Introduction to Interpersonal Psychotherapy
Two-Day Introductory Course with Paul Kasurak, M.S.W., RSW

Workshop Overview
This course will introduce Interpersonal Psychotherapy (IPT), a time-limited and evidence-based psychotherapy developed specifically to treat depression and later adapted for other conditions. It has been referred to as an attachment-based psychotherapy and social work best practice. There will be a mix of didactic learning, small group role plays and video demonstrations with an emphasis on experiential learning and group discussion.

Who should attend
- Mental health professionals, including psychologists, social workers, psychiatric nurses, occupational therapists, psychiatrists and family physicians, or graduate students / medical residents with clinical experience and good basic therapeutic skills.
- Clinicians who have an interest in using interpersonal psychotherapy techniques in their day-to-day work with clients.
- Previous experience in IPT is not necessary.

Note to Participants: The manuals, The Guide to Interpersonal Psychotherapy by Weissman, Markowitz and Klerman, and Interpersonal Psychotherapy: A Clinician’s Guide (second edition) by Scott Stuart and Michael Robertson are referred to in this course. It is not necessary to purchase copies, but some, particularly those who are planning on further training, may find it helpful to know this in advance.

Learning objectives
- To develop an understanding of the IPT model.
- To be familiar with the IPT targets, tactics and techniques.
- To be able to apply the IPT model to conduct IPT sessions.
- To know about the application of IPT to other modalities and special patient populations.
- To know about opportunities for further IPT training.

Cost of workshop

<table>
<thead>
<tr>
<th>Rate</th>
<th>Before Oct.6th</th>
<th>After Oct.6th</th>
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</thead>
<tbody>
<tr>
<td>Regular</td>
<td>$360</td>
<td>$410</td>
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<tr>
<td>Group (Five or more registering together)</td>
<td>$320</td>
<td>$370</td>
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<td>Medical Resident</td>
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<td>Student (Fulltime)</td>
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Workshop Outline

Day One

8:30 Doors Open/Registration
9:00 Introduction
  Course Overview & Format
  What is IPT? Background/Theory/Research
10:30 Refreshment Break
10:45 Beginning IPT-Initial or Assessment Phase
  Interpersonal Inventory
  Explanation
  Role Play in Dyads
  Large Group Debrief
12:00 Lunch
1:00 Suitability/Patient Selection
  Reviewing Symptoms/Making Diagnosis;
  Assessing Attachment & Communication Style
2:30 Refreshment Break
2:45 Interpersonal Formulation
  Explanation
  Choosing a Focus - Working in Tables
  to Create a Formulation - Discussion
4:00 End of Day One

Day Two

8:30 Doors Open
9:00 Presenting the Formulation
  Example
  Role Play in Dyads
  Large Group Debrief
10:30 Refreshment Break
10:45 Middle or Working Phase
  The Treatment Agreement
  Techniques
  Interpersonal Problem
  Areas
  Grief (& Loss)
  Role Transitions
  Life Event Timeline Exercise
  Large Group Discussion
12:00 Lunch
1:00 Middle Phase (continued)
  Interpersonal Role Disputes
  Case Example
  Interpersonal Deficits/Sensitivity
2:30 Refreshment Break
2:45 Concluding IPT
  Video Demonstration & Discussion
  Adaptations
  Next Steps - Reading, Websites, Training
4:00 End of Day Two

About the presenter - Paul Kasurak, M.S.W., RSW

Paul Kasurak was a social worker on the Mood Disorders Outpatient Service at Providence Care, Mental Health Services in Kingston for over 36 years and is now a social worker at Kingston Health Sciences Centre, Kingston General Hospital site. He is a member of the Ontario College of Social Workers and Social Service Workers, the Ontario Association of Social Workers, and the International Society for Interpersonal Psychotherapy. He is a Fellow of the Interpersonal Psychotherapy Institute, certified as an IPT Supervisor and Trainer.

Paul is an Adjunct Lecturer in the Department of Psychiatry at Queen’s University where he teaches and supervises residents in IPT. As a clinician he spent much of his time engaged in the treatment of severe mood disorders with a focus on individual and group interpersonal psychotherapy.

Contact

Paul Kasurak, M.S.W., RSW
PO Box 44012 Barriefield
Kingston, ON K7L 0B4
paulkasurak@gmail.com