

# Statistics on Municipal Family Counselling in 2015

**There was a total of almost 36 000 cases in the municipal family counselling in 2015, representing a slight increase compared to 2014. Almost half of the closed cases were about solving problems in couple's relationships, and finding ways to continue to live together. Municipal family counselling was most common among those 30-49 years old.**

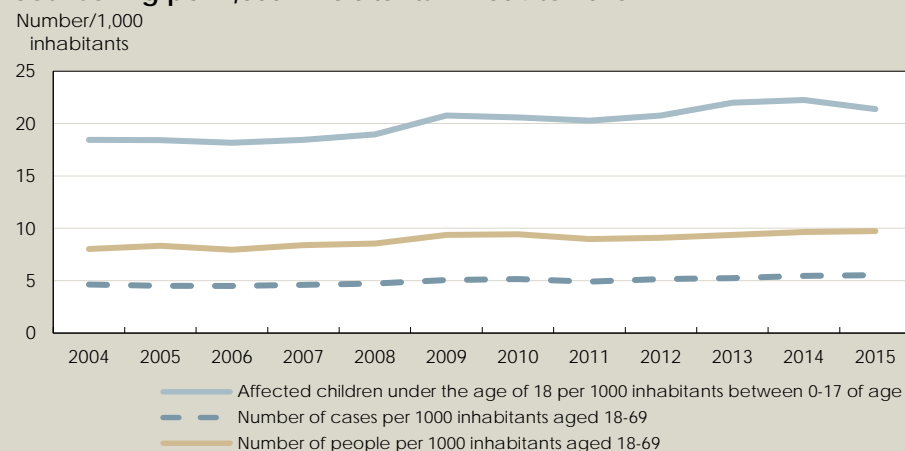
## **The scope of the statistics**

These statistics contain data on family counselling conducted or funded by municipalities in Sweden, in 2015, regardless of whether the municipalities themselves were actively involved in this counselling or the counselling was procured by external procurement. The report does not include family counselling where church organizations themselves were completely responsible for the counselling activities or privately operated family counselling. Family law mediation discussions intended to facilitate agreements by parents of custody, residence and access are not included either in these statistics.

## Increased rates of municipal family counseling since 2004

The incidence of municipal family counselling has increased since 2004. The number of cases has increased from 5 to 6 per 1,000 inhabitants of 18 to 69 years old, between 2004 and 2015, representing an increase by 19 per cent. The number of people visiting the municipal family counseling increased from 8 to 10 per 1,000 inhabitants in the same age range, representing an increase of 21 per cent, during the same period. The number of children affected by family counseling has also increased since 2004. Between 2014 and 2015, however, this decreased slightly, see Figure 1.

**Figure 1. Number of cases, people and children in municipal family counselling per 1,000 inhabitants in 2004 to 2015**



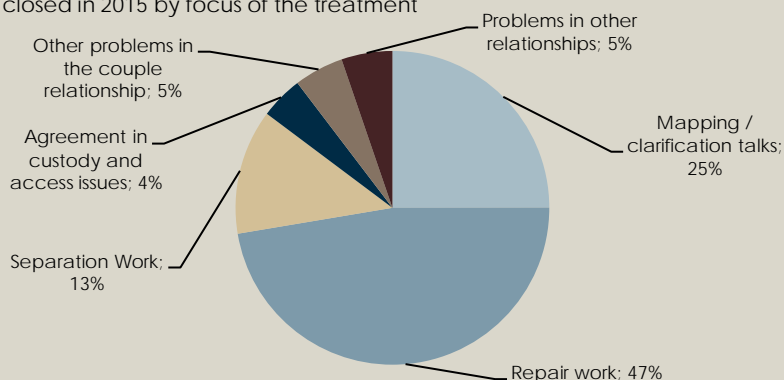
## Couples relationships were most common

Although both the number of persons and the number of cases within the municipal family counselling have increased, the distribution regarding age, relationship type and treatment focus, and other factors have remained fairly constant over time.

A case may commonly contain several problems at the same time. Attempting to repair the relationship was the most common reason for turning to family counselling in 2015, followed by discussions on defining and delimiting the issues, see Figure 2. The same was true in 2004 when attempts to repair the relationship accounted for 45 per cent of the cases closed during the year, with defining and delimiting the issues representing 25 per cent.

**Figure 2. Focus of the treatment**

Cases closed in 2015 by focus of the treatment

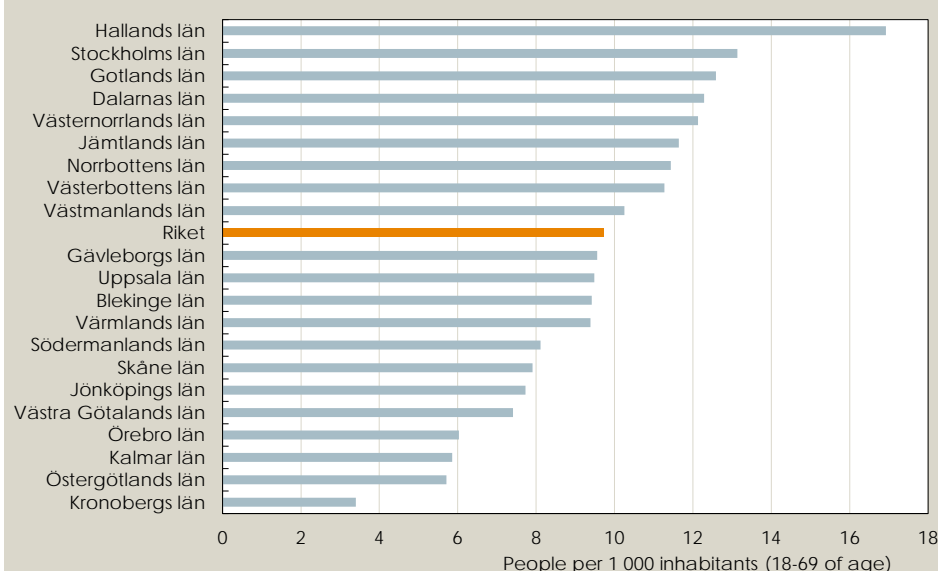


Almost all of the cases (96 per cent) initiated in 2015 related to partner relationships, with married and cohabiting couples accounting for 46 and 38 per cent, respectively. The couple's relationships had most commonly lasted between 5-9 years when they visited family counselling.

## Great differences between counties

While municipal family counselling is offered all over Sweden, its incidence differs among the counties. In the county of Halland, 17 persons per 1,000 inhabitants visited municipal family counselling, while the corresponding number was only 3 persons per 1,000 inhabitants in the county of Kronoberg, see Figure 3.

**Figure 3. Number of persons per 1,000 inhabitants, ages 18–69 years, who visited the municipal family counselling, by county in 2015**



Source: statistics on Municipal Family Counselling, National Board of Health and Welfare

Figure 3 shows sizeable differences among the counties with regard to the number of persons visiting municipal family counselling. The above data, however, does not show whether these differences are due to the availability, resources or costs of municipal family counselling, or the familiarity with family counselling among the population. Another factor that may be significant regarding these differences is how well other persons and bodies such as private sector entities or religious groups complement local efforts regarding family counseling. The above-mentioned activities are not included in this survey.

**More information**

You can find more tables, graphs and information in the following Excel file (in Swedish, but with English list of terms):  
[www.socialstyrelsen.se/publikationer2016/2016-5-13](http://www.socialstyrelsen.se/publikationer2016/2016-5-13)

**Contact information:**

Jesper Hörnblad

Phone: +46 (0)75-247 30 00

E-mail: [jesper.hornblad@socialstyrelsen.se](mailto:jesper.hornblad@socialstyrelsen.se)