

# CME

## **Interpersonal Psychotherapy Training Summer Institute**

*August 9, 10, and 11, 2007*

**Interpersonal Psychotherapy (IPT)** is a brief manual-based psychotherapy originally developed for treatment of major depression, and empirically supported by research that has demonstrated efficacy through a progression of trials over the past 30 years. Grounded in attachment and interpersonal theories that highlight the critical importance of relationships, IPT focuses on assisting patients to cope with life events related to interpersonal changes, losses, conflicts and isolation that are associated with the onset or perpetuation of psychiatric illness. The goals of IPT are to remit symptoms, improve functioning, alleviate interpersonal distress and help patients to built or better utilize social supports.

This workshop qualifies to be applied towards one of two University of Toronto Faculty of Medicine accredited CE certificate programmes:

- 1) The **Primary Mental Health Care Certificate Program**, as the psychotherapy training requirement. For more information, contact: [sherene\\_tay@uhn.on.ca](mailto:sherene_tay@uhn.on.ca) or at 416-603-5734.
- 2) The **Mount Sinai Psychotherapy Institute Psychotherapy Certificate with Specialized Training in IPT**, as the pre-requisite for specialized training in IPT. For more information, contact: [jwan@mtsinai.on.ca](mailto:jwan@mtsinai.on.ca)

### **Further Training**

This workshop fulfills international standards for the didactic foundation to support further training under clinical supervision. For more information, go to [www.interpersonalpsychotherapy.org](http://www.interpersonalpsychotherapy.org)

### **FACULTY**

**Paula Ravitz MD FRCPC**, Assistant Professor and Associate Head of the Psychotherapy Program at the University of Toronto Department of Psychiatry. Dr. Ravitz heads the CAMH IPT Clinic and is director of the Mount Sinai Psychotherapy Institute (MSPI). She has directed and taught numerous workshops on IPT at international conferences including the American Psychiatric Association, the Canadian Psychiatric Association, and the International Society of Interpersonal Psychotherapy Meetings. Dr. Ravitz is the recipient of several teaching awards including the 2005 Association of Academic Psychiatry's "Best Teacher in Canada" Award and the University of Toronto 2005 Ivan Silver Award for Excellence in Continuing Mental Health Education.

**Edward McAnanama, M. Ed., OT. Reg. (Ont.)** formerly an Assistant Professor of Occupational Therapy at Rush University (Chicago) and currently a PhD Candidate at University of Toronto. He has participated as an IPT research therapist in numerous trials and is an IPT trainer at the University of Toronto.

### **WHO SHOULD ATTEND**

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

### **FORMAT**

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

### **OBJECTIVES**

At the conclusion of the Introductory Workshop, participants should have:

- Gained familiarity with the background, principles and therapeutic techniques of IPT
- Learned how to conceptualize an IPT case
- Understood the empirical support for IPT

~ DAY 1	August 9 <sup>th</sup>
08.30 - 09.00	Registration and breakfast
09.00 - 10.30	Introduction to IPT, Efficacy, Suitability, Theoretical Foundations
10.30 - 10.45	Refreshment break
10.45 - 12.00	Beginning tasks of IPT
12.00 - 13.00	Lunch (Provided)
13.00 - 15.00	<b>Small groups:</b> The Interpersonal Inventory and Case Formulation
15.00 - 15.15	Nutrition break
15.15 - 15.45	IPT Focal area of 'Role Transition' ~ Goals & Therapeutic Strategies
15.45 - 16.30	Q & A, discussion and evaluation

~ DAY 2	August 10 <sup>th</sup>
08.30 - 09.00	Registration and breakfast
09.00 - 10.30	IPT Focal area of Depression related Bereavement: Goals & Therapeutic Strategies; Demonstration/modeling of strategies by faculty
10.30 - 10.45	Refreshment break
10.45 - 12.15	IPT Focal area of ' Role Disputes'; <b>Small groups: role-play</b> of communication Analysis
12.15 - 13.45	Lunch (on your own)
13.45 - 15.15	'Tag Team Therapy': Demonstration and <b>role-play</b>
15.15 - 15.30	Nutrition break
15.30 - 15.45	Introduction to Focus of Deficits with review of Goals & Strategies
15.45 - 16.30	Q & A, discussion and evaluation

~ DAY 3	August 11 <sup>th</sup>
08.30-09.00	Registration and breakfast
09.00-10.30	Modeling and <b>role-play</b> with standardized patients: Interpersonal Formulation & application of techniques
10.30 - 10.45	Refreshment break
10.45 - 12.00	Tasks of Termination
12.00 - 13.30	Lunch (on your own)
13.30 - 15.00	Case Formulation & commonly encountered clinical challenges
15.00 - 15.15	Nutrition break
15.15 - 15.45	Summary, wrap-up, Q & A
15.45 - 16.00	Evaluation

## COURSE LOCATION

Centre for Addiction and Mental Health  
**Room 2029**, 33 Russell Street, Toronto, Ontario  
 (One street north of College, East of Spadina)

## FEE & REGISTRATION

**Professional Participant Fee: \$695 CAD.**  
 FULL PAYMENT MUST ACCOMPANY REGISTRATION  
**Fee includes all refreshment breaks and lunch on the first day only.**

## MAIL OR FAX TO

**Geneviève Poulin**, CME Program  
 Centre for Addiction and Mental Health  
 33 Russell Street, Room 2017, Toronto, ON M5S 2S1  
 Tel: 416-535-8501 Ext. 6017 or Fax 416-595-6644  
 E-mail: [cme@camh.net](mailto:cme@camh.net)

## CANCELLATION AND REFUNDS

A \$50.00 handling fee will be deducted upon cancellation. Refund requests must be received in writing by **July 26<sup>th</sup>, 2007**

**NOTE:** Due to the interactive training format of this workshop, registration is usually **restricted to 30 participants.**

## ORGANIZING COMMITTEE

**Dr. Paula Ravitz**, Course Director, Head, IPT Clinic at CAMH and staff psychiatrist, Mount Sinai Hospital  
**Dr. Sagar Parikh**, Associate Professor of Psychiatry, University of Toronto; Director of Continuing Medical Education, CAMH  
**Dr. Zindel Segal**, Professor and Firestone Chair of Psychotherapy Program, University of Toronto  
**Dr. Kim McNichol**, Staff Psychiatrist, Humber River Regional Hospital  
**Dr. Sharon Gazeley**, MD, Family Practice  
**Tazyia Lakkotrypis**, Education Associate at CAMH

## ACCREDITATION

25% Interactivity as per Royal College rules is woven into sessions.

Interpersonal Psychotherapy Summer Training Institute 2007

# REGISTRATION FORM

## PLEASE PRINT CLEARLY

What is your level of training in this topic?  Novice  Intermediate  Advance

Ms.  Mr. \_\_\_\_\_ Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Degree(s): \_\_\_\_\_

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  AMEX Card Number: \_\_\_\_\_ Expiry Date: \_\_\_\_\_ / \_\_\_\_\_

Name on Card: \_\_\_\_\_ Authorized Signature: \_\_\_\_\_