GRADUATE SCHOOL OF APPLIED AND PROFESSIONAL PSYCHOLOGY
INTERPERSONAL PSYCHOTHERAPY COURSE
Spring 2017
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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

Attendance and in class participation are essential parts of this experiential class. Excused absences include religious and recognized cultural holidays that fall on the day of class. Other absences may also be considered “excused” if permission is sought in advance. If you miss 3 classes for any reason, you will receive an automatic one full grade reduction. Exceptions (e.g., chronic illnesses, medical emergencies, a number of religious holidays) can be made at the discretion of the instructor, but please discuss these issues as soon as possible.
Academic Integrity and Accommodations:
Please make yourself familiar with the academic integrity policies of the University: http://academicintegrity.rutgers.edu/academic-integrity-at-rutgers/. Rutgers University welcomes students with disabilities into all of the University's educational programs. To receive consideration for reasonable accommodations, a student with a disability must contact the appropriate disability services office at the campus where you are officially enrolled, participate in an intake interview, and provide documentation: https://ods.rutgers.edu/students/documentation-guidelines. If the documentation supports your request for reasonable accommodations, your campus’s disability services office will provide you with a Letter of Accommodations. Please share this letter with your instructors and discuss the accommodations with them as early in your courses as possible. To begin this process, please complete the Registration form on the ODS web site at: https://ods.rutgers.edu/students/registration-form.
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<th>Week</th>
<th>Class Topic</th>
<th>Assignment</th>
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| 1 (1/18) | Overview of IPT for depression in adults and adolescents; historical roots | 1. Comprehensive Guide to Interpersonal Psychotherapy, Overview of IPT, Chapter 1  
2. Interpersonal Psychotherapy for Depressed Adolescents, Chapters 1-4 |
2. Interpersonal Psychotherapy for Depressed Adolescents, Chapter 5 |
| 3 (2/1) | IPT for depression: Initial phase – 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  
**MIMIC FORMULATION DUE** |
| 5 (2/15) | IPT for depression: Grief and interpersonal role disputes | 1. Interpersonal Psychotherapy for Depressed Adolescents, Chapters 10-11  
2. Casebook Chapters 2-3 (On Sakai) |
| 6 (2/22) | IPT for depression: Role transitions and interpersonal deficits | 1. Interpersonal Psychotherapy for Depressed Adolescents, Chapters 12-13  
2. Casebook Chapters 4-5 (On Sakai) |
| 7 (3/1) | IPT for depression: Termination phase; common clinical issues | 1. Comprehensive Guide to Interpersonal Psychotherapy, Chapter 7  
2. Interpersonal Psychotherapy for Depressed Adolescents, Chapters 14-17, second half of Chapter 20 (pp. 263-277) |
<p>| 3/15 | SPRING BREAK | |</p>
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<tbody>
<tr>
<td></td>
<td>(Class discussion led by students)</td>
<td>2. Mulcahy, R. et al. (2010). A randomised control trial for the effectiveness of group interpersonal psychotherapy for postnatal depression. <em>Archives of Women’s Mental Health</em>, 13, 125-139.</td>
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| 13 (4/19) | IPT for bipolar disorder; IPT for borderline personality disorder  
| 14 (4/26) | IPT for trauma; IPT for other anxiety disorders  
| 15 (5/3) | The future of IPT  
Training and dissemination  