

## **Relate Couple Therapy for Depression**

**Relate** Mid Thames and Bucks provides the IAPT service 'Couple Therapy for Depression'. Patients may be referred from Healthy Minds when one partner has depression, in accordance with the criteria shown below.

### **Couple Therapy for Depression – Who is the therapy for?**

- People who have been referred to Healthy Minds with mild to moderate depression and have either been considered for or have had other IAPT treatments previously with Healthy Minds.
- People who have a regular partner and where the relationship may contribute to the development or maintenance of their depression and distress.
- Where involving the partner of the patient is considered to be of a potential therapeutic benefit.
- Both partners are available to attend the therapy.

### **Aim of Couple Therapy for Depression (CTD)**

- Couple Therapy for Depression aims to improve the overall quality of a couple's relationship, as poor relationship quality is known to be a precipitating factor in depression.

### **Criteria for CTD**

- Mild to moderate depression present in one/both partners
- Relationship distress identified.
- No domestic abuse or other safety issues identified including suicidal behaviours.
- Not for people who are misusing alcohol or illicit drugs to an extent that it affects their ability to undertake or make use of talking treatment.
- Not suitable for people who have a personality diagnosis that is active or other severe psychopathologies.

### **The Therapeutic Approach**

CTD focuses on the relational aspects of depression and works on the precipitating and maintaining elements of the couple relationship which are known to have a direct effect on the incidence of depression, in order to reduce stress and increase support within the couple:

- 1 Improving communication
- 2 Coping with stress
- 3 Managing feelings
- 4 Changing behaviour
- 5 Solving problems
- 6 Promoting acceptance
- 7 Revising perceptions

### **Use of outcome measures**

Clients will complete questionnaire measures at each session to monitor and review progress.

### **What Relate can offer**

Relate will offer CTD in High Wycombe, Aylesbury, Chesham, Princes Risborough (and Maidenhead for patients in South Bucks) with an aim to offer a Relate assessment within 14 days.