

Psychological Therapy Factsheet 13

This factsheet is about **Interpersonal Therapy**. We call this **IPT** for short. **IPT** is a **psychological therapy**.



Psychological therapy is treatment to help you feel better in your mind.



A **therapist** will help you with your treatment. A **therapist** is someone who has been trained to help people with their thoughts and feelings.





What is IPT

IPT is mainly for people who feel very low and unhappy most of the time. This is called **major depression**.

IPT can be used to help other people too.



IPT looks at the reasons why someone is feeling very low and helps them to feel better.

How IPT helps you

IPT helps you to look at the relationships in your life that might be linked to you feeling low.



IPT helps you to look at what might be hard in those relationships and helps to make them better.

IPT helps you to link your mood with how you behave in your relationships. This can help you to feel happier over time.





IPT helps to make your relationships stronger and helps you to cope better.

What happens in an IPT session

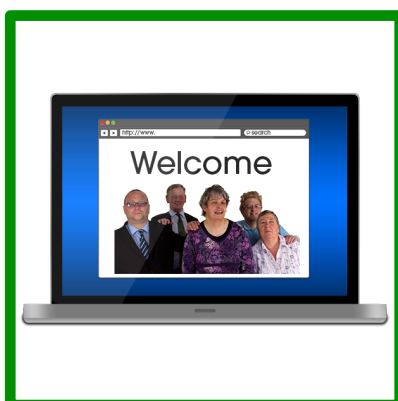
You will go to your session on a regular basis. Your therapist will decide how often you need to go and how many sessions you need.



Your session will last from 50 minutes to 1 hour.

You will need to commit to your therapy and go to every session if you can.

We might make checks on how you are doing and ask you questions.



You can find out more by going to this website

www.counselling-directory.org.uk