

Psychopathology – Interpersonal Therapy (IPT)

Fall Semester, 2015

Instructor: Josh Lipsitz: joshual@bgu.ac.il

Time: Mondays 16-18:00 Building 97 Room 205

The course provides an introduction and orientation to Interpersonal Therapy. We will study theory and clinical aspects of IPT. In addition, we will consider goals of evidenced based therapies, common factors in psychotherapy and the measuring of progress or lack thereof in psychotherapy.

Course requirements.

1) **Paper:** *If at first you don't succeed....*

10-12)pages = עמודים double-spaced, + references, using standard font in Hebrew or English. Any paper longer than 12 sides will be returned to the student and points may be taken off due to lateness of second submission. Due 30/03/116).

Recommended number of references: 8-10 (not more than 12!).

Any paper in English that is carefully prepared will not be graded lower based on grammar.

- Present a case from your own clinical work, from a published case, or a clinically believable case you make up (*1-2 pages*)
 - Describe a hypothetical course of treatment using an evidenced based, time limited therapy approach.
 - Summarize the initial treatment approach selected using references from books/journal articles (*1-2 pages*)
 - Then describe how you applied this approach including various specific steps (*2-3 pages*)
 - You are approaching the recommended number of sessions and the patient is not sufficiently improved. Describe how you reached this conclusion (*1 page*).
 - What do you do? Keep working at the same therapy and try to identify and overcome any obstacles that are preventing progress? Try a different type of evidence-based therapy? Try a long-term individual therapy? Family therapy? Refer them for medication? (*3-4 pages*)
 - Consider two-three options
 - Why did you reject other options?
 - Why did you finally choose the new direction based on research and theory to date and the specifics of this case
 - What do you expect – or describe briefly what happened
- 2) **Presentation** on “Common psychotherapy Factors: Done in groups of 2-3): about 10-15 minutes).
Present one of the common psychotherapy factors. Define and explain the factor, summarize empirical research, and present relevance to a clinical case one of you are treating now or have treated in the past.

3) **Class Participation**

4) **IPT Tutorial:** Complete going through.

- 5) **Hamilton Depression Scale (HAM-D) Tutorial:** Complete Going Through the HAMD computerized tutorial by end of semester.

Grade is based on:

Paper: 80%
Presentation 10%

- 6) Class participation 10%

I. 25/10/15: Classes 1: Overview of Interpersonal Theory

II. 2,9/11/15: Classes 2-3: Theory and mechanisms of IPT

Read: Lipsitz (2009) Chapter on Theory of Interpersonal therapy

Read: Lipsitz & Markowitz (2013) Article - Mechanisms of change in IPT

III. 16,23/11/15: Classes 4-5: IPT Initial Phase of IPT

Read: (Weissman &, Markowitz, & Klerman): A Clinician's Guide to IPT

1. IPT Outline
2. Beginning IPT (Also found in tutorial)

IV. 30/11, 7/12/15: Classes 6-7: IPT Middle Phase

Read : Handout on IPT techniques

Read: (Klerman, Weissman, et al., 1984) IPT for depression: Problem areas

1. Chapter 6 Grief
2. Chapter 7 Role Dispute
3. Chapter 8 Role Transition
4. Chapter 9 Role deficits

V. 14, 21, 29/12/15 Classes 8-10: IPT – Specific problems areas

Read: (Markowitz & Weissman 2012). Cases in Casebook of interpersonal therapy

1. Chapter 2: Grief - Case
2. Chapter 3. Role dispute - Case
3. Chapter 4. Role transition – Case
4. Chapter 5: Role deficits – Case

VI. 04/01/16 Class 11: Termination in IPT

Read: (Klerman, Weissman, et al., 1984) IPT for depression. Chapter 10.

VII. 11,18//01/16:Class 12-13:Adaptations of IPT

Interpersonal social rhythm therapy for Bipolar disorder

Read: (Frank, et al., 2000) IPSRT - Bipolar article

Read: (Markowitz & Weissman 2012).

IPT for social phobia.

Read: (Markowitz & Weissman 2012). Casebook of interpersonal therapy Chapter 10. – Social phobia case.