



INTERPERSONAL PSYCHOTHERAPY

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Overview of IPT

- IPT Applications
- IPT Community Training Program
- Review of IPT
- IPT Empirical Evidence
- Conclusion

IPT: Applications

- Ages 9 – 99+
- Individual
- Couples
- Group
- Use with parents/care providers

IPT: Applications

- Mood Disorders
- Anxiety Disorders
- PTSD
- Eating Disorders

IPT: Delivery Modalities

- **Individual** (Stuart & Robertson, 2012)
- **Group** (Wilfley et al., 2000)
- **Integrating others into treatment**
(Brandon et al., 2012; Miller & Reynolds, 2007)

Community-Based IPT Certification

- Completion of two day Level A course
- Completion of at least 10 of 12 biweekly hour-long IPT group consultation calls

Community-Based IPT Certification

- Completion of TWO satisfactory IPT portfolios:
 - ◆ *Case report of the completed IPT case*
 - ◆ *Self-evaluation form*
 - ◆ *Interpersonal Inventory*
 - ◆ *Interpersonal Formulation*
 - ◆ *Audio or video tape of one session from the case*
 - ◆ *PHQ-9 every 4 weeks*
- Completion of a one day Booster IPT course

Community-Based IPT Training

- Level A Training 1626
- Completed Community Training 374
- Consultation Calls Completed 151
- Consultation Calls Ongoing 207
- No longer with agency 351

- 44 different agencies

Community-Based IPT Training

- Train the Trainer Program
- Trainer/Consultant Languages
 - ◆ *English, Spanish, Russian, Portuguese*
- Projected Cost per Therapist = \$1125

What is Interpersonal Psychotherapy?

- **Interpersonally Based**

- ◆ *Interpersonal Disputes*

- ◆ *Role Transitions*

- ◆ *Grief and Loss*

- **Time- Limited**

- ◆ Family Practice Model

- **Non-Transferential Interventions**

An Introduction to IPT

- Essential Elements of IPT
 - Interpersonal Focus
 - *Interpersonal Disputes*
 - *Role Transitions*
 - *Grief and Loss*
 - Collaboration
 - Structure

Psychotherapy

- Theory:
- Targets:
- Tactics:
- Techniques:

Interpersonal Psychotherapy

- Theory:

- ◆ Attachment Theory

- ◆ Interpersonal Theory

- Targets:

- Tactics:

- Techniques:

Model of Self

Self-Competent

Not Self-Competent

Dependable

Secure

Preoccupied

Model of Others

Not Dependable

Dismissing

Fearful



IPT: Interpersonal Triad



Interpersonal Psychotherapy

- Theory:

- ◆ Attachment Theory
- ◆ Interpersonal Theory

- Targets:

- ◆ *Symptoms*
- ◆ *Interpersonal Relationships*
- ◆ *Social Support*

- Tactics:

- Techniques:

- **Theory:** *Attachment & Interpersonal Theory*
- **Targets:** *Symptoms, Interpersonal Relationships, Social Support*
- **Tactics:**
 - ◆ **Interpersonal Formulation and Summary:**
 - *Biopsychosocial/Cultural/Spiritual*
 - ◆ **Interpersonal Problem Areas:**
 - *Grief and Loss*
 - *Interpersonal Disputes*
 - *Role Transitions*
 - ◆ **Structure- Flexible:**
 - *Acute Time Limit, Conclusion, Maintenance*

IPT Structure

Assessment/ Initial Phase

1-3 Sessions

Middle Phase

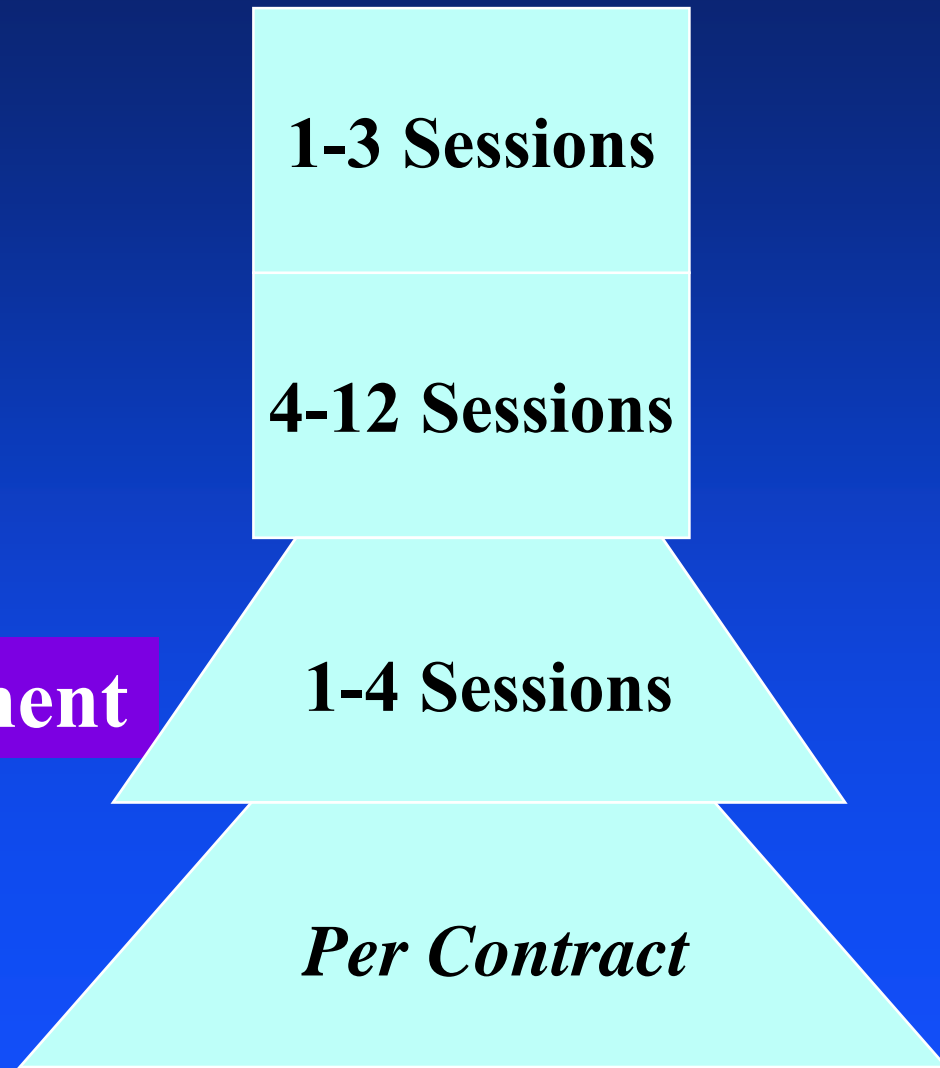
4-12 Sessions

Conclusion of Acute Treatment

1-4 Sessions

Maintenance Treatment

Per Contract



IPT Formulation

Biological Factors

Age
Genetics
Gender
Substance Use
Medical Illnesses
Medical Treatments
Sexual Orientation
Diet, Exercise

Social Factors

Intimate Relationships
Social Support
Employment
Education
Health Care System
Primary Language
Means of Communication

Psychological Factors

Attachment
Personality
Temperament
Defense Mechanisms
Trauma History
Gender Identity
Stigma

Cultural Factors

Tradition
Family
Acculturation
Assimilation
Generational Status

Distressed Individual

Acute Interpersonal Crises

Interpersonal Dispute
Role Transition
Grief and Loss

Spiritual Factors

Tradition
Social Support

Interpersonal Psychotherapy

- Theory: Attachment & Interpersonal Theory
- Targets: *Symptoms, Interpersonal Relationships, Social Support*
- Tactics: **Interpersonal Formulation, Problem Areas, Structure**
- Techniques:
 - ◆ **Interpersonal Inventory**
 - ◆ **Interpersonal Incidents**
 - ◆ **Communication Analysis**
 - ◆ **Role Playing**
 - ◆ “Common” Techniques

IPT-Empirical Research

■ Ages 9 – 99+

■ Geriatric Patients

◆ *(Reynolds et al, 1999, 2004)*

■ Adolescents

◆ *(Mufson et al, 2004; Hillin, McAlpine and Stuart 2017)*

■ Low income populations

◆ *(Grote et al., 2009; Krupnick et al., 2008)*

■ Cultural and Racial Diversity

◆ *(Mufson et al., 1999; Spinelli et al., 2013; Schultz and Stuart, 2014)*

■ International populations

◆ *(Bolton et al, 2007; Gao, Chan, & Sun, 2012)*

IPT-Empirical Research

Types of Distress

- Depression
 - ◆ Antenatal & Postpartum (*O'Hara & Stuart, 2014, 2000; Stuart, 1997*)
 - ◆ Dysthymia (*Markowitz et al, 2005*)
- Somatization Disorder (*Stuart & Noyes, 2005*)
- PTSD (*Meffert et al. 2011; Robertson et al., 2007*)
- Bipolar Disorders (*Frank et al, 2005*)
- Bulimia Nervosa (*Agras et al., 2000; Fairburn et al, 1998*)
- Binge Eating Disorder (*Hilbert et al., 2012*)
- Social Phobia (*Lipsitz et al, 1999; Stangier et al., 2012*)

IPT-Empirical Research

Additional Applications

■ Postpartum Depression

◆ *(O'Hara & Stuart, 2000; Stuart, 2012; Stuart et al in press)*

■ Antenatal Depression

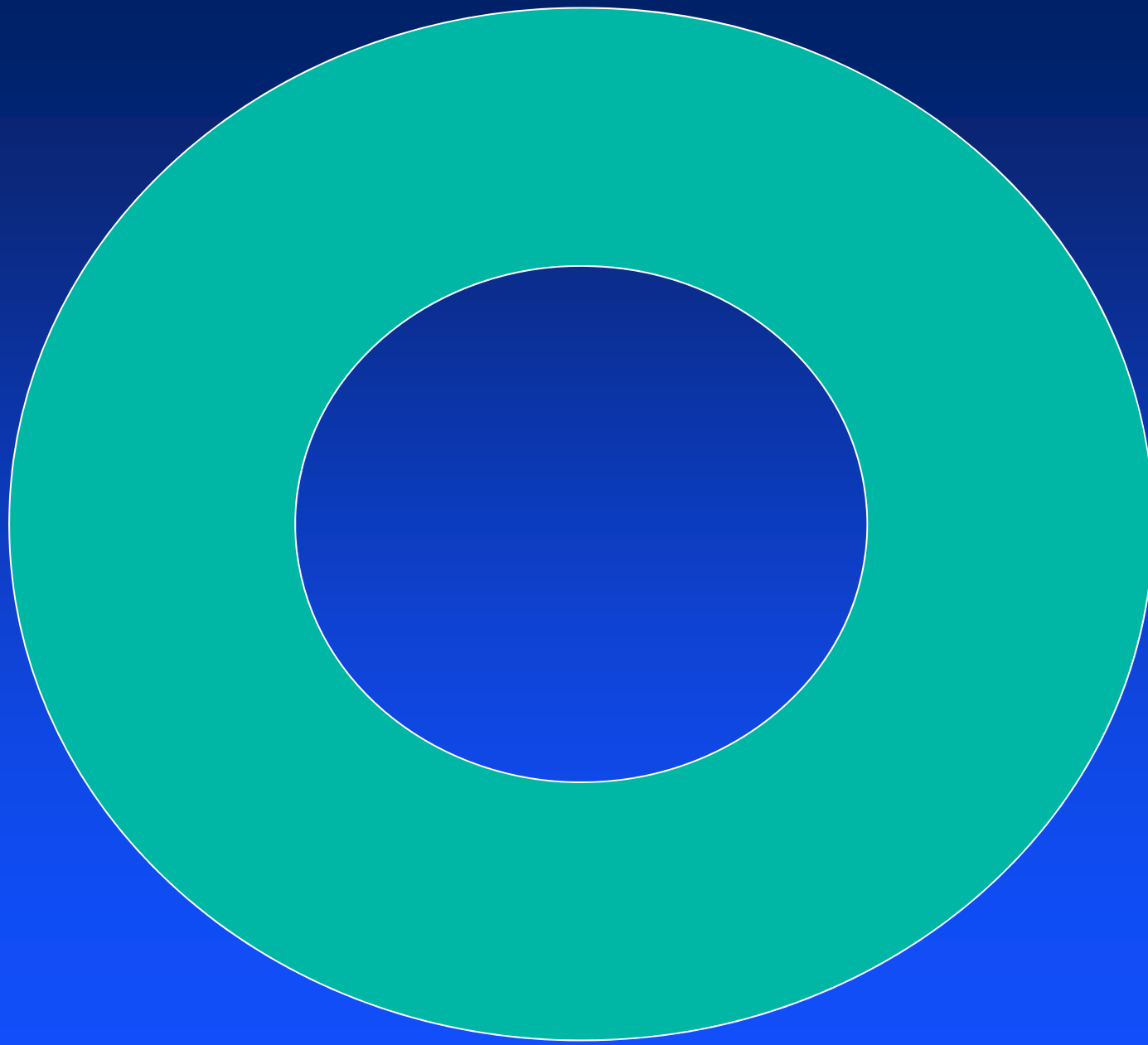
◆ *(Stuart, 1997; Stuart, 2006; Stuart and Koleva 2014)*

■ Somatization Disorder

◆ *(Stuart & Noyes, 2005; Stuart et al 2008; Stuart 2014)*

■ Maintenance Treatment

◆ *(O'Hara et al 2010)*



IPT Formulation & Summary

- Biopsychosocial/Cultural/Spiritual
- Strength Based
- Works in Progress
- **Summary is Collaborative!!**

IPT Formulation & Summary

- Formulation: Technical
- Summary: Personally meaningful
- Both Structured
- Both explain problems and causes
 - ◆ **Lead to IPT interventions**
 - ◆ *Resolving Interpersonal Problems*
 - ◆ *Increasing social support*

IPT Formulation

Biological Factors

Age
Genetics
Gender
Substance Use
Medical Illnesses
Medical Treatments
Sexual Orientation
Diet, Exercise

Social Factors

Intimate Relationships
Social Support
Employment
Education
Health Care System
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Cultural Factors

Tradition
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Acculturation
Assimilation
Generational Status

Distressed Individual

Acute Interpersonal Crises

Interpersonal Dispute
Role Transition
Grief and Loss

Spiritual Factors

Tradition
Social Support

IPT Summary

**Tired,
no sleep,
breastfeeding**

**Change in
friends,
feel alone**

Goals:

- 1) Get help from partner**
- 2) Feel less isolated**

**NO HELP
from
partner**

**Problem Solver
Competent
Humor
Love my children**

**I'm bored
and stuck**

IPT: Upcoming Training

April 20-21, 2017

IPT Level A Course, Los Angeles, CA

April 24-25, 2017

IPT Level A Course, Grand Rapids, MI

April 27-28, 2017

IPT Level A Course, Cleveland OH

June 5-6, 2017

IPT Level A Course, Los Angeles, CA

June 7-8, 2017

IPT Level A for Adolescents, Los Angeles, CA



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