



Therapist training

DIT therapists are qualified and experienced psychodynamic practitioners who have completed additional training in DIT.

DIT practitioner accreditation is awarded by the British Psychoanalytic Council (BPC).

Dynamic Interpersonal Therapy (DIT)

A psychological treatment for depression

About IAPT

IAPT stands for Improving Access to Psychological Therapy and is an NHS service designed to offer psychological therapies to people suffering from anxiety, depression and stress. IAPT may also work with people who suffer from panic disorder, simple phobia, OCD or PTSD.

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Information
for patients

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Improving Access to Psychological Therapies



What is DIT?

Dynamic Interpersonal Therapy (DIT) is a treatment for people with moderate to severe depression, approved for NHS IAPT services.

DIT focuses on problematic and repeating patterns in relationships, which began in childhood. This pattern is understood to be responsible for the development and maintenance of depression.

It is also often associated with anxiety about personal relationships and/or relationships at work.

At assessment you are likely to have only a partial awareness of this problematic pattern but usually see some link between how you feel now and how you feel about relationships and events in your past.

DIT relies upon establishing a supportive and collaborative relationship between you and your therapist. Sessions are face to face, weekly, and are usually at the same time.

To get the most out of your therapy you need to aim to attend all booked appointments.

Who can DIT help?

Two of the most common problematic relationship patterns are briefly described below:

- You feel worthless and experience others as rejecting.
- You feel unloved and/or helpless and experience others as abandoning.

Structure of DIT

Assessment

At the beginning of therapy there is an assessment period where current difficulties, childhood relationships and events are explored.

Formulation

Usually during session four, you and your therapist will agree the key characteristics of the problematic relationship pattern and identify treatment goals.

This pattern and current relationships and experiences, then become the focus of the therapy for the remaining sessions.

Therapy process

Successful treatment depends upon your readiness to talk about current relationships, and to confront painful feelings about yourself and others.

With help, you will come to understand the emotional cost of your current ways of coping, e.g. isolating yourself or putting the needs of others first.

Usually in the middle and ending phases of the therapy you will begin to make interpersonal changes that improve your current situation and your mood.

It is to be expected that aspects of the problematic relationship pattern will be repeated in the therapeutic relationship.

For example, if you feel you have little self worth, you may have concerns that

you are wasting the therapist's time or may suggest that other, 'more deserving' people should be seen in your place.

An important aspect of this therapy is that you feel encouraged to discuss these thoughts and feelings with your therapist with the aim of deepening your understanding.

Ending and review

Towards the end of the therapy (usually at session 13) you and the therapist begin to work together to produce a 'Goodbye Letter'.

This provides a record of the therapy, background information, the focus of the therapy, changes you have made and highlights areas for future work.

The aim of this document is to ensure that you and the therapist share the same understanding, to provide a focus for the end of the therapy and to help you to maintain the progress you have made in therapy.

Questionnaires

You will complete routine questionnaires at every session, which are used to assess how you are managing with day to day tasks.

In addition, at the beginning and the end of therapy, you will complete the "Relationship Questionnaire".

Your therapist will usually discuss the questionnaire scores at each session.

