



Sangath

Short Course In
INTERPERSONAL PSYCHOTHERAPY
Goa, India

19th – 30th July, 2010

**Conducted by Sangath in collaboration
with Columbia University Faculty**

Background:

Interpersonal Therapy (IPT), a time limited manualised treatment was developed by Gerald L Klerman, Myrna Weissman and colleagues for the treatment of major depression. IPT focuses on the relationship between interactions with various people and how the patient is feeling. Thus, understanding the social and interpersonal context of depression is the first step that leads to the development of new ways of dealing with people and situations. Developing these new skills helps reduce the symptoms of the current episode of depression and future vulnerability. In IPT the focal problem area is identified which is one of the following: interpersonal dispute, role transition, grief or interpersonal deficits. Specific therapeutic strategies are then adopted to deal with the identified problem area. Though developed primarily as a treatment for depression, IPT has subsequently been adapted and used in the treatment of substance abuse, eating disorders and anxiety disorders. For the treatment of depression, IPT has proven to be as efficacious as other structured psychotherapies such as cognitive behavior therapy.

Objective:

To offer participants a thorough understanding of the skills necessary to deliver IPT for depressed patients in a variety of treatment settings.

Course structure and Learning outcomes:

The course is structured in two parts, each part will be taught over a week and participants will expect to learn the following:

Part 1: IPT (WEEK 1: 19th to 23rd July 2010)

The strategies of IPT occur in 3 phases of treatment: the first phase includes diagnostic evaluation and psychiatric history and sets the framework for treatment, the middle phase deals with the use of specific techniques to deal with the problem area identified and the final phase deals with consolidation of therapeutic gains and termination. Participants will be taught the important components of each phase and through role play, develop the necessary skills to conduct IPT.

Part 2: Adaptation of IPT for use in primary care (WEEK2: 26th to 30th July 2010)

An IPT informed psycho education model has been developed by the Sangath team as part of the Manas collaborative care intervention for depression in primary care settings. This adaptation of IPT which consists of three sessions incorporates specific IPT components into basic psycho education and has been developed for use by non specialists in low resource settings for treatment of mild depression. Participants will learn the essential components of this treatment model.

Participants should preferably attend both weeks but can choose to attend the first week only.

Course Methods: The course will be taught through a number of teaching methods including a set of resource materials (the IPT manual, the MANAS training manual and video and key articles); classroom lectures; practical's including role play and guided group work.

Course Tutors: The course is led by Lena Verdeli, Neerja Chowdhary and Gracy Andrew

Lena Verdeli Ph.D,

Assistant Professor of Clinical Psychology, Teachers College, Columbia University as an adjunct Assistant Professor of the Columbia College of Physicians and Surgeons.

She has received a NARSAD Young Investigator award, a Sol Goldman Trust award, and an NIMH Research Career Development K23 award. She has had a major role in the cultural modification of IPT for use in resource-poor communities: with depressed adults in southern Uganda, depressed adolescents in internally displaced persons camps in northern Uganda and distressed adult patients in primary care in Goa, India

Neerja Chowdhary

A psychiatrist at Sangath, is a certified IPT trainer and therapist. She has been involved in a randomized controlled trial integrating the treatment of depression in primary care in Goa, India, where community based health counselors have been trained to deliver IPT in a suitably adapted format.

Gracy Andrew

A clinical psychologist by profession and the Executive Director of Sangath. She has been associated with the Sangath society since its inception and has been involved in development of a number of intervention programs. She has been trained and certified as a therapist as well as trainer and supervisor in Interpersonal therapy.

Fees and Registration:

The Course fees (Including all materials, but not lodging and boarding) are:

- Indian residents and residents of other low and middle income countries:
 - for 2 weeks : Rs.5000
 - for week 1 only: Rs 3000
- All other foreign residents:
 - for 2 weeks : USD 400
 - for week 1 only : USD 300

Rules for deduction of fees following cancellation of registration:

- 3 months prior to commencement of course – 25% fees will be deducted
- 1 month prior to commencement of course – 50% fees will be deducted

There is place for a maximum of 20 participants.

For further inquiries, please contact: Robert Teles. Email: robert@sangath.com