



## **Interpersonal Psychotherapy Level A Two-Day Training**

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### **Course Description:**

This is an introductory course in Interpersonal Psychotherapy (IPT), a time-limited individual psychotherapy focused on symptom relief and interpersonal functioning. IPT has been empirically demonstrated to be effective in the treatment of affective and anxiety disorders and interpersonal problems with both adults and adolescents to age 9.

The course will review the theoretical basis for IPT, along with a brief review of the data supporting its effectiveness. The basic principles of IPT will then be covered, along with an extensive review of the techniques used. Detailed information about the use of IPT for specific problem areas, such as interpersonal disputes, role transitions, and grief and loss will also be provided. This information will be presented in lecture format, in sessions reviewing videotapes of experts conducting IPT, small-group discussion, and in role-play.

This course is open to all who wish to gain experience in IPT. Participants should have experience in dynamic psychotherapy and be familiar with basic psychotherapeutic principles. It is strongly recommended that participants read the textbook, Interpersonal Psychotherapy: A Clinician's Guide 2<sup>nd</sup> edition (Stuart S, Robertson MW, London, Arnold Press, 2012) prior to the course.

Supporting materials can be found on the IPT Institute website at [www.iptinstitute.com](http://www.iptinstitute.com)