

CME

Extending Applications for IPT:

An intermediate course

May 14th and 15th, 2010

This 2-day interactive Intermediate IPT workshop integrates several therapeutic approaches with Interpersonal Therapy (IPT) to improve your clinical effectiveness with a broader range of patients. IPT was originally developed and demonstrated to be a highly effective treatment for patients with unipolar depression. Over the past decade, numerous adaptations of the model have emerged, extending its application to patients with bipolar disorder and a broadened range of clinically challenging patients. This workshop presents an overview of IPT along with three specific developments to expand your therapeutic tool kit. The Social Rhythm Metric, tested with bipolar patients, is an excellent tool for stabilizing interpersonal and circadian behaviours. Motivational Interviewing principles are integrated with IPT to improve engagement and overcome potential therapeutic impasses. Attachment theory helps clinicians to tailor IPT according to individual patient differences in their attachment styles and interpersonal problems.

This workshop provides a didactic foundation to support further training in IPT under clinical supervision.

For more info, go to www.interpersonalpsychotherapy.org

FACULTY

Paula Ravitz, MD, FRCPC is the Associate Head of the Psychotherapy Program and heads IPT training at the University of Toronto, Department of Psychiatry. She is a staff psychiatrist at CAMH and Mt. Sinai Hospital where she directs the Mount Sinai Psychotherapy Institute (MSPI). She is involved in several IPT research studies, has trained IPT trainers across Canada and has won awards for excellence in CME.

Heather Flett, MD, FRCPC is the physician lead for Psychotherapy Services in the Mood and Anxiety Program at the Centre for Addiction and Mental Health (CAMH) and provides Motivational Interviewing and IPT training for the University of Toronto, Department of Psychiatry. She is a staff psychiatrist at CAMH. She has worked in the area of Addiction Psychiatry with both youth and adults and has trained in MI and its application for Substance use and Mood Disorders.

Janice Harris, RN is a senior mental health clinician and currently the coordinator of the Early Intervention Mood and Psychosis Clinic at the Centre for Addiction and Mental Health, where she uses IPT with patients with bipolar disorder. She has worked in a number of mental health and addictions clinical settings at CAMH including the emergency department, inpatient units and outpatient settings. She has worked as the nurse consultant for the University of Toronto Psychiatric Outreach Program, providing education throughout a number of northern communities.

WHO SHOULD ATTEND

Family Physicians, Psychiatrists, Psychologists, Social Workers, Nurses, Occupational Therapists and Mental Health professionals

FORMAT

Didactic and interactive, this workshop combines lectures, small group break-outs, role-plays and demonstrations.

LEARNING OBJECTIVES

At the end of this 2-day course, participants will be able to:

- Know the therapeutic principles of Interpersonal Psychotherapy
- Integrate Motivational Interviewing approaches to better engage patients and navigate resistance in psychotherapy
- Use the Social Rhythm Metric to help bipolar patients become less isolated and better regulate their interpersonal and circadian patterns
- Apply principles of Attachment Theory to better understand and help patients with interpersonal and communication problems

DAY 1 FRIDAY, MAY 14TH, 2010

09:00 - 10:30 **Reviewing phase and focus specific guidelines of IPT**
10:30 -10:45 Break
10:45 -12:30 **Integrating Motivational Interviewing (MI) principles in IPT**
12:30 - 01:30 Lunch (provided on 1st day)
01:30 - 03:15 **Practicing engagement using MI principles – small groups**
03:15 - 03:30 Break
03:30 - 04:00 **The Social Rhythm Metric**
04:00 – 04:15 **Review, Q & A**
04:15 – 04:30 Evaluation

DAY 2 SATURDAY, MAY 15TH, 2010

- Dealing with ambivalence with MI principles and SRT
09:00 -10:30 **Practice and trouble-shooting using the Social Rhythm Metric – small groups**
10:30 -10:45 Break
10:45 -12:00 **Practice working through ambivalence and therapeutic impasses using MI - small groups**
12:00 - 01:30 Lunch (on your own)
01:30 - 03:15 **Attachment Theory, clinically applied to IPT & Communication Analysis**
Small Group: Practicing conducting Communication Analyses
03:15 - 03:30 Break
03:30 - 04:15 **Review, Q & A**
04:15 - 04:30 Evaluation

LOCATION

Centre for Addiction and Mental Health
33 Russell Street, Toronto, Ontario
(One street north of College, east of Spadina)

Underground Parking Access

(North of College on the east of Spadina)

REGISTRATION FEE

Professional Participant Fee: \$495 CAD
FULL PAYMENT MUST ACCOMPANY REGISTRATION FORM.

REGISTRATION

Mail to: **Geneviève Poulin**, CME Program
Centre for Addiction and Mental Health
33 Russell Street, Room 2017, Toronto, Ontario, M5S 2S1
or fax to: **416 595-6644**. Please call **416 535-8501 Ext. 6017** to confirm receipt of your fax.

For more information, call Geneviève at:

Tel: 416 535-8501 Ext. 6017;
E-mail: cme@camh.net

CANCELLATION AND REFUNDS

A **\$75.00** administrative fee will be deducted upon cancellation. Refund requests (by fax or e-mail) must be received by: **May 1st, 2010** *Please call **416 535-8501 Ext. 6017** to confirm receipt of your fax.

ORGANIZING COMMITTEE

Paula Ravitz, MD, FRCPC, Course Director, Acting Head,
Department of Psychiatry Psychotherapy Program,
Assistant Professor of Psychiatry, University of Toronto

Sagar Parikh, MD, FRCPC, Professor of Psychiatry,
University of Toronto; Director of Continuing Medical
Education, CAMH

Naomi Mitchell, MSW,CAMH, Mood & Anxiety Disorders
Program

Kim McNichol, MD, FRCPC, Staff Psychiatrist, Humber River
Regional Hospital

Ira Cohen, MD, Family Practice, St Joseph's Hospital, Toronto

Tazyia Lakkotrypis, Education Associate at CAMH

ACCREDITATION

In accordance with the Royal College rules, 25% interactivity is woven into sessions

I IPT 2010



REGISTRATION FORM

PLEASE PRINT CLEARLY

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

Private practice _____

Organization: _____ Professional Title: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

E-mail: _____

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

Payment Method:

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

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

Name on Card: _____ Authorized Signature: _____