

THERAPY GROUP



Are you struggling
with grief and
depression?

HEALING GRIEF AND DEPRESSION GROUP



Scan me



**TURNING POINT
TALKING THERAPIES**

Turning Point - Registered Charity - 234887

**TURNING
POINT**
inspired by possibility





HEALING GRIEF AND DEPRESSION GROUP

The IPT Healing Grief and Depression Group is a 9-session therapeutic program designed to facilitate the grieving process and aid in recovering from depression.

As a provider of psychological therapies, we recognise that losing someone close can significantly impact your mental health.

This group incorporates IPT techniques and other therapeutic strategies to support your healing journey.

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. We will explore your grieving process and how that feels for you. There will be opportunities for you to talk about your experience of bereavement and loss. This group is helpful if your current Depression has been triggered by bereavement.

Session content

In our sessions, we will cover various topics, including:

- Psychoeducation On Depression and Grief
- Understanding Your Symptoms
- The Importance of Self-Care
- The Importance of Socializing
- How to Grieve in a Healthy Way

Who will benefit

This program will benefit individuals who are currently experiencing depression linked to the death of a significant other. It is particularly useful for those whose low mood or depression is related to a specific significant loss. Participants should have an interest in learning strategies and techniques to help them heal from their grief and recover from depression, and be open to making changes in their lives. Additionally, it is important that participants can set aside time between sessions to work on goals using insights gained from the therapy, enabling them to make positive changes in their daily lives.

Benefits of group therapy

The IPT Healing Grief and Depression Group offers several benefits to participants, including the opportunity to share experiences and gain support from others who understand what you're going through. It also provides 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.

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