

Interpersonal therapy (IPT)

A Relationship Event and What I Need Now

Adults | 10 to 15 minutes

Interpersonal therapy considers how current relationships and life events relate to mood. This introductory map focuses on a loss, role change, disagreement, or difficulty connecting. It does not assume that relationships are the sole cause of distress.

Choose one current interpersonal situation. Describe the event, its effect, and a support need without reconstructing every past relationship.

Link the event and daily impact

Notice what changed in contact, expectations, or role and how the period has affected your mood or functioning. A timeline can be rough and brief.

Choose a focused question

Identify what you want help with: expressing a need, clarifying expectations, finding support, or adjusting to a changed role. Use a clinician's guidance for a treatment plan.

1. What relationship event or role change is most relevant now?**2. What changed in expectations, contact, or support?****3. How has this period affected my mood or daily functioning?****4. What specific interpersonal question would I like to work on in therapy?****Clinical use and adaptation**

Do not diagnose depression or assign an IPT problem area from this page alone. Use appropriate assessment and model-specific training. Consider safety before communication tasks and avoid implying that the client causes another person's abuse.