Interpersonal Psychotherapy for the prevention of depression

What is Interpersonal Psychotherapy or IPT?

IPT is a form of therapy developed by Myrna M Weissman. It is designed to treat both major depression and dysthymia. Dysthymia is a milder but more chronic form of depression.

IPT is a talking therapy. IPT is usually conducted in a room with a counsellor but it can be learned from a book or even from e-couch!

Importantly, IPT has been found to be effective in lowering depression for people with mild or moderate symptoms. It works as well as antidepressant drugs.

Key References