

IAPT - Talking Therapies

What is IAPT? IAPT stands for Improving Access to Psychological Therapies and is an NHS programme that offers a range of free talking therapy services, all of which are evidence-based and delivered by fully trained and accredited practitioners.

What help does IAPT offer? IAPT services offer a range of different therapy options, all of which are effective treatments recommended by the National Institute for Clinical Excellence (NICE). You can read more about them below.

Cognitive Behavioural Therapy (CBT)

CBT is a type of psychotherapy which focuses on how your thoughts and beliefs affect your feelings and behaviour. CBT teaches you healthy coping skills for managing any difficulties you are facing alongside goal-setting strategies to help you move forward.

Counselling

Counselling is a brief psychological therapy in which you can explore difficult, confusing or painful experiences with the help of a clinician. It can help you with various experiences, such as bereavement, relationship issues, trauma, depression or life changes such as divorce, getting older or retirement.

Guided Self-Help

Guided Self-Help involves working through a CBT-based workbook or computer course with the support of a therapist. These help you learn practical tools and strategies to better manage your difficulties and improve your wellbeing.

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Interpersonal therapy (IPT)

IPT is a type of therapy that helps individuals identify and address issues in their relationships with family, partners and friends. The idea is that poor relationships with others can leave you feeling depressed, in turn negatively affecting your relationships.

Eye movement desensitisation and reprocessing (EMDR)

EMDR is a therapy that's been developed to help people who have experienced trauma. EMDR helps the brain reprocess memories of the traumatic event so you can let go of them.

Mindfulness-based cognitive therapy (MBCT)

This therapy combines mindfulness techniques like meditation and breathing exercises with cognitive therapy. MBCT helps you focus on your thoughts and feelings as they happen moment by moment and can be used to help treat depression and addiction.

Behavioral Activation

Behavioural activation is a talking therapy that aims to help people experiencing depression or low mood take simple, practical steps towards enjoying life again. It also helps learning problem-solving skills so you can differently approach situations that are affecting your mood.