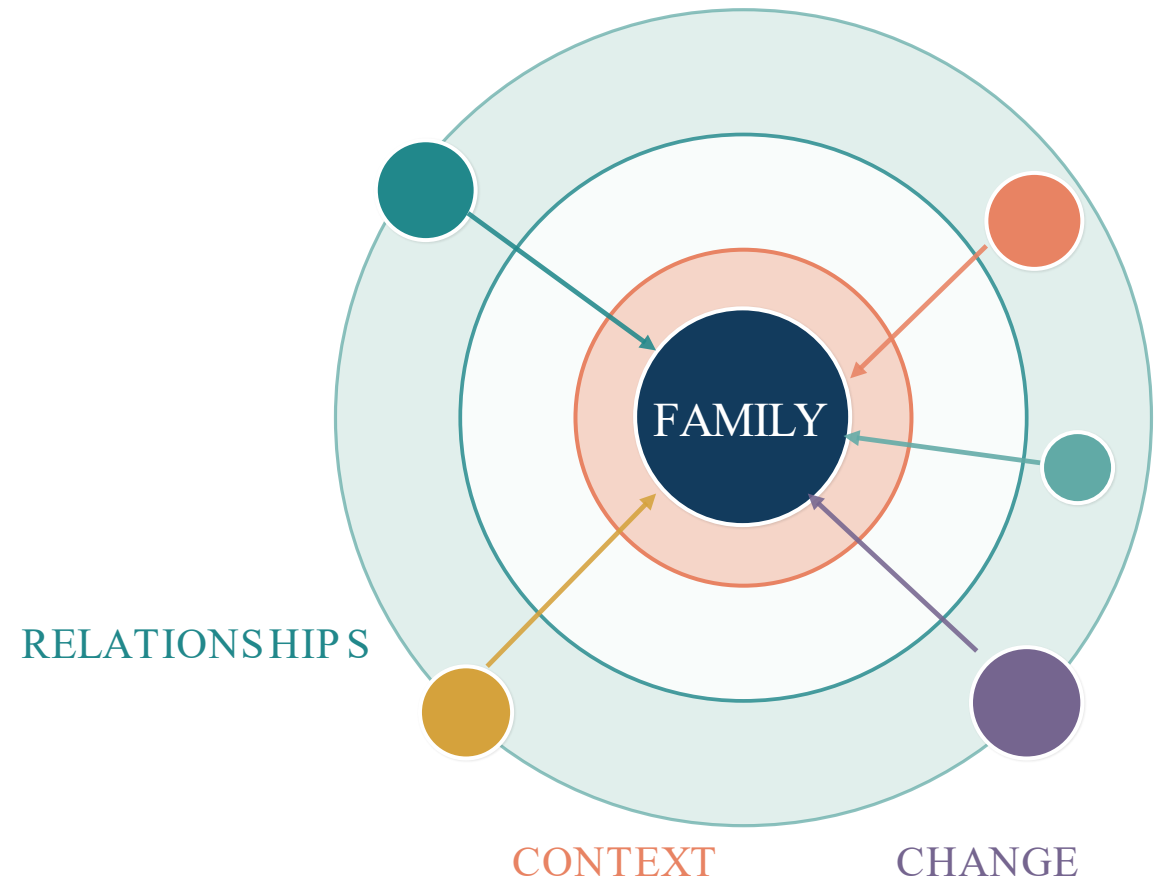


Single-Session Approaches to Family Therapy with Military and Veteran Families

An Implementation Proposition

Associate Professor Martine Cosgrove
The Bouverie Centre | La Trobe University
AIFS Families and Societies Conference | 2026



A gold medallion with a ribbon, featuring a landscape scene with a ship and a lighthouse. The ribbon is orange, purple, and black.

The Proposition

A focused family intervention can provide timely and proportionate support for the mental health needs of military and veteran families

Child of the ADF Medallion

This certificate is awarded to:

Context

- 1 in 20 families in Australia have at least 1 veteran living at home.
- Service-related pressures have additive risks family wellbeing and cohesion, mental and behavioural health, relationship functioning and socio-economic outcomes.
- National policy and the Royal Commission elevate families, family-inclusive responses to treatment demands and access to family therapy as priorities.



Systemic Practice Approach



Problem Statement

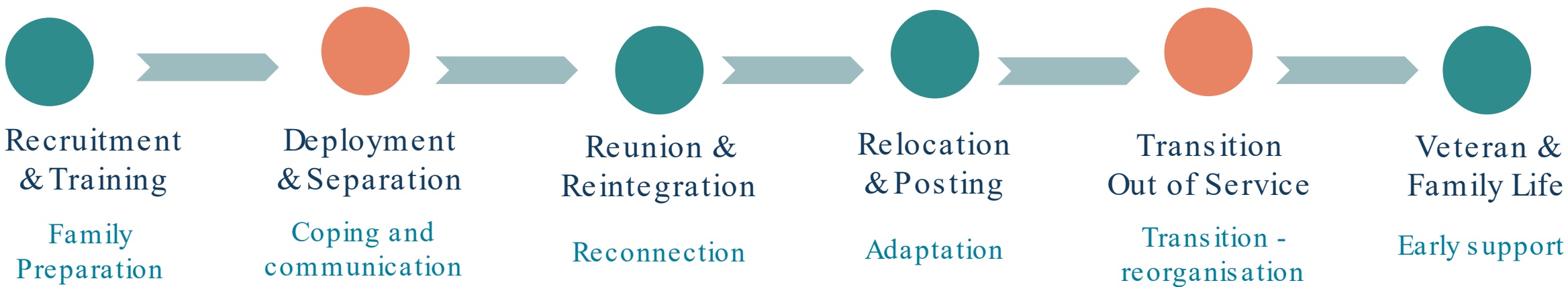
Growing demand, mobile families and place-based services create a widening access gap.

Models of care that travel with families and accommodate distance, mobility and absence are needed to meet forecast growth in demand.



Why its important

Military & Veteran Family Journey

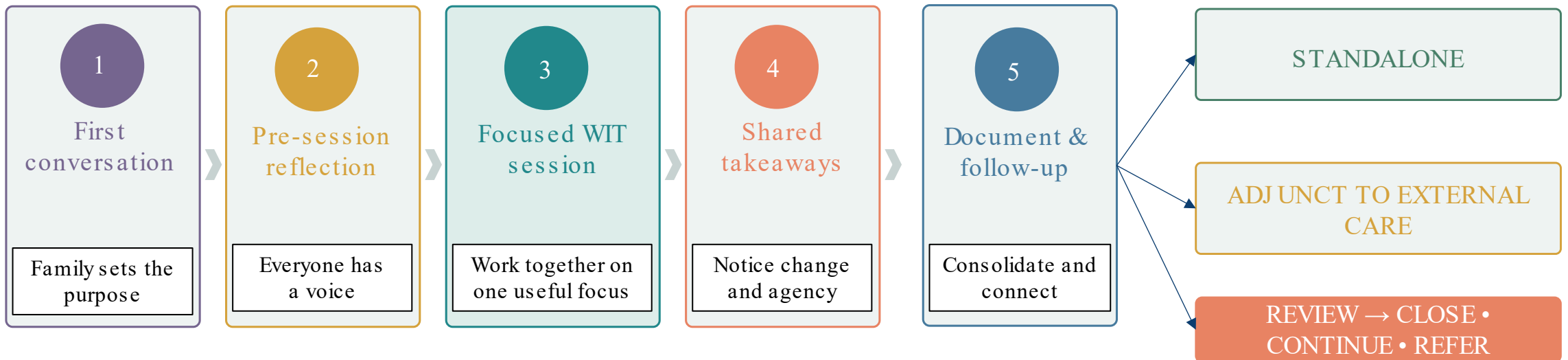


Promotion	• Family wellbeing conversations
Early Intervention and Prevention	• Support at transition points
Targeted Support	• Parenting, couple and family concerns
Specialist Care	• Standalone Specialist Care and/or Adjunct to individualised MH, trauma, suicide and FV services

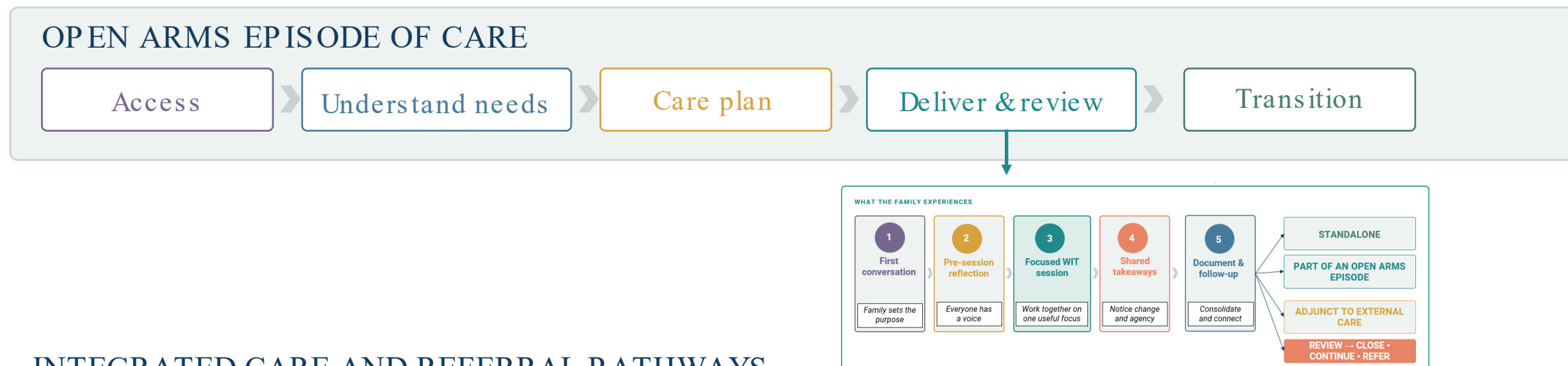


Walk-in Together (WIT) – Service Model and Consumer Experience

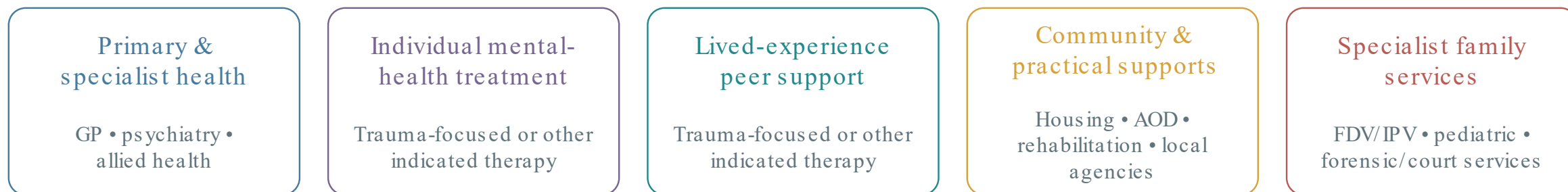
WHAT THE FAMILY EXPERIENCES



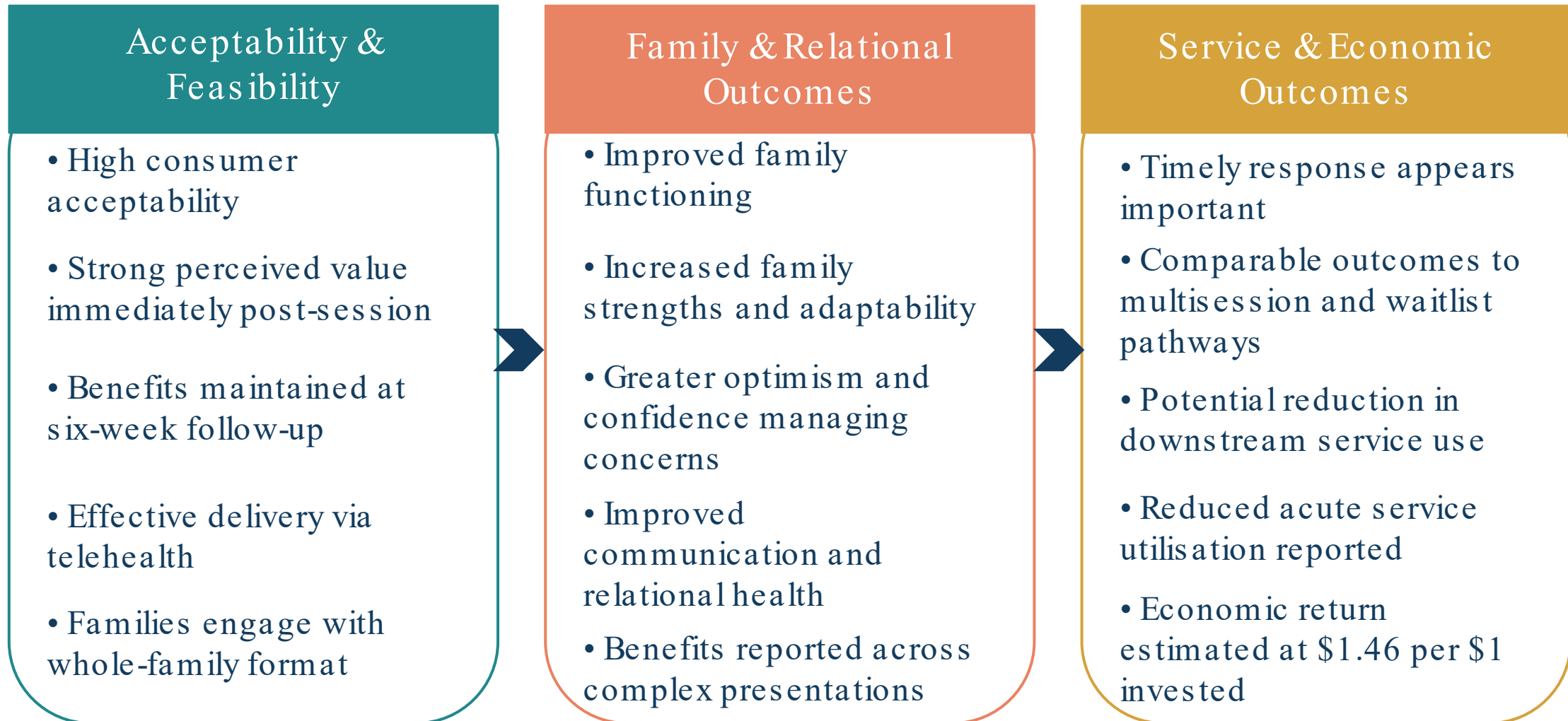
WIT in the Service Context



INTEGRATED CARE AND REFERRAL PATHWAYS

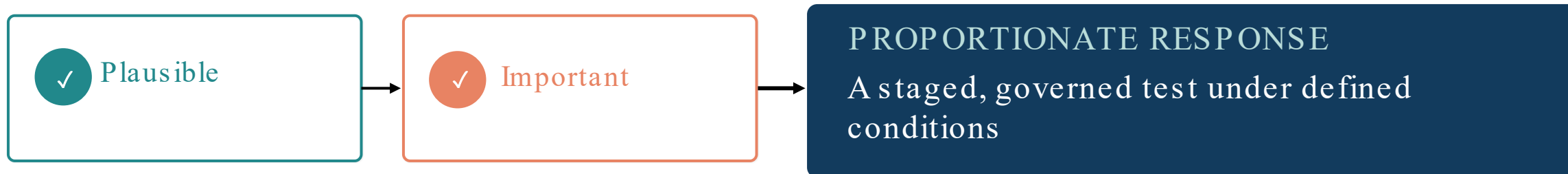


What Does the Evidence Say?



Implementation Proposition: Test Before Scale

EVIDENCE THRESHOLD



STAGED TEST AND DECISION PATHWAY



Conclusions

- Single-session family therapy offers a flexible and timely response to military and veteran family needs as a focused intervention and, when needed, a bridge to further care.
- Single-session family therapy service models are responsive to strategic policy demand for services.
- Single-session approaches are good enough to do and safe enough to try for Australian military and veteran families.



Thank you



Associate Professor Martine Cosgrove
M.Cosgrove@latrobe.edu.au



The Bouverie Centre, La Trobe University
8 Gardiner Street, Brunswick



www.latrobe.edu.au/bouverie

