

THERAPY GROUP

Are you finding it hard to adjust to life changes?



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IPT ADAPTING TO CHANGE GROUP

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IPT ADAPTING TO CHANGE GROUP

The IPT Adapting to Change Group is designed to support you if you are experiencing depression linked to a significant life transition. This short guide will help you understand what the group involves, how it can support your recovery, and whether this approach feels right for you.

The IPT Adapting to Change Group is an 8-session therapeutic group designed to provide you with strategies and techniques to help you adapt to a significant change in your life.

The group also focuses on improving your social functioning and reducing symptoms of depression. We recognise that significant change can have a considerable impact on both your mental health and your relationships.

What to expect in the sessions

- There will be open discussions about your depressive symptoms and how these impact your day-to-day life and relationships.
- We will explore your experience of transition and how this feels for you, giving you the opportunity to reflect on the changes you are going through.
- You will also have space to talk about your own experiences and share as much or as little as feels comfortable.
- This group is particularly helpful if your current depression has been triggered by a significant life transition.

Benefits of this therapy

- The group aims to help you begin recovering from depression by supporting you through a significant life transition.
- You will learn how to adapt more effectively to changes in your life.
- Taking part offers the chance to connect with others who are experiencing similar struggles.
- You will be introduced to simple, easy-to-use strategies and techniques.
- The group will provide a safe space for you to talk and share your experiences.

How this type of therapy helps

Difficulties like conflict, loss, life changes or feeling alone can impact your mental health.

This group has been developed using Interpersonal Psychotherapy (IPT) techniques alongside other therapeutic approaches. It can help you understand these challenges, improve communication, and build stronger, more supportive relationships.

Feel more connected, less isolated, and better equipped to cope - now and in the future.

For more information, phone **01924 234 860**