

Couples therapy for depression video transcript

0:00:00.960,0:00:06.960

Relationships are important to our overall wellbeing and depression can make us feel alone,

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guilty or worthless and this can damage even the closest of bonds. Couple's therapy for depression

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offers a safe and confidential place where you can explore your feelings with the help of a trained

0:00:19.440,0:00:24.960

professional. It can help you understand how depression affects both of you in your

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relationship, the processes of recovering from depression, and how to build a better sense of

0:00:30.800,0:00:36.960

closeness with your partner. With your therapist, you and your partner will both talk about the

0:00:36.960,0:00:43.680

issues that trouble you and find solutions together. Your therapist will not take sides.

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They will make links between what you expect

from a relationship, such as how you were

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brought up and build on the strengths that you already have as a couple. Couples therapy

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for depression is only available by online video call or face-to-face at one of our locations. We

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do not offer this treatment via phone call. Most people will receive 15 to 20 treatment sessions,

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usually lasting up to 50 minutes. But this may vary depending on your situation. If you are

0:01:16.400,0:01:21.120

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

0:01:21.120,0:01:27.120

in a private area with reliable and regular internet access. To access couples therapy

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for depression from NHS Berkshire Talking Therapies. The person who is experiencing the

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depressive symptoms should complete a wellbeing assessment. If your assessment shows that couples

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therapy could be helpful, we will invite your partner to attend a wellbeing assessment too

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before you meet with your therapist. You may be offered a different treatment if we

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

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