



EPA COURSE TITLE	Interpersonal Psychotherapy (IPT) of depression
COURSE DIRECTOR	Torsten Gruettert, Germany
COURSE CO-DIRECTORS	N/A
COURSE LEVEL	Basic
EDUCATIONAL INTENTIONS/ COURSE OUTCOMES	<ol style="list-style-type: none"> 1. Evidence based psychotherapy of depression 2. Interpersonal approach within treatment of depression 3. Dual aims of IPT: symptom remission and interpersonal problem solving (current problem attributed to current depression) 4. Focused short-term psychotherapeutic work in a here-and-now framework 5. Active psychotherapist initiating self-disclosure of patient Clarification, solve interpersonal problems, activation of resources, actualisation of interpersonal problem 6. Interpersonal school of psychiatry, binding, adherence, matching
COURSE DESCRIPTION	<p>Among the variety of short-term psychotherapies established for the treatment of depression, IPT by Klerman, Weissman et al. (1984) is one of the most well-known and clinically introduced approaches. IPT has explicitly been controlled in a variety of studies proving efficacy. Besides Bowlby's attachment theory the interpersonal school of psychiatry (Sullivan) represents IPT's most influential theoretical grounds hypothesizing that all psychiatric illnesses and here depression develop in an interpersonal context: interpersonal problems may contribute to onset and potentially chronicity of (current) depression or/and depressive symptoms may interfere with interpersonal well-being.</p> <p>Based on empirical studies on e.g. life events, social support, stress and depression the authors defined four problem areas:</p> <ol style="list-style-type: none"> 1) retarded grief; 2) interpersonal conflict; 3) interpersonal role conflict/role transition; 4) interpersonal deficits/isolation. <p>The therapy is divided into three parts: Within the introduction period (3-4 sessions), the patient's current depression will be attributed to mostly one designated problem area on which will be focused within the main therapy section. IPT works in a here-and-now framework and connects state and change of depressive symptoms with state and change of interpersonal functioning and well-being through therapeutic work.</p> <p>The dual aim of IPT is</p> <ul style="list-style-type: none"> • symptom remission; • solving of attributed interpersonal problem <p>by promoting patients' interpersonal skills in and out of sessions.</p> <p>Open and focused exploration, psychoeducation (patient expert of his/her illness), the transportation of the sick role (Parsons), assessment of the interpersonal inventory/interpersonal resources, goal attainment scaling, the definition of patient and therapist role in therapy, the explanation of the IPT concept, the agreement on the problem area and a therapy contract are integral parts of the introductory sessions in IPT and represent good psychotherapeutic practice for therapists engaged in treatment of clinical depression.</p>



	<p>In main (3/4-14 sessions) period the patient and therapist work on the agreed focus. The IPT manual describes goals and treatment strategies for each problem area. Clarification, self-disclosure, communication analysis, option seeking etc. are main techniques in IPT.</p> <p>During termination period the patient resumes what was learned, what still is left, the motivation for booster sessions (maintenance) is clarified. The interpersonal perspective is constantly emphasized.</p> <p>This teaching course will transport the basics of IPT so that course members will e.g. be able to start practicing Interpersonal Psychotherapy under supervision. The following aspects will explicitly be focused on:</p> <ol style="list-style-type: none"> 1) time frame, 2) medical model, 3) dual aims of solving interpersonal problems and symptom remission, 4) interpersonal focus on the patient's affective engagement solving current life problems contributing to current depression, 5) specific and general psychotherapeutic techniques and 6) empirical support of IPT. <p>Short role-playing with will be emphasised within the course to train IPT techniques. A handout will be available.</p>
PREREQUISITE KNOWLEDGE	<p>This CME course is meant to teach IPT basics enabling participants of the course to start practising IPT under supervision. It will be focused explicitly on the following aspects: 1) time frame, 2) medical model, 3) dual goals of solving interpersonal problems and symptom remission 4) interpersonal focus on patients affective engagement solving current life problems contributing to current depression, 5) specific and general psychotherapeutic techniques and 6) empirical support of IPT.</p>
COURSE METHODS AND MATERIAL	<ol style="list-style-type: none"> 1. A handout will be available 2. Reference list will be included into handout 3. Frequent role play expects active participation of participants 4. Presentation via power point 5. Videos to exemplify strategies may be shown 6. Active participation
TARGET AUDIENCE	<p>Psychotherapists and Psychiatrist interested in short-term and focused psychotherapy of depression with an interpersonal approach</p>
RECOMMENDED READINGS	<ol style="list-style-type: none"> 1. Weissman, M. M. & Markowitz, J. C. (1998). An Overview of Interpersonal Psychotherapy. In J. Markowitz, Interpersonal Psychotherapy (pp. 1 – 33). Washington D.C.: American Psychiatric Press. 2. Klerman, Gerald (1984). Interpersonal psychotherapy of depression. New York: Basic Books
LANGUAGE(S)	<p>English, German</p>