

# Family Based Interpersonal Psychotherapy (FB-IPT)

FB-IPT is a new treatment for childhood depression based on Interpersonal Psychotherapy (IPT), a psychological treatment that has been shown to be effective in caring for depression in adults and adolescents. IPT is a type of 'talk' therapy that relates depression to difficulties in personal relationships due to loss, conflict, or transitions in life circumstances. FB-IPT therapists work with the child to understand the relationship between interpersonal relationships and depression and to learn better communication and problem-solving skills to improve their relationships. In addition, parents participate in their child's FB-IPT sessions.

## What you can expect

FB-IPT is conducted in three phases, described below:

In the initial phase of treatment, each session is divided between 25-minute individual meetings with your child and 25-minute individual meetings with you, the accompanying parent. Individual meetings with you during the Initial Phase of FB-IPT will focus on your perspective regarding interpersonal triggers that may have preceded your child's depression, as well as gathering information about family relationships and your parenting style. You will be provided with psychoeducation, support, and suggestions for coping with your child's depression. At the end of the Initial Phase of FB-IPT, you and your child will meet with the FB-IPT therapist to identify a primary issue/ problem related to your child's depression and to outline goals for therapy.

In the Middle Phase of FB-IPT, weekly sessions will be divided between 25-minute individual meetings with your child and 25-minute joint meetings with you and your child. Joint meetings will allow you to understand the interpersonal skills, such as direct communication of feelings, negotiation, and social problem solving, that are being taught to help children make positive changes in the ways they interact with family members and peers. In addition, you will have the opportunity to rehearse these skills in 'practice runs' with your child in these joint sessions. This practice is intended to help you communicate and/or solve problems more effectively with your child.

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In the Ending Phase of FB-IPT, weekly meetings will be divided between 25-minute individual meetings with your child and 25-minute joint meetings with you and your child. Joint meetings with you and your child will focus on psychoeducation about preventing future depressive episodes, anticipating the role of certain interpersonal issues in the future, and strategies for avoiding interpersonal situations that may increase depressive symptoms. A proactive plan for addressing significant recurrence of depressive symptoms will also be established.

### **How to give feedback**

We really want to hear from the parents, children and young people who use our services. If you have any comments or suggestions about your experience of coming to the Centre we would love to hear from you. Please get in touch by emailing [feedback@annafreud.org](mailto:feedback@annafreud.org)

### **Out of hours or emergency contacts**

The Centre does not offer any out-of-hours or emergency services for children, young people and families. If you require urgent assistance please contact your GP or visit your local A&E department.

### **Other languages and formats**

If you would like this leaflet in a different language or format please ask at reception or contact us at:

Email: [Info@annafreud.org](mailto:Info@annafreud.org)

Telephone: +44 (0)20 7794 2313