

## BRISBANE

Thursday 24th & Friday 25th June 2010  
Eagle Street Conference Centre

## SYDNEY

Monday 12th & Tuesday 13th July 2010  
Vibe Hotel, North Sydney

## MELBOURNE

Monday 20th & Tuesday 21st September 2010  
Oaks On Market

9.00 am to 5.00 pm



Trainings with  
**Paul Rushton**

# INTERPERSONAL PSYCHOTHERAPY: Basics and Beyond

## TRAINING DESCRIPTION

With the recent inclusion of Interpersonal Psychotherapy in the focused psychological strategies under the Medicare funded programmes, *Better Access and Better Outcomes*, the recognition of the value of IPT has rocketed. Despite these developments, many practitioners within Australia have received little exposure to IPT education and training. This two-day workshop provides a comprehensive overview of IPT with an emphasis on the application in clinical practice.

Interpersonal Psychotherapy (IPT) is a semi-structured, time-limited therapy with demonstrated efficacy for a range of conditions as diverse as post-natal depression, depression in the elderly and bulimia. IPT was developed in the late 1970s as a brief structured psychological treatment for depression. It later rose to prominence when it compared favourably to cognitive-behavior therapy and medication in the *NIMH Treatment of Depression* study conducted in the mid-1980s. The efficacy of IPT as a treatment alternative or adjunct to other approaches has since been confirmed in numerous studies for conditions as diverse as post-natal depression, bulimia and substance abuse. IPT does not engage the patient at the level of symptom formation, but rather helps to reduce psychological stress by intervention in psychosocial function. IPT therefore targets four problem areas: Role Transitions, Grief, Interpersonal Disputes and Interpersonal Sensitivity.

This presentation will review the basic components of IPT and will highlight its relevance to a range of disorders, especially depression. For practitioners with specialisations in other therapies, IPT can be a useful alternative or adjunct to your current practice.

### Training Structure and Requirements

This training will provide an overview of the theory, structure and evidence base for IPT. Case studies, role plays, skill building exercises, small group discussions and question/answer sessions will be utilised to enhance participants' understanding of the application of IPT. Comprehensive handouts will accompany Powerpoint presentations.

In order to meet professional development requirements, participants will need to complete assigned reading prior to commencement of the training, and on completion of the training undertake a short quiz based on the major themes presented.

Further information on IPT visit [www.interpersonalpsychotherapy.org](http://www.interpersonalpsychotherapy.org)

### Learning Objectives:

- Enhanced knowledge of the theory underpinning IPT.
- Enhanced knowledge of the structure of IPT.
- Enhanced knowledge of the evidence base for IPT.
- Familiarity with key IPT techniques.
- Increased competence in delivering IPT in clinical practice.

### DAY ONE MORNING

- Introduction to IPT. What is IPT?
- Theory.
- Structure.
- Comparison to other therapies.
- Problem Areas I (Role transitions, Interpersonal Disputes).

### DAY ONE AFTERNOON

- Problem Areas II (Grief, Interpersonal Deficits/Sensitivity).
- Key techniques.
- Full case study and interactive discussion.
- Facilitating learning from experience.
- Case examples.

### DAY TWO MORNING

- Formulation and treatment planning.
- Case study. Developing a prototype case plan.
- Empirical research.
- Common difficulties using IPT.
- 'Live client' role play demonstrates key IPT techniques and focus.

### DAY TWO AFTERNOON

- IPT applications.
- Participant role plays utilise key IPT techniques and processes.
- Client selection.
- Role play communication analysis.
- Summary and discussion.

