Graduate School of Applied and Professional Psychology
Interpersonal Psychotherapy Course
Spring 2013
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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 provided by the instructor on Sakai

Evaluations will be based on:
1. Class participation and attendance
2. Small out of class assignments
3. Student led discussions
4. Final paper on a proposed adaptation of IPT
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<th>Week</th>
<th>Class Topic</th>
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| 1 (1/23) | Overview of IPT for depression in adults and adolescents; historical roots | 1. Comprehensive Guide to Interpersonal Psychotherapy, Chapter 1-2  
2. Interpersonal Psychotherapy for Depressed Adolescents, Chapters 3-5 |
| 2 (1/30) | IPT for depression: Initial phase of treatment – assessing depression symptoms, education, and sick role. | 1. Interpersonal Psychotherapy for Depressed Adolescents, Chapters 6-7, Appendices A-B, first half of Chapter 20 (pp. 251-262) |
| 3 (2/6) | IPT for depression: Initial phase of treatment – interpersonal inventory, problem area formulation. | 1. Comprehensive Guide to Interpersonal Psychotherapy, Chapters 8  
2. Interpersonal Psychotherapy for Depressed Adolescents, Chapters 8-9 |
2. Interpersonal Psychotherapy for Depressed Adolescents, Chapters 12-13  
3. Casebook Chapters 4-5 (On Sakai) |
<p>| 5 (2/20) | NO CLASS – Chris Martell Workshop | |</p>
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2. Interpersonal Psychotherapy for Depressed Adolescents, Chapter 19  
| 10 (4/3) | IPT for prevention of adolescent depression, IPT delivered by telephone  
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