

INTERPERSONAL Psychotherapy



Interpersonal psychotherapy is a **brief, time-limited** treatment that is derived from theories in which interpersonal function is recognized as a critical factor in psychological adjustment and well-being. The goals of IPT are to reduce symptoms of depression and improve the quality of the patient's interpersonal relations and social functioning.



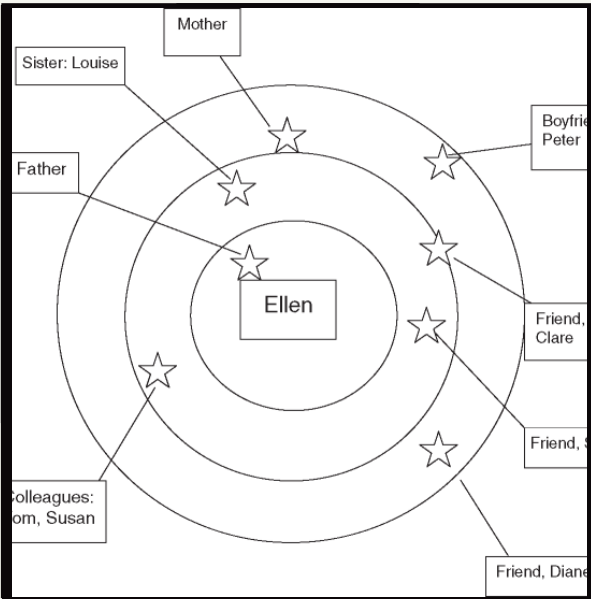
TIPS:

- Focus on roles and relationships in patient's life
- Recognize the role of biological and psychological factors
- Cultivate cultural humility & collaborate with students to understand interpersonal cultural norms



STRATEGIES:

- Create a strong *therapeutic alliance*
- Use resources such as the "IPT Inventory" worksheet to gain insight on patient's relational history
- *Stage Disputes* to revisit the process of resolving the dispute
- Examine emotions, challenges, and attitudes tied to *role transitions*
- Explore and identify *grief* as contributing factor to interpersonal issues, accept loss, identify relational supports



Interpersonal Inventory Worksheet

The World Health Organization suggests IPT as a front-line treatment for depression in low-, medium-, and high-income countries.

WHO, 2016



RESOURCE

<https://interpersonalpsychotherapy.org/resource-s-links/resources-for-professionals-and-patient/>