

## Course Time Schedule/Agenda

8:00- 9:45 a.m. Overview of IPT

- A. Historical background and recent expansion
  - B. Brief, focused treatment of depression
  - C. Active, non-neutral therapist
  - D. Relationship of interpersonal behaviors to depressive symptoms
  - E. The 4 Problem Areas
- Discussion

9:45-11:00 a.m. The three phases of IPT

- A. Opening phase
  - 1. Diagnosis
  - 2. Sick role
  - 3. Choosing problem area
  - 4. Formulation
  - 5. Giving hope
  - 6. Combining IPT with medication
- B. Middle phase
  - 1. Grief
  - 2. Role Transitions
  - 3. Interpersonal Disputes
  - 4. Interpersonal Deficits

11:00-11:30 a.m. Coffee break

11:30-12:00 p.m.

- C. End phase
    - 1. Termination
    - 2. Booster sessions/maintenance IPT
- Discussion

12:00-1:00 p.m. Lunch break

1:00-2:30 p.m. In-depth discussion of Middle Phase Strategies

2:30-3:00 p.m. Coffee break

3:00-4:30 p.m. IPT for other disorders -- Empirically-based indications  
Differential therapeutics

- 
- Practical Issues for the Experienced Psychotherapist
- A. Adjusting to a time-limited therapy
  - B. Videotaping
  - C. Rating scales
  - D. Combining psychotherapy and pharmacotherapy
- Discussion

End of Program