Box 4

Key psychological therapies

	Description	Resources
Cognitive behaviour therapy (CBT)	Structured treatment exploring the relationship between thoughts, feelings, behaviour and physiology. Focus on present and future. Arguably the most well established talking treatment, for which there is considerable evidence, in a wide range of mental health conditions e.g. anxiety, OCD	www.babcp.com/ www.rcpsych.ac.uk/mental-health/treatments-and-wellbeing/cognitive-behavioural-therapy-(cbt)
Interpersonal psychotherapy (IPT)	Family and adolescent forms available. Structured treatment focused on mood disorders. Seeks to improve interpersonal deficits, grief, role transitions and role disputes	Myma M. Weissman. The guide to interpersonal psychotherapy: updated and expanded edition, paperback. Oxford University Press. New York, NY. 2017 https://interpersonalpsychotherapy.org
Systemic family therapy (SFT)	Well established therapy. SFT is one of several family therapy schools that vary in conceptual focus and techniques. Families are usually seen as the solution rather than the cause of problems. Considerable focus on individual strengths, language, communication, culture, and diversity in understanding how problems may be created, understood, maintained and resolved	www.aft.org.uk/view
Attachment based family therapy (ABFT)	Developed as a therapy to help with adolescent depression and suicidality. Based on the idea that disrupted attachment relationships prevent adolescents seeking comfort and reassurance during times of despair e.g. suicidal ideation. Therapy seeks to repair attachment ruptures which is believed to lead to reduction in depressive symptoms, isolation and increased potential for parents to provide comfort and support	Guy S. Diamond, Gary M. Diamond and Suzanne A. Levy Attachment-based family therapy for depressed adolescents. American Psychological Association. Washington, DC. 2014
Psychodynamic psychotherapy	A well established unstructured therapy that explores how past events and relationships, often from early childhood, can influence present and future difficulties. Considerable emphasis placed on emotion, attachment, unconscious motivation, dreams and fantasies and reflective analytic techniques	www.bpc.org.uk
Brief psychosocial intervention	This was an intervention in the IMPACT depression trial.[30] Key components included psychoeducation, promoting habits e.g. sleep, exercise, nutrition and activity scheduling. There were no cognitive or reflective analytic techniques	Goodyer IM, Reynolds S, Barrett B et al. *Lancet Psychiatry* 2017;4:109-11