



# Couples Therapy for Depression

## Overview

Couples therapy for depression is an evidence-based therapy that involves using the relationship as a resource to help the individual and their partner. This is as people who suffer from depression often find their relationship also suffers. This can sometimes lead to the other partner becoming depressed or anxious. Couples therapy aims to deal with both the depression and the relationship distress.

## What's in this guide:

### Why consider couples therapy?

### How does it work?

### Expectations

### Length and frequency of therapy

## Why consider couples therapy?

- Recovery from depression
- Improved communication and teamwork
- Greater awareness of each other's needs
- Greater understanding of your partner and the differences between the both of you
- A better sense of closeness between you and your partner
- A more stable family life
- Being less stuck in repeating patterns

- Helping with feelings of anxiety and stress in facing the challenges of your relationship and family life
- Helping with coming to terms with life changes such as the arrival of children, bereavement or separate
- Confidence for the future
- An improved sexual relationship if this is needed

## How does it work?

Couples therapy works by aiming to reduce the kind of things that make partners feel alone and distressed. It attempts to improve your relationship by working together on things that create unhappiness and hostility. It helps you to understand each other at both an emotional and practical level. This can lead to a happier and more fulfilling relationship in which differences between you are not so problematic. This can relieve depression, which in turn may improve your relationship. This positive cycle improves mood and emotional wellbeing.



## Expectations

Your therapist will not take sides, although they may challenge either of you. They may highlight things you weren't aware of but could make your relationship less satisfying. Your therapists will help you to understand the ways that depression affects both of you and how it is connected to the distress in the relationship. They may make connections to the way you have been brought up and your expectations from the relationship. They will build on the strengths you have as a couple.

## Length and frequency of therapy

Your therapists will work closely with you to establish a clear therapy agreement, they will monitor your sessions throughout so our support is as effective as it can be. This means there may be some variations in the amount of sessions you receive, some couples will find they require fewer sessions whilst others may need more. It is likely sessions will occur once a week and last between 50 minutes to an hour.

## Contact us



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