

Group
Interpersonal
Psychotherapy

Tanzania
2018

“Thank you (Scotland) for bringing IPT.”

Isaack Kabombo , Psychologist



**“I Thank God who directed me to study
psychology and now I can help my
society psychologically.”**

“What do you think are the successes of IPT ?”

“Personally it has helped me think about who I am. The training has helped me reflect on my own health and how I look after myself.”

Imani Richard, Social Worker



What do you think are the successes of IPT ?

“I see so many benefits from the programme. Culturally it works so well and I feel I have seen lots of improvement in clients in their health.”

Revina Julius, Social Worker



How has IPT helped you?

“ I was depressed losing my child and husband. I like meeting with the group and I am facing life together. They support me and it helps me put things into perspective .”



“The group has helped me bond with my family and my friends.

I have resolved disputes that were around the death of my husband.”



“ I have 9 children. They are all my husband’s children and I promised to look after them. I used to cry all the time. The parish worker encouraged me to come. I am seeing things as normal and feeling better about my situation.”



**“When I feel weak or have a sickness,
I now reach out to my neighbours”**

**“I had so many suicidal thoughts and
now they are gone.”**



How does it feel being part of an IPT group?

**“Every Monday, we build hope
together in this group.”**

“We are like a family here.”



“We feel free.”

“We feel understood.”

“We feel joyful here.”

How did the group leader help you?

“The leader said how important it was for us to use our friends, family and neighbours out with our group.”



“She encouraged us to share our hearts with others....”



**As a parish worker, leading IPT groups,
what do you think of IPT?**

“In my groups, I see an improvement, week by week, in members mental health.”

Jekoniah



“I’m very happy, I see lives changing.”

Medan



“I had one lady who was suicidal and I did not know how to help her. Now with IPT, I have the tools, and she is much better.”

Sheymai



**“ I want to thank supporters in Scotland
and ask you to pray that God would
continue to bless the project.”**

Japheth



“God bless you all and give you more courage and love to keep going on with this program.

We really appreciate you .”

Isaack Kabombo

