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Office Hours: By appointment

Course Description:  
This practically oriented course will provide students with an opportunity to learn about the principles and practice of interpersonal psychotherapy (IPT), an empirically validated treatment for depression (Chambless et al., 1998). The course will also cover adaptations of IPT for other disorders (e.g., bipolar disorder and eating disorders) and for other formats (e.g., group and prevention).

Course Goal:  
Students will demonstrate, in performance and writing, knowledge of IPT for depression and its adaptations to other disorders and populations.

Course Objectives:  
1. Students will gain in depth knowledge of IPT and its adaptations.  
2. Students will be able to implement key IPT techniques, including conducting an interpersonal inventory, identifying an interpersonal problem area, and working with the client to address problematic relationships.  
3. Students will recognize the importance of conducting ongoing assessments with clients being treated with IPT and will implement such assessments in their clinical work.

Course Texts and Materials:  

Additional readings to be assigned by the instructor

Evaluations will be based on:  
1. Class participation and attendance  
2. Small out of class assignments  
3. Student led discussions  
4. Final case write-up
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<th>Week</th>
<th>Class Topic</th>
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| 1 (1/25) | Overview of IPT for depression in adults and adolescents; historical roots of IPT; discuss clients; arrange supervision times. | 1. Comprehensive Guide to Interpersonal Psychotherapy, Overview of IPT, Chapter 1  
2. Interpersonal Psychotherapy for Depressed Adolescents, Chapter 3  
2. Interpersonal Psychotherapy for Depressed Adolescents, Chapters 4-5 |
| 3 (2/8) | IPT for depression: Initial phase of treatment – interpersonal inventory, problem area formulation. | 1. Interpersonal Psychotherapy for Depressed Adolescents, Chapters 6-7, Appendices A-B, first half of Chapter 20 (pp. 251-262) |
2. Interpersonal Psychotherapy for Depressed Adolescents, Chapters 8-9 |
| 5 (2/22) | IPT for depression: Grief and interpersonal role disputes. | 1. Comprehensive Guide to Interpersonal Psychotherapy, Chapters 3-4  
2. Interpersonal Psychotherapy for Depressed Adolescents, Chapters 10-11 |
| 6 (3/1) | No Class |  |
| 7 (3/8) | IPT for depression: Interpersonal role transitions and interpersonal deficits. | 1. Comprehensive Guide to Interpersonal Psychotherapy, Chapters 5-6  
2. Interpersonal Psychotherapy for Depressed Adolescents, Chapters 12-13 |
2. Interpersonal Psychotherapy for Depressed Adolescents, Chapters 14-17 |

**MOCK FORMULATION DUE**
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2. Interpersonal Psychotherapy for Depressed Adolescents, Chapter 19  
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**FINAL WRITE-UP DUE**