

GROUP INTERPERSONAL THERAPY (IPT) FOR DEPRESSION

Group Interpersonal Psychotherapy for depression is short-term, focused, talk therapy that emphasizes relationships as the root, and source, of recovery for depression.

Please call for start date/time.
@ Kamish SCMH, Bldg. 3406,
Embedded Behavioral Health

**IPT provides strategies to
resolve problems within four key
areas that may trigger depression:**

- Unresolved Conflict
- Grief and Loss
- Major Life Transition
- Social Isolation

Questions?
Call: 907-353-4126

