

THE INSTITUTE FOR INTERPERSONAL PSYCHOTHERAPY

*“Frankly...an outstanding style of presentation.”
Dr. Nancy Zucker, Duke University Medical Center*

Dear Colleagues,

Interpersonal Psychotherapy (IPT) as developed by Drs. Klerman and Weissman, is an evidence based model of time limited psychotherapy that has proven effective in helping adults, geriatric populations and adolescents with depression. This model has been adapted to treat clients with ptsd, eating disorders, postpartum depression, medical illness including HIV and cardiac problems, personality disorders and social anxiety. IPT has been delivered individually, in groups and in treatment with couples where at least one partner is depressed. Dr. Ron Frey and I, trained originally at the Centre for Addiction and Mental Health (formerly the Clarke Institute of Psychiatry) University of Toronto and co-founders of the Institute for Interpersonal Psychotherapy are pleased to invite you to our next 2 day IPT training session.

Ron and I have had extensive experience in using IPT with adults, adolescents and couples. We have supervised and trained therapists learning IPT from many regions of North America. We look forward to creating another stimulating, worthwhile learning opportunity for all. We have included information about the dates, locations, fees and an application form with this letter. Please feel free to contact us by phone or e-mail and we will be pleased to provide any additional information you may require.

Respectfully,

Cindy Goodman Stulberg, Dip.C.S.,C.Psych..
Psychologist

Dr. Ronald Frey, C.Psych.
Consulting Forensic & Performance Psychologist

VISITORS' TRAINING PROGRAM

Visiting professionals may apply to attend a two day intensive IPT training program. This program includes lectures, videotapes of patient sessions, role play and case descriptions, information about adaptations of the original IPT model for a variety of specialized populations, including adolescents, and groups, conjoint IPT for depressed patients with marital disputes, depressed patients with medical problems, ptsd and clients with eating disorders. Successful completion of the Visitors' Training Program can lead to the associated IPT Supervision Components and to accreditation as a Certified Interpersonal Psychotherapist.

The Visitors' Training Program typically follows the following format:

Day 1

Overview, Short-Term Therapy
Overview, IPT Nature of Depression
The Interpersonal Approach (Goals and Tasks of IPT)
IPT, the First Session (case example)
Diagnosing Depression in an Interpersonal Context, the sick role
Interpersonal Inventory
Focal Area overview and setting goals
Contracting with client
Lunch break
IPT Focus, Grief
Case Example (Role Play or Videotape)
IPT Focus, Role Disputes
Role Disputes Case Example (Role Play or Videotape)

Day 2

IPT Focus, Role transitions
Case Example (Role Play or Videotape)
IPT Focus, Interpersonal Deficits Case Example (Role Play or Videotape)
Lunch break
Termination Issues
Case Example
Adaptations of Model
Case Examples
Review and Discussion

Dates: Friday October 25th. and Saturday October 26th., 2019
9:00 a.m. to 4:00 p.m. **Toronto, Ontario**

Fees: \$495.00 CAD for the two day program. (\$450 USD) A deposit of \$200 is required to register
Registration limited to 20 participants

*Our training program qualifies for Continuing Education Credits (CE Credits).

Application:

Name: _____

Address: _____

Email Address: _____

Phone:Home: _____ Business: _____

Place of Employment _____

Professional Discipline and Degree: _____

Area of clinical interest and specialization: _____

How did you hear about this training _____

Please forward application and check to:

INSTITUTE FOR INTERPERSONAL PSYCHOTHERAPY

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Psychologist

Cindy Goodman Stulberg,
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