

Onsite and Virtual Training Program

The onsite or virtual two day intensive IPT training program, is a convenient opportunity to learn interpersonal psychotherapy. This program allows professionals to participate in training sessions, view videotapes of patient sessions and attend advanced seminars in applied interpersonal psychotherapy from the convenience of their own place of employment. Successful completion of the Visitor's or Onsite/Virtual Training Program and the associated IPT Supervision Components are required for accreditation as a Certified Interpersonal Psychotherapist.

The Onsite/Virtual Training Program typically follows the following:

Day 1

Overview, Short-Term Therapy Overview, IPT Nature of Depression

The Interpersonal Approach (Goals and Tasks of IPT)

IPT, the First Session (case example)

Diagnosing Depression In an Interpersonal Context IPT Focus, Grief

Case Example (Role-play or Videotape)

IPT Focus, Role Disputes

Role Disputes Case Example (Role-play or Videotape)

Day 2

IPT Focus, Role transitions

Case Example (Role-play or Videotape) IPT Focus, Interpersonal Deficits Case Example (Role-play or Videotape)

Termination Issues

Case Example (Role-play or Videotape) Adaptations of Model

Case Examples

Review and Discussion

FEEDBACK FROM TRAINED CLINICIANS

Dr. Alex N. Sabo, Berkshire Medical Center-“Dr. Frey and Ms. Goodman Stulberg are clearly gifted, skilled and disciplined therapists and teachers. They work very effectively as a team. They provide the conceptual, structural and hands- on teaching needed for clinicians to quickly grasp and begin to apply the principles of IPT.”

Dr. Nancy Zucker, Duke University Medical Center-“Frankly...an outstanding style of presentation.”

Brenda Bahnson, LICSW, Berkshire Medical Center-“The presenters are very knowledgeable and fluent in IPT. It takes great skill to present complex material and make it seem simple. Dr. Frey and Ms. Stulberg did just this in this training.”

INTERPERSONAL TRAINING PROGRAM

To schedule an Onsite Interpersonal Training Program, at your location, please contact us at cindystulberg@gmail.com

TUITION

Tuition for the Onsite/Virtual Training Program is \$525 CAD (\$475 USD). per attendee.

Please ensure that you purchase a copy of our book, via your favourite online vendor or nearby bookstore, before attending training:

[Feeling Better Beat Depression and Improve Relationships with Interpersonal Psychotherapy](#)

Group or agency sponsored training daily flat rates can be discussed. A \$200/participant deposit, payable by e transfer, check, or money order is required and payable to the Institute for Interpersonal Psychotherapy. The balance of the tuition is due on the first day of training.