

Who is suitable for Couples Therapy?

Couples Therapy is for individuals in committed relationships. We work with couples who are married, cohabiting and in civil partnerships.

"Thank you italk, we are both feeling much more hopeful that we can sort our problems out. It has been a relief to talk openly and honestly together."

Couple accessing Couples Therapy from the New Forest.



www.italk.org.uk

Hours and Appointments

We offer flexible daytime and some early evening hours where possible.

Contact

italk
4th Floor, Blackhorse House
8-10 Leigh House
Eastleigh
Hampshire
SO50 9FH

To request more information in an alternative format please telephone

023 8038 3926
023 8038 3927
023 8038 3889

italk is the Improving Access to Psychological Therapies (IAPT) service provided in partnership between Solent Mind and Southern Health NHS Foundation Trust



Southern Health 
NHS Foundation Trust



Couples Therapy for Depression



Why seek Couples Therapy treatment for depression?

Couples Therapy for depression is a talking therapy that can help couples experiencing emotional difficulties that sometimes arise when there are problems between the partners.

Relationships in which one person is experiencing depression can sometimes make the relationship more difficult and problems within the relationship can lead to one or other partner becoming depressed or anxious.

Partners of people experiencing depression often want to help, but do not know how to, or feel unsure if what they are doing is helpful and question if they are making the problem worse. Couples Therapy helps both members of the couple to understand depression better and how to support one another in this process.

Research has shown that Couples Therapy can help people with depression, and is as effective as individual treatment for depression. Additionally, this treatment can enhance and strengthen relationships.

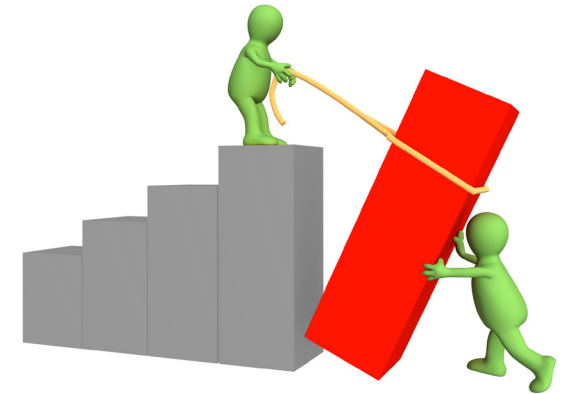
What can I expect from Couples Therapy?

The Therapist's aim is to help you feel respected and to create a setting in which you feel comfortable to talk in a safe and confidential place.



Couples Therapy for depression will help you to:

- communicate more openly and clearly
- be more aware of your partner's needs
- manage your feelings of stress and anxiety
- come to terms with life changes



The Sessions

When you meet your therapist, they will explain how Couples Therapy works. Between you, you will explore how the therapy might help.

The therapist will then spend 3-4 sessions getting to know you to identify your shared goals.

Your following sessions will focus on this shared understanding.

