

Interpersonal therapy video transcript

0:00:01.760,0:00:07.920

Interpersonal Therapy, sometimes referred to as IPT, is a treatment for depression which focuses

0:00:07.920,0:00:15.280

on improving interpersonal relationships. The aim is to reduce distress caused by difficulties

0:00:15.280,0:00:23.440

related to conflict, big life changes, unresolved grief, and starting or sustaining relationships.

0:00:24.080,0:00:30.240

IPT can help you to see yourself and others differently and resolve feelings of frustration

0:00:30.240,0:00:37.680

about your relationships and social interactions. Your therapist will listen to you without judging

0:00:37.680,0:00:43.360

or telling you what to think or feel. They will work with you to understand any problem

0:00:43.360,0:00:49.680

areas and develop a treatment plan. You will discuss different responses and then try them

0:00:49.680,0:00:54.240

out between your sessions so that you can practice new ways to separate your symptoms

0:00:54.240,0:01:02.160

of depression from your relationships. Most people will receive 12 to 16 treatment sessions,

0:01:02.160,0:01:09.040

usually lasting up to 50 minutes, but this may vary depending on your situation. You will be

0:01:09.040,0:01:14.400

asked to complete questionnaires to understand how your symptoms are changing and check your progress

0:01:14.400,0:01:21.520

through your treatment. It is only available by online video call or face-to-face at one of our

0:01:21.520,0:01:29.600

locations in Newbury, Reading or Slough. We don't offer this treatment via video call. To access

0:01:29.600,0:01:35.200

interpersonal therapy from NHS Berkshire Talking Therapies, you will need to complete a wellbeing

0:01:35.200,0:01:40.800

assessment and be offered this treatment by one of our therapists. If you are accessing

0:01:40.800,0:01:46.160

your sessions by online video, you will need a suitable device that you can use in a private

0:01:46.160,0:01:52.880

area with reliable and regular internet access. You may be offered a different treatment if we

0:01:52.880,0:01:59.200

find another therapy or service that is better suited to your needs. You can refer yourself

0:01:59.200,0:02:06.560

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