



Why not get in touch?

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Our office is open from 9am
to 5pm Monday to Friday

To find out more visit
www.dracs.org.uk

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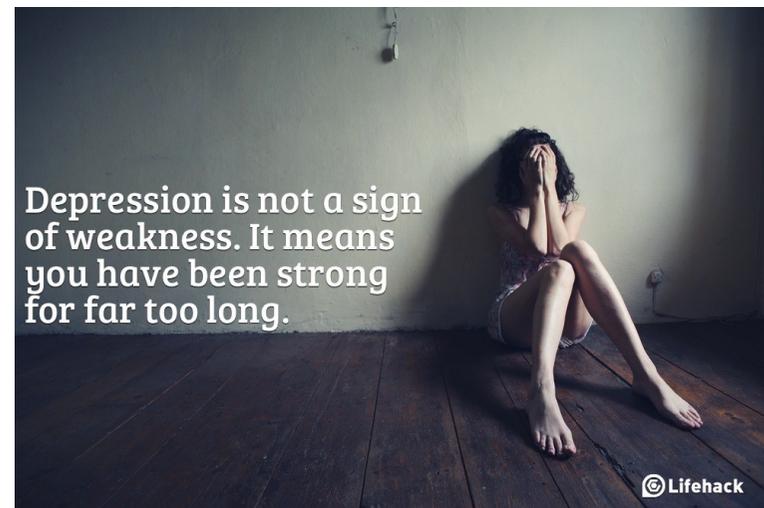
Interpersonal Psychotherapy



Interpersonal Psychotherapy provides a pragmatic, time limited and focused approach to the treatment of major depression. It promotes attention to the relationship based issues which are central to the experience of many depressed patients. The treatment does not become entangled in questions of causation, acknowledging the capacity for depression to both precipitate and reflect interpersonal change and difficulty. Instead it attends to difficulties arising in the daily experience of maintaining relationships and resolving difficulties while suffering an episode of major depression. The fundamental clinical task of IPT is to help patients to learn to link mood with interpersonal contacts, and to recognise that by appropriately addressing interpersonal situations they may simultaneously improve both their relationships and depressive state.

Goals of IPT

- To reduce the symptoms of depression
- To improve the quality of the patients social and interpersonal functioning



Partners with Talking Mental Health Derbyshire



Stages of IPT

Initial sessions

- Diagnosis and sick role
- Detailed assessment of the interpersonal environment
- Relate depression to the interpersonal context: focus selection
- Formulation and contract setting

Middle sessions

- Interpersonal Role Transition
- Interpersonal Role Dispute
- Grief
- Interpersonal Deficits

Final Sessions

- Explicit discussion of the end of therapy
- Discuss the patient's reaction to the end of therapy
- Acknowledgement that termination is a time of grieving
- Move the patient towards recognition of independent competence
- Review the course of treatment and progress with the patient
- Evaluate the treatment and assess future needs
- Assess early warning signs and discuss procedures for re-entry into treatment if necessary

What can you expect of your therapist?

Your therapist is responsible for ensuring that your meetings take place at a regular time, in a setting where you can be sure of confidentiality. Whenever possible they should let you know if they expect to be away or need to change the time of your therapy.

You can expect your therapist to be active: they will ask you questions, especially about your symptoms, what is happening in your personal interactions week-by-week, and how you feel. Because this is a time-limited therapy, your therapist will help you to keep focused on the area that you agreed to work on. This will include helping you to monitor how your symptoms are affected by what is happening in your relationships with others and how your symptoms affect these. The therapist will also help you to think about the people in your life who may be able to provide support to help you overcome your current difficulties. Where appropriate they will help you to develop new relationships that can provide the support you need.

The therapist will also support you in making positive changes in your life. For example, they might encourage someone who fears that they will be rejected if they speak their mind to take the risk of trying out different ways of communicating more directly. This may feel difficult at first, but your therapist will be interested in thinking with you about any anxieties you have about putting into action what you discuss in the therapy.

