

Psychological Therapy Factsheet 9



This factsheet is about **Dynamic Interpersonal Therapy**. We call this **DIT** for short. **DIT** 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 DIT

DIT is a therapy that helps your mood and how you feel.

Working with your therapist, **DIT** looks at things that have happened in the past that still affect how you feel.

How DIT helps you

DIT helps you to look at things that have happened in the past that might still be having an effect on your life.

DIT helps you to look at why you might be feeling sad and if this sadness is to do with your past. It looks at why you keep doing the same thing over and over again yet still feel sad.

DIT helps you to make changes in how you cope with difficult people in your life.



What happens in a DIT session



Your therapist will talk to you and decide how many **DIT** sessions you need. The session will last from 50 minutes to 1 hour.



Your therapist will agree what you are going to work on together in each session.

You will need to go to the sessions regularly.

We might ask you some questions so we can check how the **DIT** is going.



You can find out more about **psychological therapy** and **DIT** by going to this website

www.d-i-t.org