

# Couple Therapy for Depression

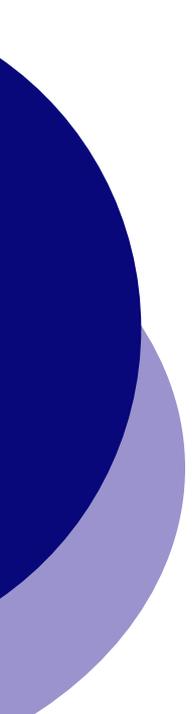
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Kate Thompson

**Project Manager**

**Couple Therapy for Depression Training**

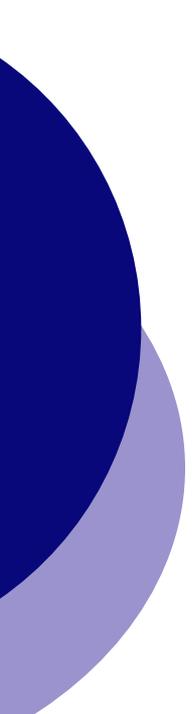
**Tavistock Centre for Couple Relationships**



# Outline

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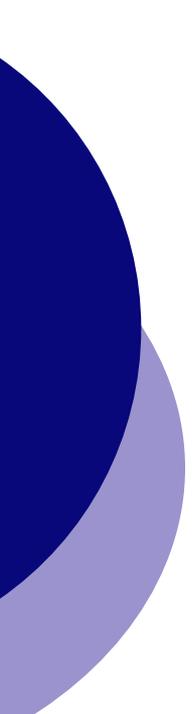
- 6,000,000 people in the UK currently suffer depression & anxiety (£7.5 billion economic cost)
- It is a killer: depressed people are **4 times** more likely to kill themselves than non-depressed & severely depressed people are **20 times** more likely...
- Now thought of as a ***recurring*** illness



## Outline

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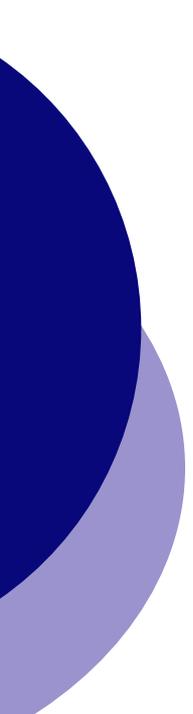
- After 1 episode, >60% chance of another;
- After 2 episodes, >70% chance of another;
- After 3 episodes, 90% chance of another.



## Impact on couple relationship

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- 54% of people with depressed partners had some symptoms of depression (Wiseman)
- 40% of partners had levels of psychological distress made them suitable for therapeutic intervention
- 71% of TCCR's couple cases could be diagnosed with depression and eligible for NHS treatment. (Core Scores mapped against Becks Depression Inventory)



## Impact on couple relationship

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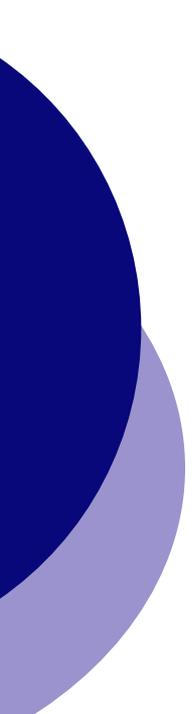
- Tends to decrease cognitive and problem-solving abilities of the non-depressed spouse
- Poor coping and high stress in non-depressed partners can cause poor emotional support to their depressed spouses, aggravating depression
- Leads to a cyclic exchange of high stress

## Impact on couple relationship

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- Patterns of antagonistic communication, ongoing criticism, and outbursts were common. Empathy was often lacking.

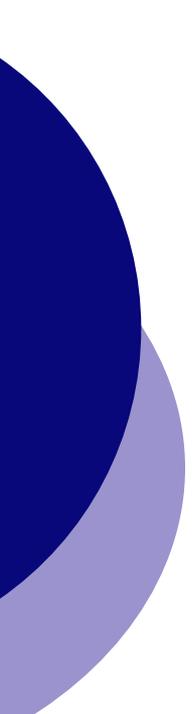
These frustrated interactions exacerbated the depressive symptoms in the depressed partner, leaving them feeling isolated and misunderstood, while the non-depressed partners felt confusion and frustration at their failed attempts to help.



## Impact on couple relationship

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- The couple's sex life is strongly affected, which in turn can cause further feelings of worthlessness, guilt, and depression.



# Impact on couple relationship

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- Couples' accounts are characterized by bewilderment and struggle
- "It's hard to live with a depressed person and not catch it yourself"

# The Treatment Approach – Couple Therapy for Depression (CTfD)

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- ❖ 20 session evidence based integrative treatment, based on NICE guidelines
- ❖ Relationship distress and depression diagnosed in one or both of the partners
- ❖ Designed for IAPT

## Dual Aim

- ❖ to directly relieve the depressed feeling in the patient
- ❖ to work on the precipitating and maintaining elements of the couple relationship that are known to have a direct effect on the incidence of depression

OXFORD

# couple therapy for depression

A CLINICIAN'S GUIDE TO INTEGRATIVE PRACTICE



DAVID HEWISON • CHRISTOPHER CLULOW • HARRIET DRAKE

# The treatment Approach – Couple Therapy for Depression

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The model focuses on -

- ❖ Relational aspects of depression
- ❖ Increasing support within the couple
- ❖ Relieving stress
- ❖ Improving communication
- ❖ Managing feelings
- ❖ Changing behaviour
- ❖ Solving problems and promoting acceptance
- ❖ Revising perceptions

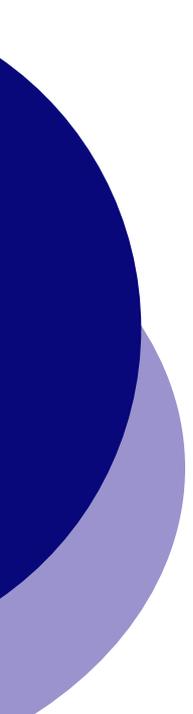
# ENTRY REQUIREMENTS and TRAINING COMPONENTS

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- 5 DAY INTENSIVE CTfD  
PRACTITIONER TRAINING

Those eligible to apply will already have a couple therapy training or experience of working with more than one person in the room.

The 5 day training is followed up by 8-10 months of supervision (fortnightly by phone) of 2 x 20 session training cases.



# FOUNDATION TRAINING

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- 8 DAY TRAINING SPREAD OVER 4 MONTHS.

Those eligible will need to have an interest in developing skills in couple work. After completion of a portfolio and 50 hours of couple work, they will be eligible to enter the 5 day intensive training.

# SUPERVISOR TRAINING, PWP TRAINING and TOP UP CPD in CTfD

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- Supervisor training comprises a one day training and subsequent supervision of 2 more CTfD cases.
- PWP training to help identify suitable referral cases and help PWPs look out for relational impact on a diagnosis of depression.
- CPD in Couple Therapy for Depression, building a network of on-going support.

# We have trained in:

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Bolton

Bristol

Bury St Edmunds

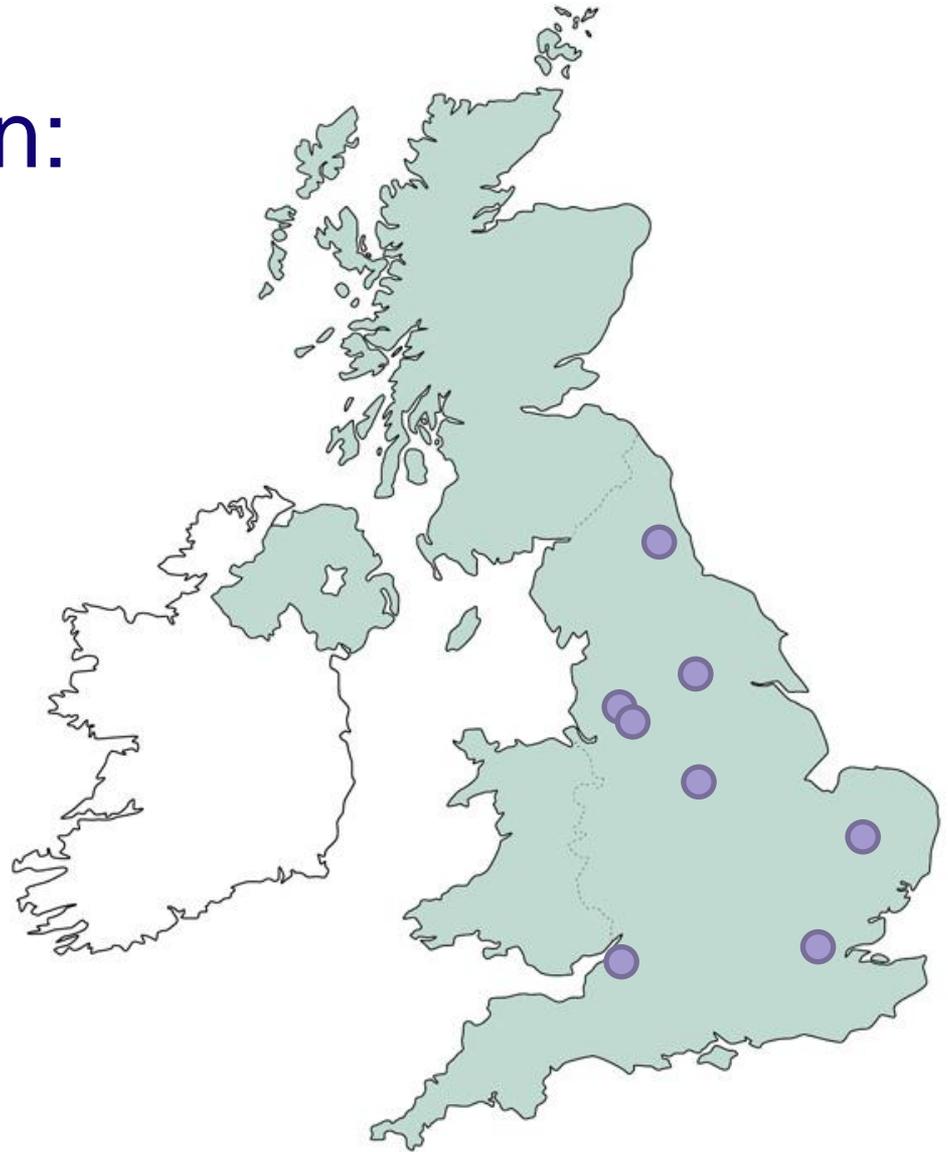
Derby

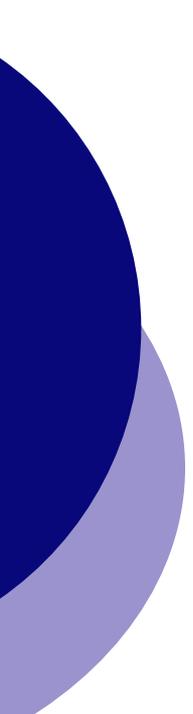
Durham

Leeds

London

Manchester

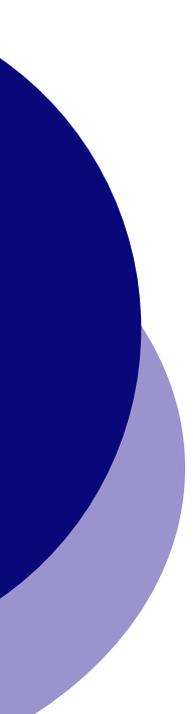




# We have trained across the country...

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- 219 Practitioners
- 24 Supervisors
- 48 Foundation trainees



# CTfD and RECOVERY RATES

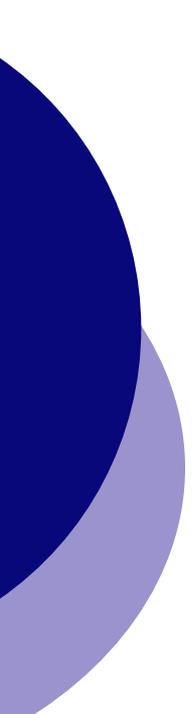
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- Pockets of excellence around the country...
- Recovery rates of up to 72%
- Impact on waiting lists (2 patients seen in one slot)
- Choice agenda and ACT
- Dependent on appropriate referrals.
- Anticipated reduced re-referrals.

# FORTHCOMING CTfD TRAINING

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- London, September 30<sup>th</sup>, October 1<sup>st</sup>, 2<sup>nd</sup>, 7<sup>th</sup>, 8<sup>th</sup>, 2015, 5 day Practitioner training.
- London, Sept-Dec 2015, 8 day Foundation Course training
- London, November 2015, Supervisor Training
- Leeds, January 2015, 5 day Practitioner Training
- Leeds, January 2015, 8 day Foundation Training



# Supervisor Training

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- London, 1 day training, November 2015