

THERAPY GROUP



Are you looking to improve the quality of a relationship and reduce your symptoms of depression?

IMPROVING YOUR RELATIONSHIP GROUP



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IMPROVING YOUR RELATIONSHIP GROUP

The IPT Improving Your Relationship group is an 8-session therapeutic program designed to help you manage conflict and difficulties in your significant relationship(s).

The group incorporates IPT techniques and other therapeutic strategies to support you with low mood which may be impacting on or by your relationships. With the support of your therapist and other group members, you will learn new skills to help improve the quality of your relationship with a significant other, such as a partner or family member and reduce your symptoms of depression.

What to expect in the sessions

There will be open discussions about your depressive symptoms and how these impact on your day-to-day life and relationships. There will be opportunities for you to talk about your experience of relationships and the impact they have on your mood. This group is helpful if your current depression has been triggered by difficulties within relationships. Success largely depends on you practicing the skills learnt in between sessions.

Who will benefit

The group will focus on your relationship difficulty in the 'here and now' and what may be keeping this going. The focus will not be on past events. We will be introducing strategies and techniques for you to apply yourself.

The two main goals of this group will be to reduce the symptoms of low mood/depression and improve your social functioning and significant relationship(s).

The group will help you explore the reasons behind conflicts in your relationship(s) and understand why they impact on you. The group will also discuss communication styles and how to nurture healthy relationships in the future.

Who is the group for?

This group is particularly useful for people who want to improve a particular relationship and recognise the links between their relationship and their low mood/depression. Participants are encouraged to get involved in group discussions and activities and be willing to experiment and try new things in their relationships. The focus will be on making changes within your relationships between group sessions.

Benefits of group therapy

The IPT Improving your Relationship group offers several benefits to participants, including the opportunity to share experiences and gain support from others who understand what you're going through. Providing practical skills that you can apply in your daily life to manage depression. Additionally, working in a group can boost your motivation and commitment to making positive changes.