

Differences between DIT & IPT

Dynamic Interpersonal Therapy (DIT) and Interpersonal Psychotherapy (IPT) have several common features but they are NOT the same therapy and the approaches draw on specific and distinct competencies. We offer trainings in both these models.

DIT is a brief (16 session) psychodynamic psychotherapy developed for the treatment of mood disorders. It will be rolled out within IAPT services as the brief psychodynamic model for the treatment of depression specifically. IAPT follows NICE guidelines, although DIT itself isn't in the NICE guidelines. DIT is currently undergoing evaluation and its inclusion in the NICE guidelines will be conditional on the outcome of this evaluation. The DIT training is only open to therapists who have completed a psychodynamic psychotherapy or counselling training before undertaking DIT training. The DIT course is British Psychoanalytic Council accredited.

IPT is an acute and a maintenance therapy, delivered over as few as eight sessions in IPT-brief and up to three years in IPT- maintenance. It has psychodynamic origins but takes an explicitly biopsychosocial approach to the treatment of depression, and it is NOT a psychodynamic therapy. It is evidence based and is recommended as a first line intervention in the NICE guidance. It will be offered within IAPT for the treatment of depression. If you would like to book a place on this course, then please see the IPT page on this website. IPT training is open to therapists from a wide range of disciplines. IPT has its own accreditation procedures (via IPTUK).