



Interpersonal Psychotherapy Level A Two-Day Training

Educational Objectives:

At the conclusion of this course, the participant should be able to:

- 1) Identify the basic principles of IPT
- 2) Apply culturally competent principles to the conduct of IPT
- 3) Utilize IPT within a recovery from depression model of care
- 4) Summarize the research literature regarding IPT
- 5) Treat patients using IPT principles
- 6) Identify patients for whom IPT would be an appropriate treatment
- 7) Conduct an Interpersonal Inventory
- 8) Create an Interpersonal Formulation and Summary
- 9) Describe the Biopsychosocial/Cultural/Spiritual model
- 10) Collect an Interpersonal Incident
- 11) Conduct a Role Play
- 12) Create an Interpersonal Dispute Graph
- 13) Create a Transition Timeline
- 14) Describe the conclusion of IPT and maintenance treatment
- 15) Describe the 4 Attachment styles used in IPT
- 16) Describe the 3 IPT Problem Areas and strategies for addressing them.

Abstract of Course:

This course is designed to instruct participants in the theory and practice of Interpersonal Psychotherapy (IPT). The course will consist of didactic presentations and a review of the research evidence supporting IPT, followed by a multimedia presentation describing the use of IPT with patients. Interspersed in this section of the presentation will be videotapes of the course director and other experts conducting IPT with depressed individuals, as well as group discussion and role-playing.

The class is designed for mental health clinicians and students who are well acquainted with basic psychotherapy principles, such as the ability to effectively engage patients, to formulate cases, and to use specific psychotherapy techniques.

The course is required for all certification in IPT.

IPT Training Course

PROGRAM

DAY 1

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| 8.00 – 9.00 | REGISTRATION |
| 9.00 – 10:45 | IPT: Theory and Evidence for Efficacy |
| 10.45 – 11.00 | Break |
| 10.45 – 1.00 | IPT: Structure and Interpersonal Inventory |
| 1.00 – 2.00 | LUNCH |
| 2.00 – 3.00 | IPT: Formulation and Summary |
| 3.00 – 3.15 | Break |
| 3.15 – 5.00 | IPT: Case Presentation: Role Transitions |

IPT Training Course

DAY 2

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|----------------------|---|
| 8.00 – 9.00 | REGISTRATION |
| 9.00 – 10:00 | Interpersonal Theory |
| 10.00 – 10.15 | Break |
| 10.15 – 12.00 | IPT: Case Presentation: Interpersonal Disputes |
| 12.00 – 1.00 | LUNCH |
| 1.00 – 3.00 | IPT: Techniques |
| 3.00 – 3.15 | Break |
| 3.15 – 4.00 | IPT: Case Presentation: Grief and Loss |
| 4.00 – 5.00 | IPT: Conclusion of Acute Treatment and Maintenance Treatment |