

University of Otago, Christchurch



Department of Psychological Medicine



INTERPERSONAL PSYCHOTHERAPY WORKSHOP

FRIDAY 20TH OCTOBER 2017

Introduction to Interpersonal Psychotherapy

The Kahukura Room | 3rd Floor, Terrace House | 4 Oxford Terrace | Christchurch | \$250.00

Participants should preferably be health professionals who have some knowledge of mood disorders and psychotherapy and have worked at least two years clinically. Prior knowledge of IPT will be an advantage.

Your workshop convenors are Associate Professor Sue Luty, Department of Psychological Medicine, University of Otago, Christchurch and Dawn Nolan of the Canterbury District Health Board. Dr Luty has extensive experience in the practice of IPT and its adaptations and will utilise clinical scenarios and interactive discussion to teach IPT. Case based material, videotapes, and mock role plays will assist learning.

The content of the workshop will include:

1. The theory and skills of interpersonal psychotherapy for patients with depression
2. A critical appraisal of the research evidence for IPT
3. A comparison of IPT and CBT for depression
4. Detailed case scenarios of IPT

If participants bring along a case summary of a client with depression they can use these to frame questions and to illustrate IPT processes in small groups.

Learning Objectives

On completion of this workshop the participants will be able to:

1. Understand the theory background of IPT
2. Understand the techniques and process IPT
3. Understand the similarities and differences between IPT and CBT for depression

Further information can be obtained from: judith.stone@otago.ac.nz