

Couples' Therapy

provided by NHS Talking Therapies (IAPT)

Do you struggle with Depression and Anxiety in the context of a relationship?

Does your mood impact your relationship or your relationship impact your mood?

We all go through low points at times and it is not unusual to experience depression which can come with arguments and distress in our relationship.

About the therapy offered...

Couple therapy for depression and Behavioural couple therapy aim to improve relationships by helping couples identify and work together on things that create unhappiness.

We will find out how you and your partner can move on from unhelpful patterns of relating.

It aims to help couples build upon the strengths in their relationship and understand the way in which difficulties in the relationship can contribute to depression in one or sometimes both partners.

This therapy is for couples who are living together and where one or two experience depression.

Depression and anxiety can affect people in lots of different ways...

Typical symptoms are:

- Loss of interest and enjoyment in ordinary things.
- Feeling tired, tearful, and irritable.
- Wanting to be alone.
- Not being able to sleep.
- Loss of appetite.
- Not being able to concentrate or focus.
- Not feeling worthy of love or of loving.

Couple therapy aims to help you achieve:

- Recovery from depression and anxiety.
- Better communication in your couple and an ability to work together.
- Greater awareness of each of your needs.
- Greater understanding of your partner and yourself, and of the differences between you.
- A better sense of closeness between the two of you.
- Being less stuck in repeating patterns in your relationships.
- Help with feelings of anxiety and stress in facing the challenges of your relationships and family life.
- Help with coming to terms with life changes.
- A more stable family life.
- Greater confidence about the future.

What to expect...

Your couple therapist will begin with trying to get a picture of what you and your partner find difficult in your relationship and how this is affecting you both.

Sometimes your couple therapist may suggest ways for you to improve your communication and this may involve some "homework".

Sessions are 50 – 60 minutes long and offered once a week. It is important for both partners to attend sessions (apart from some of the assessment sessions). The number of sessions involved in a course of therapy can vary and your therapist will discuss this with you at the outset.

Questionnaires and feedback

You will both be asked to fill in questionnaires about anxiety and low mood at each session. This enables us to give you feedback about your progress and evaluate the therapy.

"I had the most wonderful, transformative experience at Community Living Well. My therapist was kind, patient and incredibly knowledgeable, allowing me to open up and feel at ease."
Talking Therapies (IAPT) service user

How to access Couples' Therapy

You can ask your GP to refer you to the service, or you can contact Talking Therapies (IAPT) directly:

- Visit our website communitylivingwell.co.uk
- Email cnw-tr.clw@nhs.net
- Call **020 3317 4200**