



## Introduction to Interpersonal Psychotherapy (IPT) for Depression



Wednesday

**May 3, 2017**

9 a.m. - 4:30 p.m.



Cumberland County Partnership for Children  
351 Wagoner Dr, Ste. 200  
Multi-Purpose Room, Rm. 2328  
Fayetteville, NC 28303



In affiliation with Duke University Medical Center  
Part of the NC AHEC Program

## 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.

## Program Description

This day long 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.

## Objectives

Upon completion of this workshop, participants will:

- 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;
- Review adaptations of IPT for mood and non-mood disorders; and
- Discuss special topics and additional training and resources.

## Fee

\$109.00 if registration and payment are postmarked on or before April 26, 2017; \$119.00 thereafter.

## Agenda

8:30 a.m. – 9 a.m.	Registration/ Welcome
9 a.m. – 10:15 a.m.	Overview of Depression, Diagnosis, and IPT Techniques of IPT Therapist's Role in IPT
10:15 a.m. – 10:30 a.m.	Break
10:30 a.m. – 12 p.m.	Beginning IPT Middle Sessions (grief and interpersonal disputes)
12 p.m. – 1 p.m.	Lunch (on your own)
1:15 p.m. – 2:15 p.m.	Middle Sessions (role transitions and interpersonal deficits)
2:15 p.m. – 2:45 p.m.	Termination Common Therapeutic Issues and Client Questions
2:45 p.m. – 3 p.m.	Break
3 p.m. – 4 p.m.	Adaptations of IPT for Mood and Non-Mood Disorders
4 p.m. – 4:30 p.m.	IPT Across Cultures Group, Conjoint and Telephone Formats Additional Resources
4:30 p.m.	Adjournment

## Speaker

**Betsy (Sarah E.) Bledsoe, PhD, MPhil, MSW** is associate professor at the School of Social Work at the University of North Carolina at Chapel Hill. For over a decade her career has focused on working with low-income mothers to treat and prevent maternal psychiatric illness, improve child outcomes, and decrease health and social disparities related to income and race/ethnicity. Her professional training includes a doctorate (2007) and master of philosophy (2005) in social work from Columbia University, a master of social work (2001) from the University of Pittsburgh, and a bachelor of arts in psychology (1999) from the University of Tennessee. As an intervention researcher and translational scientist, she has been focused on research related to evidence-based practice and evidence-supported interventions for over 15 years. Her practice experience and research interests include, broadly, the adaptation of evidence-supported interventions to address health disparities in high-

risk populations, maternal and infant health and wellbeing, the engagement and retention low-income women and adolescents in psychiatric, health and social services, the impact of interpersonal trauma on social and developmental neuroscience, and the implementation of evidence-based practice and evidence-supported interventions in social work education and practice. Dr. Bledsoe, a mother of two, teaches direct practice and research methods courses in the graduate social work program and conducts regular trainings on interpersonal psychotherapy and perinatal psychiatric disorders while continuing to supervise practitioners training in and practicing with Interpersonal Psychotherapy.

This presenter is being supported through the partnership between UNC CH, School of Social Work and the NCAHEC Program.

## Credit

CEU: 0.6

Contact Hours: 6.0

Credit will be awarded to participants who attend 100% of the program.

SR-AHEC adheres to NAADAC Education Provider Guidelines Provider #843 (Substance Abuse Credit).

The program will provide 6.0 contact hours (category A) continuing education credit to NC psychologists. Southern Regional AHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5362. Programs that do not qualify for NBCC credit are clearly identified. Southern Regional AHEC is solely responsible for all aspects of the programs.



No partial credit will be given. Individuals arriving 15 minutes or more after the starting time will not receive credit.

## Contact(s)

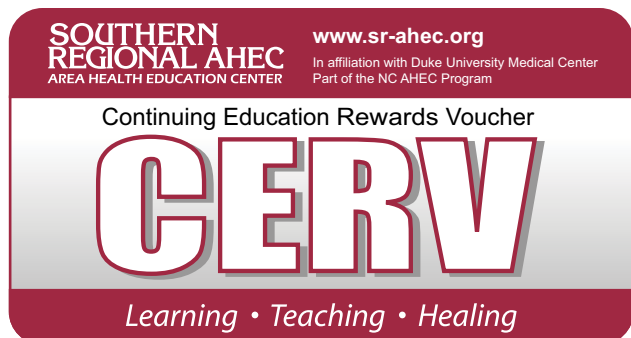
Bertina Parkins, Director Mental Health CE  
910-678-7032/Bertina.Parkins@sr-ahec.org

For information on program registration, call 910-678-7226.

Kate Smith, Program Assistant Mental Health CE, SR-AHEC  
910-678-7305/Kate.Smith@sr-ahec.org

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# Registration Form

Form may be duplicated.

Phone: 910-678-7226 Fax: 910-323-0674

Click here for on-line registration: <http://www.aheconnect.com/ncahec/eventdetail.aspx?EventID=51851>

Mail: SR-AHEC, Attention Registrar, 1601 Owen Drive, Fayetteville, NC 28304

Dr.  Mr.  Mrs.  Ms.

First Name Last Name Last 4 digits of SS#

Email (primary) (secondary - only used if primary is undeliverable)  
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Printed Publication  Email  Fax  Word of Mouth  AHEC web site  MyAHEC  Facebook

## Payment Information

SR-AHEC requires full payment for all registrations prior to the program date. We no longer accept purchase orders or supervisor's approval signatures in lieu of payment. Access to workshop materials and handouts cannot be released until payment is received. Early and regular rates will be determined by the date of receipt.

Check (Make payable to SR-AHEC)

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