

Interpersonal Psychotherapy for Depression in Turku June 16 2020



John Markowitz, MD, from Columbia University, USA, will conduct a one-day course in Interpersonal psychotherapy for depression in Turku on June 16 2020.

Interpersonal psychotherapy (IPT) is a brief psychotherapy that centers on resolving interpersonal problems and symptomatic recovery. It is an well studied treatment that follows a highly structured and time-limited approach and is intended to be completed within 12–16 weeks. This course will give psychiatric professionals (physicians, psychologists, nurses) the basic skills in conducting IPT in clinical settings.

John Markowitz, M.D. is a Research Psychiatrist at the New York State Psychiatric Institute and Professor of Clinical Psychiatry at Columbia University College of Physicians & Surgeons. He trained in interpersonal psychotherapy (IPT) with the late Gerald L. Klerman, M.D. Dr. Markowitz has conducted clinical research on psychotherapy and pharmacotherapy of mood, anxiety, personality disorders, and most recently posttraumatic stress disorder (PTSD). He has lectured widely on IPT, is President-Elect of the International Society for Interpersonal Psychotherapy, and an ISIPT-certified trainer/supervisor. He has written or edited 20 books (including *Interpersonal Psychotherapy for Posttraumatic Stress Disorder*, 2016) and more than 300 peer-reviewed articles and chapters.

Venue: Åbo Båtvarv/Ruissalon telakka (<https://ruissalontelakka.fi/en/>), a newly renovated congress site at the seashore. It can be easily accessed in 10 min from the city center with the waterbus.

Organizer: Association for Dynamic and Interpersonal Psychotherapy (Dipy)
Price including coffee and lunch: 300 euro.

Registration by email to info@diy.fi by May 15 2020.

Questions about the event can be sent to hasseka@utu.fi

Course Time Schedule/Agenda:

- 8:00- 9:45 a.m. Overview of IPT
 - Historical background and recent expansion
 - Brief, focused treatment of depression
 - Active, non-neutral therapist
 - Relationship of interpersonal behaviors to depressive symptoms
 - The 4 Problem Areas
 - Discussion
- 9:45-11:00 a.m. The three phases of IPT
 - Opening phase
 - Diagnosis
 - Sick role
 - Choosing problem area
 - Formulation
 - Giving hope
 - Combining IPT with medication
 - Middle phase
 - Grief
 - Role Transitions
 - Interpersonal Disputes
 - Interpersonal Deficits
- 11:00-11:30 a.m. Coffee break
- 11:30-12:00 p.m. End phase
 - Termination
 - 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
 - Adjusting to a time-limited therapy
 - Videotaping
 - Rating scales
 - Combining psychotherapy and pharmacotherapy
 - Discussion
- End of Program