

Introduction to Interpersonal Psychotherapy (IPT) for Depression

Program Description

This workshop will focus on introducing practitioners to Interpersonal Psychotherapy (IPT), and evidence-based treatment for clients with a diagnosis of depression. We will focus specifically on how to conduct IPT with depressed clients including the therapeutic role, techniques, and common issues. We will also review adaptations of interpersonal psychotherapy for both mood and non-mood disorders. Discussion of the use of IPT across cultures and adaptations for the use of IPT in group, conjoint, and telephone formats will be explored. A review of the epidemiology and diagnosis of depression will be provided but will not be the focal point of the workshop. This workshop will focus primarily on using the treatment with adult clients but will include some examples with adolescents.

Learning Objectives

Upon completion of this workshop, participants should increase their ability to:

- **Discuss** the epidemiology and diagnosis of depression and the historical and theoretical context of Interpersonal Psychotherapy (IPT)
- **Explain** how to begin interpersonal psychotherapy including beginning IPT, identification of problem areas, and termination
- **Identify** four interpersonal problem areas: grief, interpersonal disputes, role transitions, and interpersonal deficits
- **Describe** techniques in IPT and the therapist's role
- **Examine** common therapeutic issues and client questions
- **List** adaptations of IPT for mood and non-mood disorders
- **Address** special topics and additional training and resources

Agenda

8:30 AM	REGISTRATION
9:00 AM	Overview of Depression, Diagnosis, and IPT Techniques of IPT Therapist's Role in IPT
10:15 AM	BREAK
10:30 AM	Beginning IPT Middle Sessions (grief and interpersonal disputes)
12:00 Noon	LUNCH (on your own)
1:15 PM	Middle Sessions (role transitions and interpersonal deficits)
2:15 PM	Termination Common Therapeutic Issues and Client Questions
2:45 PM	BREAK
3:00 PM	Adaptations of IPT for Mood and Non-Mood Disorders
4:00 PM	IPT Across Cultures Group, Conjoint and Telephone Formats Additional Resources
4:45 PM	ADJOURNMENT

Target Audience

This workshop will be highly beneficial to all mental health professionals that work with adults. This includes psychologists, social workers, counselors, substance abuse professionals, psychiatric and advanced practice nurses, case managers, adult clinicians, and therapists, and all interested others.

Credit

6.0 or 12.0 (with level A certification) contact hours

Faculty

Betsy (Sarah E.) Bledsoe, PhD, MPhil, MSW is associate professor at the University of North Carolina at Chapel Hill School of Social Work, principal investigator of the Community Voices Project, principal investigator at the National Center for Trauma Education and Workforce Development, co-investigator at the Family Informed Trauma Treatment Center and a consultant with the Center for Adjustment, Resilience & Recovery – all part of the National Child Traumatic Stress Network funded by the Substance Abuse and Mental Health Services Administration. She received a doctoral degree and Master of Philosophy from Columbia University School of Social Work, a Master of Social Work from the University of Pittsburgh and a bachelor's degree in psychology from the University of Tennessee. Her research reflects over two decades of experience conducting community based as well as national studies to strengthen the mental health of adults, adolescents, children, and families, particularly those surviving poverty, discrimination, and trauma. She has expertise in mental health services, intervention, and implementation research, with a focus on mood, anxiety, and trauma during the perinatal period and beyond. Her research has examined the implementation and dissemination of evidence-based practices and empirically supported interventions with attention to the cultural adaptation of these practices to increase access to historically marginalized communities and populations including Black Indigenous and People of Color, individuals living in rural areas and individuals surviving poverty.

A community-engaged scholar, Dr. Bledsoe is dedicated to partnering with communities to strengthen the mental health of children, adults, families, and communities. Her research and scholarship have been supported with funding from federal and state agencies, foundations, and private donors. Her research, clinical expertise, and certification as a practitioner, supervisor, and trainer in multiple empirically supported interventions inform her teaching of primarily direct practice courses including Brief Treatment, Interpersonal Psychotherapy, and Motivational Interviewing.

Dr. Bledsoe has published over 90 peer-reviewed articles, chapters, abstracts, and manuals, and has given over 295 peer-reviewed and invited presentations at national and international venues. A Society for Social Work and Research Fellow, her work has been recognized with awards from the Office of the UNC-CH Provost, UNC School of Social Work, UNC Center for Global Initiatives, Council on Social Work Education, Office of Behavioral and Social Science Research, and the American Society of Clinical Psychopharmacology. She has been a Guest Professor at the University of Toronto, University of Maryland at Baltimore, and Renmin University, Beijing, China. Additionally, she has been consulting editor for *Social Work Research* and *Social Work* and on the editorial review board of *Research on Social Work Practice*, *Social Work in Mental Health*, and *Social Work in Health Care*.