

CME COURSE TITLE	Interpersonal Psychotherapy of Depression (IPT)
COURSE DIRECTORS	Dr. Torsten Gruettert, GERMANY
COURSE LEVEL	Basic
EDUCATIONAL OBJECTIVES	<p>Educational objectives/intentions are:</p> <ul style="list-style-type: none"> • Psychotherapy especially designed for affective disorders • Interpersonal school of psychiatry and psychotherapy • Good medical practice in psychotherapy of depression • Interpersonal perspective fundamental for treatment of depression • Dual aims of IPT: symptom remission and interpersonal problem solving (attributed to current depression) • Focussed short-term psychotherapeutic work in a here-and-now framework • Active psychotherapist activating self disclosure of patient. • Clarification, solve interpersonal problems, focussing on resources, searching for other options • Adherence and matching in psychotherapy • Proven efficacy
COURSE DESCRIPTION	<p>Interpersonal Psychotherapy (IPT) by Klerman et al. (1984) is one of the most well known time-limited, focussed psychotherapies of depression. A variety of studies have shown highly convincing empiric evidence of its efficacy. IPT most influential theoretical grounds are Bowlby´s attachment theory and the interpersonal school of psychiatry (Sullivan). Based on empirical studies the authors defined four problem areas:</p> <ul style="list-style-type: none"> • complicated grief, • interpersonal conflict, • interpersonal role conflict • interpersonal deficit/isolation <p>In the first 3-4 sessions IPT encompasses many goals, most of which is dealing with depression and setting a framwork. Main IPT goal during those sessions is to relate patients current depression to an interpersonal context and to individually attributed this depression to one of the four problem areas on which will exclusively be focused on 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 (realtime) interpersonal functioning and well being through therapeutic work. Psychoeducation, the transportation of the sick role, assessment of the interpersonal inventory/resources, instilling hope, the definition of patients and therapist role during therapy, the explanation of the IPT concept, the agreement on the problem area and a therapy contract are basic procedures within introductory sessions in IPT. In the main period (3/4-14 sessions) patient and therapist work on the agreed-upon focus.</p> <p>Clarification, self disclosure, communication analysis, option seeking etc. are main techniques in IPT. During termination period the patient recognizes what was gained, what impairments, problems are left. The motivation for booster sessions (maintenance) is clarified.</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	Case studies; role play; vignette; slides; handouts
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
LANGUAGES	English, German