

What is Interpersonal Therapy?

IPT is a structured therapy for people with moderate to severe depression.

A central idea in IPT is that psychological symptoms, such as low mood, can be understood as a response to current difficulties in your everyday interactions with others. In turn, low mood can also affect the quality of these interactions.

When you are able to interact more effectively with others, your symptoms often improve.

The main focus of IPT is on difficulties relating to others and helping you to identify how you are feeling and behaving in your relationships.

When you are able to interact more effectively with those close to you, you will feel better about things.

Interpersonal Therapy Fact Sheet

What is talked about?

IPT focuses on your conflicts with other people, changes in your life, grief or loss and your ability to start or keep relationships going.

Not having someone to turn to for support can be stressful and can leave you feeling alone and overwhelmed by the demands of life.

IPT at CAMHS

At your initial appointment treatment will be discussed and this may be IPT depending on your presenting difficulties.

Your clinician will discuss what is best for you and will explain fully how the sessions will work.

https://www.talkingtherapies.berkshire.nhs.uk/page_sa.asp?fldKey=239