

*International Society of
Interpersonal Psychotherapy
2nd Annual Conference
November 12-14, Toronto*

Introductory Interpersonal Psychotherapy Workshop

Sunday, November 12, 2006

CME

Interpersonal Psychotherapy is a brief manual-based therapy, originally developed for the treatment of major depression, and empirically supported by research that has demonstrated efficacy in a progression of trials over the past 30 years. IPT focuses on assisting patients to cope with life events related to interpersonal changes, losses, conflicts, and isolation associated with the onset or perpetuation of psychiatric illness. IPT can be readily combined with pharmacotherapy. The treatment goals of IPT are to remit symptoms, improve functioning, alleviate interpersonal distress, and help patients to build or better utilize social supports. Designed to inspire and educate with a high level of interactivity, this year's faculty features international Interpersonal Psychotherapy clinical research experts.

This workshop is the first day of the 2nd Annual International Conference on Interpersonal Psychotherapy. To register for the conference AND this workshop at a discount, go to: www.utpsychiatry.ca/conference/isipt2006/. To register for this workshop only, please see the reverse of this brochure for more info.

FACULTY

~ **John Markowitz, MD** - Research Psychiatrist at New York State Psychiatric Institute and Clinical Professor at Cornell University, Adjunct Professor of Clinical Psychiatry at Columbia University; widely published and co-author of "Comprehensive Guide to Interpersonal Psychotherapy" and

"A Clinician's Quick Guide to Interpersonal Psychotherapy" with Myrna Weissman and Gerald Klerman. His research interests include IPT for patients with Dysthymic Disorder, Posttraumatic Stress Disorder and Borderline Personality Disorder.

~ **Roslyn Law, D. Clin.Psychol.** - Clinical Psychologist and "Doing Well by People with Depression Project" Lead. Ms. Law directs the supervision and training of IPT trainers through the International Society of IPT, U.K. Branch, in Edinburgh. Her clinical and research interests include IPT for patients with Depression and for Posttraumatic Stress Disorder.

~ **M. Katherine Shear, MD** - Marion E. Kenworthy Professor of Psychiatry at Columbia University School of Social Work, is an internationally recognized psychotherapy researcher, and has published extensively. Her research interests include developing modifications of IPT for depression with panic spectrum symptoms, for mothers with children in mental health services, and for bereavement-related syndromes.

~ **Edward McAnanama, M. Sc., M. Ed., OT. Reg.(Ont.)** - formerly Assistant Professor of Occupational Therapy at Rush University (Chicago). Currently a PhD student at University of Toronto. He has participated as an IPT research therapist in numerous trials and is an IPT trainer at U of T.

~ WHO SHOULD ATTEND

Family Physicians, Psychiatrists, Psychologists, Social Workers and Mental Health Care Professionals

~ FORMAT

Didactic and interactive, the workshop combines lectures, small group breakouts, role-plays and demonstrations with standardized patients

~ OBJECTIVES

At the conclusion of this workshop, participants will have:

- ~ Gained familiarity with IPT principles and basic techniques
- ~ Learned how to conceptualize an IPT case
- ~ Understood the empirical support for IPT

SUNDAY, NOVEMBER 12TH, 2006

- 08.00 –08.30 Registration and breakfast
- 08.30 –09.45 Introduction, Background, Efficacy, and beginning tasks of IPT
- 09.45 –10.00 Q & A, Discussion
- 10.00 –10.15 Refreshment break
- 10.15 –11:45 Middle Phase Focal Areas of Transitions, Disputes, Bereavement, and Deficits
- 11.45 –12.15 Q & A, Discussion
- 12.15 –13.15 Lunch (provided)
- 13.15 –14.45 The Interpersonal Inventory & breakout groups practicing beginning tasks with standardized patients; discussion of case formulations
- 14.45 –15.00 Nutrition Break
- 15.00 –15.45 Termination phase tasks; discussion of therapeutic challenges including the tensions to balance adherence and therapeutic responsiveness and flexibility; challenges related to difficult patients
- 15.45 –16.15 Closing remarks, Q & A, Discussion
- 16.15 –16.30 Evaluation

TRAINING REQUIREMENTS

This workshop, in association with the 2nd International IPT Conference features an international faculty of IPT trainers and clinical research experts. Combined with the two-day scientific meeting, it fulfills international standards for the didactic foundation to support further training under clinical supervision. (www.interpersonalpsychotherapy.org)

COURSE LOCATION

Centre for Addiction and Mental Health, Toronto
33 Russell Street, **Room 2029** (the Meeting Centre)
(first street north of College, east of Spadina)

FEE & REGISTRATION (*for this workshop only)

Professional Participant Fee: **\$195 CAD (incl. refreshments & lunch)**
FULL PAYMENT MUST ACCOMPANY REGISTRATION FORM

Mail or fax to: Geneviève Poulin, CME Program
Centre for Addiction and Mental Health
33 Russell Street, Room 2017 Toronto, Ontario M5S 2S1
Tel: 416-535-8501 Ext. 6017 Fax: 416-595-6644
E-mail: cme@camh.net

*To register for the conference **AND** this workshop, go to:
www.utpsychiatry.ca/conference/isipt2006/.

CANCELLATION AND REFUNDS

A **\$50.00** handling fee will be deducted upon cancellation. Refund requests must be received in writing by **October 20th**

ORGANIZING COMMITTEE

Paula Ravitz, MD, FRCPC, Course Co-Director, Clinical Head of CAMH IPT Clinic, Director of Mount Sinai Psychotherapy Institute and Assistant Professor at University of Toronto
Sagar Parikh, MD, FRCPC, Director of CME, CAMH and Associate Professor at the University of Toronto
John Markowitz, MD, Course Co-Director, Research Psychiatrist at New York State Psychiatric Institute, Clinical Professor of Psychiatry at Cornell University, Adjunct Professor of Clinical Psychiatry at Columbia University
Ira Cohen, MD, Family Practice, St. Joseph's Hospital
Tazyia Lakkotrypis, Education Associate, CAMH

ACCREDITATION

The University of Toronto's Continuing Education and Professional Development Office is an accredited provider for the Royal College of Physicians and Surgeons of Canada, the College of Family Physicians of Canada, and the American Medical Association.

Introduction to Interpersonal Psychotherapy – November 12th, 2006

PLEASE PRINT CLEARLY

What is your level of training in this topic?

Novice

Intermediate

Advanced

Ms. Mr. _____ Degree(s): _____
Last Name First Name

Private practice

Organization: _____ Professional Title: _____

Address: _____ City: _____ Province: _____ Postal Code: _____

E-mail: _____

Tel: Bus. (_____) _____ Ext. _____ Fax: (_____) _____

Cheque Cheque Number: _____ (Make cheques payable to **Centre for Addiction & Mental Health**)

VISA MC AMEX Card Number: _____ Expiry Date: _____ / _____

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REGISTRATION FORM