

# Dynamic interpersonal therapy video transcript

0:00:01.280,0:00:07.360

So dynamic interpersonal therapy which is also known as DIT is a treatment for depression that

0:00:07.360,0:00:14.000

can help you deal with relationship problems more effectively. It's a form of psychotherapy which

0:00:14.000,0:00:19.920

helps you to understand how you see yourself and the patterns in your relationships with others

0:00:19.920,0:00:25.280

tracing back to your childhood experiences. In your first session, your therapist will listen

0:00:25.280,0:00:30.160

to the challenges you're facing, and you will discuss the important relationships in your life,

0:00:30.160,0:00:36.160

what you find difficult, and their connection to your depression symptoms. You'll then agree on the

0:00:36.160,0:00:41.520

areas you wish to work on during treatment to help you make sense of the way that you think and

0:00:41.520,0:00:50.160

the way you behave. Most people usually receive

8 to 16 sessions, each lasting 30 to 50 minutes.

0:00:50.160,0:00:55.120

These may vary depending on your individual needs and the treatment plans that you develop with

0:00:55.120,0:01:03.040

your therapist. We don't offer this treatment by phone call. Unfortunately, it is only available

0:01:03.040,0:01:10.640

by online video call or face-to-face at one of our locations. To access dynamic interpersonal therapy

0:01:10.640,0:01:16.400

from NHS Berkshire Talking Therapies, you will need to complete a wellbeing assessment and be

0:01:16.400,0:01:22.560

offered this treatment by one of our therapists. If you're accessing your sessions by online video,

0:01:22.560,0:01:28.080

you'll need a suitable device that you can use in a private area with reliable and

0:01:28.080,0:01:33.040

regular internet connection. You may be offered a different treatment if we find another therapy

0:01:33.040,0:01:38.960

or service that is better suited to your needs and difficulties. You can refer yourself for a

0:01:38.960,0:01:46.000

wellbeing assessment by completing the online form which can be found on our web page.