

# Interpersonal Psychotherapy 2.0: Beyond Basics

John Markowitz, Edward McAnanama, Paula Ravitz, and Holly A. Swartz

Thursday June 14, 2018: **Edward McAnanama & Paula Ravitz**

12:45-1 pm	Welcome and Introductions
1-1:30	Rationale, theory, empirical support, and overview of IPT for Depression
1:30-2:30	The Interpersonal Inventory and middle phase therapeutic guidelines for grief, role transitions, and role disputes
2:30-2:45	Refreshment break
2:45-3:30	Role play demonstration with standardized patient of a course of IPT
3:30-4:30	Breakout small group practicing
4:30-5	Large group discussion, Question & Answer

5-6pm Welcome Reception for all participants

Friday June 15, 2018: **John Markowitz, Edward McAnanama, Paula Ravitz, and Holly A. Swartz**

9- 9:30 am	Welcome and Introductions
9:30-10:00 am	Defining and refining the key elements of IPT (medical model, affect attunement, interpersonal inventory, case formulation)
10:00- 10:30	<i>Role play #1 Beginning Phase: Engagement, timeline, and the Medical Model</i>
10:30 am- 10:45 am	Refreshment Break
10:45 am- 11:30 am	<i>Role Play # 2 Beginning Phase: Interpersonal Inventory</i>
11:30 am -12 noon	Q & A: Discussion of role plays 1 and 2
12- 1 pm	Lunch break
1-1:30 pm	Challenges in Case Formulation
1:30-2:15 pm	<i>Role Play #3 Case Formulation</i>
2:15- 2:30 pm	Q & A: Discussion of Case Formulation Role Play
2:30-2:45 pm	Refreshment Break
2:45- 3:30 pm	Challenges of the Middle Phase
3:30- 4:00	Application of attachment theory to formulation and therapeutic processes in IPT
4:00-4:45	Role Play #4 Middle Phase Session
4:45- 5:00 pm	Day 1 Q & A, Review and Wrap Up

Saturday June 16, 2018: **John Markowitz, Edward McAnanama, Paula Ravitz, and Holly A. Swartz**

9- 9:30 am	Review of IPT Key Elements and Challenges
9:30-10:00 am	Communication analysis in the age of social med
10:00- 10:30	<i>Role play #5 Communication analysis with text messages</i>
10:30 am- 10:45 am	Q & A: Discussion of role play #5
10:45- 11 am	Refreshment Break
11:00 am- Noon	Mentalizing and IPT
12- 1 pm	Lunch break
1-1:30 pm	<i>Role Play #6 Mentalizing</i>
1:30-1:45 pm	Q & A: Discussion of Role Play #6
1:45 pm -2:30 pm	PTSD for IPT
2:30-2:45 pm	Refreshment Break
2:45- 3:45 pm	<i>Role Play #7 PTSD</i>
3:45- 4:00 pm	Q & A: Discussion of Role Play #7
4:00-5:00 pm	Q & A, Review and Wrap Up

For more information or to register, please go to:  
<http://conta.cc/2Ge1cdv>

**\*Profits from this workshop will be donated to the ISIPT**