

WHAT TYPE OF THERAPY DO YOU DO WITH YOUNG PEOPLE?

Q What type of therapy do you do with young people?

A The one I use most is a therapy that is called Interpersonal type therapy, it is sometimes shortened to ITPA, so ITP with Adolescents, and it's a treatment for depression. It's used for younger, maybe somewhere between 12 and 18 years of age, at least that's in terms of where we know the research supports its use, and what it does is it looks at depression in terms of the relationships that you're having, because there are common problems that young people with depression often experience that might be about change in routines and the people that are around, that they find difficult to keep up with, or adjustments that are hard to make, it might be about not getting on with people that are important to you, finding yourself having arguments or difficulties; sometimes it's just about feeling on the outside, not being able to get into relationships or to feel a part of things, or the final area that I might look at is when the relationships you have change a lot because somebody has died and it's very hard to make that adjustment or find a way to live with not having that person around. And the way of working is to try and understand the relationship between what's going on with the depression that the young person is experiencing, and usually one of those areas that's proving most difficult for them to manage, so to understand how they've connected up and linked up with each other and then gradually learn skills to talk more openly about how you feel, to consider other people's point of view and perspective, to give you a way of thinking about it so that you disentangle the connection and start to be able to adjust to the changes or find ways through the disagreements that you're having.