

## Psychopathology – Interpersonal Therapy (IPT)

Fall Semester, 2016

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

Time: Mondays 10-12

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 and measuring of progress in therapy.

### Course requirements.

1) Attendance mandatory (speak to me if you might miss more than 2 classes.

2) **Term 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 /have reached the recommended/expected 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 a few options
  - Why did you choose the new direction based on research and theory to date and the specifics of this case
  - What do you expect to happen – or describe briefly what happened

3) **IPT Tutorial:** Complete on-line tutorial including quizzes and pre and post survey.

Grade based on:	Paper:	80%
	IPT tutorial Incl quizzes	10%
	Class participation	10%

## **PART I. THEORY (Classes 1-3\_**

- 1) **Classes 1: Sullivan's Interpersonal Psychoanalysis**
- 2) **2) Overview of Interpersonal Theory**
- 3) **3) Theory and mechanisms of IPT**

### Readings:

- 1) Interpersonal psychoanalysis in Greenberg and Mitchell (1983) Object relations in psychoanalytic theory.
  - 2) Lipsitz (2009) Theory of Interpersonal therapy in Gabbard (ed) Psychotherapeutic treatments.
  - 3) Lipsitz & Markowitz (2016) Interpersonal Theory. In Norcross (Ed) APA Handbook of Clinical Psychology
- Lipsitz & Markowitz (2013) Clin Psol Review - Mechanisms of change in IPT.

## **PART II. DOING IPT**

### **II. Classes 4-5: IPT: Initial Phase of IPT**

#### **Readings:**

- 1). Klerman Weissman Rounsacille, & Chevron (1984). Interpersonal therapy for depression.
- 2) (Weissman & Markowitz. s., & Klerman): A Clinician's Guide to IPT Beginning IPT (Also found in IPT tutorial)

### **III. 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

### **IV. 8-10: IPT – Specific problems areas**

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

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

### **V. Termination phase in IPT**

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

### **VI. 11,18//01/16:Class 12-13:Adaptations of IPT for other disorders**

#### **Interpersonal social rhythm therapy for Bipolar disorder**

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

Read: **IPT for social phobia.**

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