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The Interpersonal Process Approach (IPP) is a unique approach to individual therapy, which integrates an individual's relational experiences, their thoughts about themselves, and their familial experiences to bring about an awareness of how these three domains impact one's present circumstances. Through our life experiences, we all come to develop coping styles, or ways that we learn how to relate to others.

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Also referred to as IPT therapy, interpersonal therapy is a structured, time-limited therapy that typically works intensely on established interpersonal issues. The underlying belief of interpersonal therapy is that psychological symptoms (such as depression) are often a response to difficulties we have interacting with others.

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