

PRELIMINARY PROGRAM

Pre-Conference Workshops

WEDNESDAY, 6 November, 2019

- 9.00-17.00 **IPT Trainers' Training**
Heather Flynn, Jessica Schultz, Holly A. Swartz, Laura Mufson,
Anat Brunstein-Klomek, Roslyn Law, Paula Ravitz and other faculty
- 9.00-17.00 **IPT 2.0**
Oguz Omay with invited IPT experts

THURSDAY, 7 November, 2019

- 9.00-12.30 **Interpersonal Psychotherapy for Depressed Adolescents (IPT-A)**
Laura Mufson, Anat Brunstein-Klomek
- 9.00-12.30 **Mentalizing – Giving IPT an Evolutionary Advantage**
Roslyn Law
- 9.00-12.30 **Group IPT**
Scott Stuart, Jessica Schultz
- 13.30-17.00 **Family-based IPT**
Laura J. Dietz
- 13.30-17.00 **Introduction to Interpersonal and Social Rhythm Therapy (IPSRT)**
Ellen Frank, Danielle M. Novick, Holly A. Swartz
- 13.30-17.00 **IPT for PTSD**
John Markowitz, Alexandra Klein Rafaeli

PRELIMINARY PROGRAM

Conference Day 1 – FRIDAY, 8 November 2019

8.30-9.00 Opening Remarks

9.00-10.30 Keynote Lectures

Introductory Remarks: Ellen Frank

30 Years of Studying Families at Risk for Depression: What Have We Learned at Prevention?

Myrna M. Weissman, PhD

Diane Goldman Kemper Family Professor of Epidemiology in Psychiatry, Vagelos College of Physicians and Surgeons and Mailman School of Public Health, Columbia University, USA

Introductory Remarks: Heather Flynn

The Future of Psychotherapy in Psychiatry: Are We Ready to Abandon the Mind/Body Dichotomy?

David J. Kupfer, MD

Department of Psychiatry, University of Pittsburgh School of Medicine, USA

10:30-11:00 Coffee Break

11:00-12:30 Symposium 1 – S11

Zsolnay Room I.

IPT Knowledge Dissemination in China

Symposium Chair: Wanhong Zheng

Introduction and Overview

IPT Dissemination in China: Strategy, Preparation and Progress

Wanhong Zheng

Department of Behavioral Medicine and Psychiatry, West Virginia University, Morgantown, WV, USA

IPT Trainings and Dissemination in Hong Kong and the Cultural Specific Considerations in Conducting IPT among Hong Kong Chinese Patients

Joseph Pui-yin Chung^{1,2}, Betsy Bledsoe³

¹Department of Psychiatry, Pamela Youde Nethersole Eastern Hospital, Hong Kong Special Administrative Region, China

²Department of Psychiatry, Li Ka Shing Faculty of Medicine, The University of Hong Kong, Hong Kong Special Administrative Region, China

³University of North Carolina at Chapel Hill, School of Social Work, USA

IPT Training in Shanghai

Diana Koszycki

The Institut de Savoir Montfort, Ottawa, Canada

**Current State of Psychotherapy and Experience of IPT Training Program
Implementation in China**

Weihui Li

Xiangya Mental Health Institute, The Second Xiangya Hospital of Central South University, China

IPT Development in Zhejiang, China

Manli Huang, A.P. Jianbo Hu

*Department of Mental Health, The First Affiliated Hospital, College of Medicine, Zhejiang University
Hangzhou, China*

Q & A and General Discussion

11:00-12:30 **Symposium 2 – S22**

Interpersonal Counseling (IPC) Around the Globe

Symposium Chair: Myrna Weissman

Zsolnay Room II.

Introduction and Overview

Myrna Weissman^{1,2,3}

¹*College of Physicians and Surgeons, Columbia University, USA*

²*Mailman School of Public Health, Columbia University, USA*

³*New York State Psychiatric Institute, USA*

IPC as an Engagement Strategy for Student Veterans

Helen Verdeli

Teachers College, Columbia University, USA

**Adapting Interpersonal Counseling for mHealth Delivery by
Nonspecialized Providers in Mozambique**

Jennifer J. Mootz

Columbia University, New York State Psychiatric Institute, USA

Training and Supervision of IPC with Israeli College Students

Alexandra Klein Rafaeli

Tel Aviv University, Israel

**A Pilot Study of a Stepped-care Brief intervention to Help
Psychologically-distressed Women Displaced by Conflict in Bogotá,
Colombia**

Ana Claudia Andrade

Médicins Sans Frontières, Brazil

Q & A and General Discussion

11:00-12:30 **Mini-Workshop 1 – W29**

Zsolnay Room III.

**A Tale of Two Therapies - IPT and CBT:
Comparative Approaches and Perspectives on their Integration in the
Treatment of Complex Clinical Presentations**

Workshop Chair: Jill M. Cyranowski

Introduction and Overview

Jill M. Cyranowski

Graduate Psychology, Chatham University, Pittsburgh, PA, USA

**Interpersonal Psychotherapy versus Cognitive Therapy for Major
Depressive Disorder: what therapy works for whom?**

Suzanne C. van Bronswijk¹, Lotte H. J. M. Lemmens², Zachary Cohen³,
Frenk Peeters¹, Arnoud Arntz^{2,4}, Robert DeRubeis³, Marcus J.H. Huibers^{2,3,5}

¹*Department of Psychiatry and Psychology, Maastricht University, Maastricht, The Netherlands*

²*Department of Clinical Psychological Science, Maastricht University, Maastricht, The Netherlands*

³*Department of Psychology, University of Pennsylvania, Philadelphia, PA, USA*

⁴*Department of Psychology, University of Amsterdam, Amsterdam, The Netherlands*

⁵*Department of Clinical Psychology, VU University Amsterdam, Amsterdam, The Netherlands*

**Introducing Avenues of Clinical Integration: Presentation of Case
Vignettes**

**Comparing and Integrating CBT and IPT for Complex Clinical
Presentations of Depression: Focus on Sleep Dysregulation, Complex
Perinatal Disorders, and Anxiety Comorbidity**

Marta Novak¹, Sharon Ben Rafael², Jill M. Cyranowski³

¹*Department of Psychiatry, University of Toronto, Toronto, Canada*

²*Women's Mental Health, Psychiatry Research Unit, Tel Aviv Sourasky Medical Center, Israel*

³*Graduate Psychology, Chatham University, Pittsburgh, PA, USA*

Sleep: Where CBT Meets IPT

Marta Novak

Department of Psychiatry, University of Toronto, Toronto, Canada

Integrating CBT and IPT for Complex Perinatal Disorders

Sharon Ben Rafael

Women's Mental Health, Psychiatry Research Unit, Tel Aviv Sourasky Medical Center, Israel

**Adapting IPT for Anxious-Depressed Populations: Can We Maintain
Model Coherency?**

Jill M. Cyranowski

Graduate Psychology, Chatham University, Pittsburgh, PA, USA

**Group Discussion and Debate: Advantages and Potential Pit Falls
Associated with IPT-CBT Integrative Approaches.**

11:00-12:30 Individual Oral Presentations 1 **Palace Room**

Chair: Jessica Schultz and Marcello Feijo de Mello

**04 Interpersonal Psychotherapy versus Treatment as Usual for Major -
Depression Related to Work Stress: A Randomized Controlled Study**

Elisabeth Schramm

University of Freiburg, Medical Center, Psychiatry, Freiburg, Germany

037 Interpersonal Psychotherapy in General Practice Across the Lifespan

Patricia Graham¹, Linda Irvine Fitzpatrick², Richard Taylor³, Debra Bowyer⁴

¹*NHS Lothian, Scotland, Clinical Psychology, Edinburgh, Scotland*

²*NHS Lothian, Scotland, NHS, Edinburgh, Scotland*

³*NHS Lothian, Scotland, Psychiatry, Edinburgh, Scotland*

⁴*NHS Lothian, Scotland, Dean Brown school of Social Work, Edinburgh, Scotland*

042 Major Depression in Primary Care

Gregoire Rubovszky

Independent Practice, Psychiatry, Geneva, Switzerland

**033 Pilot Mixed-Methods Evaluation of Interpersonal Counselling for Young
People with Depressive Symptoms in Non-Specialist Services in Eastern
England**

Paul Wilkinson

University of Cambridge, Psychiatry, Cambridge, United Kingdom

12:30-14:00 Lunch Break

ISIPT Sponsored Lunch & Annual General Meeting (for members only)

14:00-15:30 Symposium 3 – S24 **Zsolnay Room I.**

**The Development, Validation, and Testing of Measures for Use in
Interpersonal Psychotherapy**

Symposium Chair: Luis Flores

Introduction and Overview

Luis Flores

Queen's University, Canada

**The Initial Validation of the Social Network Quality (SNQ) Scales among
Depressed Mothers Treated with Brief Psychotherapy**

Luis E. Flores Jr.¹, Jill M. Cyranowski², Marlissa C. Amole³, Holly A. Swartz⁴

¹*Queen's University, Canada*

²*Chatham University, USA*

³*University of Pittsburgh, USA*

⁴*University of Pittsburgh, USA*

**Measuring Patients' Therapy Skills in Psychotherapy for Depression:
Development of the Interpersonal Psychotherapy Skills Scale – Self
Report (IPSS-SR)**

Frenk Peeters

Maastricht University, The Netherlands

**Separation Anxiety among Veterans with PTSD Treated with IPT: An
Exploratory Study**

Barbara Milrod¹, John C. Markowitz²

¹Weill Cornell Medical College, USA

²Columbia University, USA

**Reflective Function (RF) and Symptom-specific Reflective Function
(SRF) as Mediators of Change in IPT**

Niclas Kullgard

University of Linköping, Sweden

Discussant

Jill M. Cyranowski

Chatham University, USA

Q & A and General Discussion

14:00-15:30 **Mini-Workshop 2 – W6** **Zsolnay Room II.**
**Recognizing and Repairing Therapeutic Impasses:
Using Attachment Theory and Mentalizing in IPT**
Workshop Chair: Paula Ravitz

Presenters:

Roslyn Law¹, Paula Ravitz²

¹Anna Freud Institute, UK

²University of Toronto, Canada

14:00-15:30 **Symposium 4 – S21** **Zsolnay Room III.**
**Implementing Evidence-based Mental Health Interventions in LMIC
Contexts: Harnessing the Potential of IPT to Strengthen Capacity of
Health Systems**
Symposium Chair: Lena Verdeli

Introduction and Overview

Lena Verdeli

Teachers College Columbia U, USA

**A Study Protocol for Adaptation and Modification of WHO Endorsed
Group Interpersonal Psychotherapy (IPT-G) for Peripartum
Adolescents in Kenya: INSPIRE Study Protocol Comparing a Full Length
versus Brief IPT-G**

Manasi Kumar

University of Nairobi/UCL

**Decreasing Stunting by Reducing Maternal Depression in Uganda: A
Cluster Randomized Controlled Trial (C-RCT) for Improved Nutrition
Outcomes**

Lena Verdeli

Teachers College Columbia U, USA

Community Based Scaling Up of Group IPT to Address Depression and Adversities in Ugandan Women: Experience of Strong Minds Uganda
Strong Minds

Scaling Up Evidence-based Interventions in LMIC Settings: Lessons from SMART Africa (NIMH, U19) in Addressing Contextual Needs and Capacity Building

Mary McKay

Dean Brown school of Social Work, Washington University, St Louis, USA

Q & A and General Discussion

14:00-15:30 Symposium 5 – S26

Palace Room

IPT and IPC Interventions for College and University Students

Symposium Co-Chairs: Alexandra Klein Rafaeli and Leslie Miller

Introduction and Overview

Alexandra Klein Rafaeli¹, Leslie Miller²

¹*Tel Aviv University, Israel*

²*Johns Hopkins University School of Medicine, USA*

Delivery of Interpersonal Counseling with University and College Students in Scotland

Suzy Cooke

Prospect Model Team, Clinical Psychology Department, NHS Lothian, Scotland, UK

IPT for Students within a University-accredited IPT Training Programme: Creating a Sustainable Training and Treatment Pathway

Emily Taylor¹, Matthias Schwannauer²

¹*University of Edinburgh/Senior Lecturer in Clinical Psychology, UK*

²*University of Edinburgh/Professor of Clinical Psychology, UK*

IP and IPT for Depressive Disorders in Nurse and Medical Students from Brazil

Marcelo F. Mello

Federal University of São Paulo-Brazil and School of Medicine, Israelis Hospital Albert Einstein, São Paulo, Brazil

Interpersonal Counseling for University Counseling Centers (IPC-C)

Alexandra Klein Rafaeli¹, Leslie Miller²

¹*Tel Aviv University, Israel*

²*Johns Hopkins University School of Medicine, USA*

Q & A and General Discussion

15:30-15:45 Coffee Break

15:45-17:15 **Keynote Lectures**

Introductory Remarks: John Markowitz

Brief IPT for Maternal Depression: Treating Mothers and Helping Children

Holly A. Swartz, MD

University of Pittsburgh School of Medicine, USA

Introductory Remarks: Adrienne Stauder

IPT and CBT for Depression Going Dutch; Do They Really Share Equally?

Frenk Peeters, MD, PhD

¹Department of Psychiatry and Psychology, Maastricht University Medical Center, Maastricht, The Netherlands

²School for Mental Health and Neuroscience, Faculty of Health, Medicine and Life Sciences, Maastricht University

17:15-18:30 **Poster Presentations**

Poster Judges: Nazan Aydin, Nuno Carrilho, Shannon Lenze,
Hiroko Mitzushima, Marta Novak, Elisabeth Schramm

P40 The Green Card Clinic: A Suicide Prevention Program with an Interpersonal Focus

Wilhelm Kay, Jodie Landstra, Judith Clarke

St Vincent's Hospital, Sydney, Liaison Psychiatry, Sydney, Australia

P34 Opportunities and Challenges of IPT Development in China

Manli Huang, Jianbo Hu

Zhejiang University, Department of Psychiatry, Hangzhou, China

P58 Nurses: A Voice To Lead in Implementing and Disseminating IPT in India

Bandana Bisht

Chitkara University, Chitkara School of Health Sciences, Punjab, India

P49 Supervision Skype Calls Brazil-Mozambique-USA

Camila Tanabe Matsuzaka¹, Marcelo Feijó de Mello^{1,2}, Kathleen Clougherty³,
Ilana Pinsky⁴, Annika Sweetland⁵, Mariana Rangel Maciel¹, António Suleman⁶,
Afonso Fumo⁷, Vania Lijon⁸, Milton Wainberg⁵

¹Federal University of São Paulo, Department of Psychiatry, São Paulo, Brazil

²School of Medicine, Israelis Hospital Albert Einstein, Department of Psychiatry, São Paulo, Brazil

³Teachers College Columbia University, Clinical Psychology, New York, USA

⁴Columbia University/New York State Psychiatric Institute, Department of Psychiatry, New York, USA

⁵Columbia University, Department of Psychiatry, New York, USA

⁶Mozambique Ministry of Health, Mental Health, Nampula, Mozambique

⁷Mozambique Ministry of Health, Mental Health, Beira, Mozambique

⁸Mozambique Ministry of Health, Mental Health, Gaza, Mozambique

- P57 IPT, Depression, Elderly and Somatisation**
Rahel Wolde-Giorghis, Katerine Rousseau
University of Montreal, Department of Psychiatry and Psychotherapy, Montreal, Canada
- P48 Can Artificial Intelligence and Deep Learning Enhance Psychotherapy?**
Türker Tekin Ergüzel¹, Gökben Hızlı Sayar²
¹*Üsküdar University, Department of Software Engineering, Istanbul, Turkey*
²*Üsküdar University, Department of Psychiatry, Istanbul, Turkey*
- P61 Adapting and Implementing Group Interpersonal Psychotherapy for Depressed Adolescents for Ugandan Schools**
Catherine Carlson¹, Violet Nkwanzu¹, Gloria Abura¹, Kari Frame², Dena Batrice³,
Laura Hopson¹, Helena Verdeli⁴, Laura Mufson⁵, Milton Wainberg⁵
¹*University of Alabama, School of Social Work, Tuscaloosa, USA*
²*StrongMinds, New York, USA*
³*StrongMinds, Kampala, Uganda*
⁴*Columbia University, Teachers College, New York, USA*
⁵*Columbia University/New York State Psychiatric Institute, New York, USA*
- P31 Profiling the Interpersonal Psychotherapy in Acute Crisis (Scotland) Cohort**
Lin Tan¹, Patricia Graham², Linda Irvine Fitzpatrick², Debra Bowyer², Robby Steel³, Joyce Follan³, Catherine Moar³, Claire Bashford³
¹*University of Edinburgh, Department of Psychiatry, Edinburgh, Scotland*
²*NHS Lothian, Scotland, Clinical Psychology, Edinburgh, Scotland*
³*NHS Lothian, Scotland, Department of Psychiatry and Mental Health, Edinburgh, Scotland*
- P43 Taking Our Cue from Patients: Collaborative Design of a Mobile Intervention for Depression and Anxiety**
Ellen Frank
University of Pittsburgh, Department of Psychiatry and Psychology, Pittsburgh, USA
- P47 The Relationship Between Attitudes Towards Receiving Psychological Help, Self-Esteem and Non-Functional Attitudes**
Murat Temiz¹, Gökben Hızlı Sayar², Hüseyin Ünübol¹
¹*Üsküdar University, Department of Psychology, Istanbul, Turkey*
²*Üsküdar University, Department of Psychiatry, Istanbul, Turkey*
- P60 The Effects of Interpersonal Psychotherapy Training on Subjective Happiness, Empathy, Expressing Emotions and Experiences in Close Relationships**
Cansu Varol¹, Gökben Hızlı Sayar², Türker Tekin Ergüzel³, Oguz Omay²,
Remziye Keskin⁴
¹*Üsküdar University, Clinical Psychology, Istanbul, Turkey*
²*Üsküdar University, Department of Psychiatry, Istanbul, Turkey*
³*Üsküdar University, Department of Software Engineering, Istanbul, Turkey*
⁴*Üsküdar University, Vocational School of Health Services, Istanbul, Turkey*

- P39 Comparing the Effectiveness of Medication Therapy and Medication-IPT Combined Therapy on Depression Patients: a 16-week Longitudinal Randomized Controlled Study**
Jianbo Hu, Manli Huang, Jinwen Huang, Zheng Wang, Chanchan Hu,
Xiaoyi Zhou, Jingkai Chen, Zhong Wang, Shuguang Li
Zhejiang University, Department of Psychiatry, Hangzhou, China
- P30 A Clinical Pilot Study in Germany: Effects of Interpersonal Psychotherapy for Depressed Adolescents (IPT-A) in an Outpatient Therapy Setting**
Eva Ordowski, Anne von Lucadou
University of Freiburg, Medical Center, Department of Psychiatry and Psychotherapy, Freiburg, Germany
- P59 The Effects of Interpersonal Psychotherapy Training on Mental Wellness, Social and Emotional Intelligence**
Cansu Kurultay¹, Gökben Hızlı Sayar², Oguz Omay², Selami Varol Ülker³
¹*Üsküdar University, Clinical Psychology, Istanbul, Turkey*
²*Üsküdar University, Department of Psychiatry, Istanbul, Turkey*
³*Üsküdar University, Institute of Social Sciences, Istanbul, Turkey*
- P62 The Impact of Obstetric Features on Anxiety and Negative Automatic Thoughts in Pregnancy**
Funda Öksüz¹, Gökben Hızlı Sayar², Hüseyin Ünübol², Ayça Ferda Kansu³
¹*Üsküdar University, Clinical Psychology, Istanbul, Turkey*
²*Üsküdar University, Department of Psychiatry, Istanbul, Turkey*
³*Üsküdar University, Department of Psychology, Istanbul, Turkey*
- P51 Interpersonal Psychotherapy for Depressive Episode of Persistent Depressive Disorder with Psychiatric Comorbidity: A Case Series**
Risa Imai¹, Yuko Toshishige¹, Junya Kuwabara¹, Masaki Kondo¹,
Takafumi Kinoshita², Tatsuo Akechi¹, Hiroko Mizushima³
¹*Nagoya City University, Department of Psychiatry and Cognitive-Behavioral Medicine, Nagoya, Japan*
²*Inazawa Kousei Hospital, Department of Psychiatry, Inazawa, Japan*
³*MIZUSHIMA HIROKO IPT Clinic, IPT Clinic, Tokyo, Japan*
- P52 The Subjective Changes of Responders to Interpersonal Psychotherapy for Depression in Japan**
Yuko Toshishige¹, Risa Imai¹, Junya Kuwabara¹, Masaki Kondo¹,
Takafumi Kinoshita², Yoshinori Ito¹, Tatsuo Akechi¹, Hiroko Mizushima³
¹*Nagoya City University, Department of Psychiatry and Cognitive-Behavioral Medicine, Nagoya, Japan*
²*Inazawa Kousei Hospital, Department of Psychiatry, Inazawa, Japan*
³*MIZUSHIMA HIROKO IPT Clinic, IPT Clinic, Tokyo, Japan*
- P56 IPT-AG for Brazilian Adolescents who Developed PTSD after Sexual Violence – A Qualitative Evaluation**
Adriana Corrêa
Federal University of São Paulo, Department of Psychiatry and Psychology, São Paulo, Brazil

**P53 “To Be A Wife Or To Be A Caregiver?” A Case Report on How
Interpersonal Psychotherapy can Help Depression in a Psychotic
Patient’s Spouse**

João Fonseca¹, Nuno Carrilho²

¹Hospital Senhora da Oliveira, Department of Psychiatry and Mental Health, Guimarães, Portugal

²Aalborg university hospital, Department of Psychiatry and Mental Health, Aalborg, Denmark

P63 The Relationship of Fear of Childbirth and Marital Satisfaction

Nebile Topçu¹, Banu Bostancı¹, Gökben Hızlı Sayar²

¹Üsküdar University, Clinical Psychology, Istanbul, Turkey

²Üsküdar University, Department of Psychiatry, Istanbul, Turkey

**P64 Interpersonal Psychotherapy at the End of Life: Working with a Patient
in Terminal Stage of Breast Cancer**

Urun Ozer, Sibel Emilie Sultan Huet

Acibadem Mehmet Ali Aydınlar University School of Medicine, Psychiatry, Istanbul, Turkey

PRELIMINARY PROGRAM

Conference Day 2 – SATURDAY, 9 November, 2019

09:00-10:30 Mini-Workshop 3 – W20 **Zsolnay Room I.**
Challenges and Opportunities in IPT Dissemination:
Updates and discussion with the ISIPT Dissemination Committee
Workshop Chair: Heather A. Flynn

Introduction and Overview

Heather A. Flynn

Florida State University College of Medicine, USA

Evidence-based Psychotherapy ‘Rollout’ within VA Hospitals and Clinics: Acceptability of IPT vs. CBT and ACT for Depression

Danielle Novick

Mood Disorders Clinic, Department of Veterans Affairs (VA), VA Pittsburgh Healthcare System, USA

IPT in a National Programme to Improve Access to Psychological Therapies (IAPT) – UK Dissemination Model

Roslyn Law

Anna Freud National Centre for Children and Families, UK

IPT Dissemination in Germany Compared to Other Evidence Based Models

Elisabeth Schramm

Department of Psychiatry and Psychotherapy, Medical Center - University of Freiburg, Germany

09:00-10:30 Symposium 6 – S16 **Zsolnay Room II.**
Clinical Research and Theory Underpinning Innovative IPT
Developments in Adolescent Populations
Symposium Chair: Paul Wilkinson

Introduction and Overview

Paul Wilkinson

University of Cambridge, UK

Body Image in Adolescents: Interpersonal Risk and Maintaining Factors

Helen Sharpe

University of Edinburgh, UK

Interpersonal Psychotherapy for Body Image (IPT-BI): Feasibility, Efficacy and Interpersonal Psychotherapy for Body Image (IPT-BI)

Fiona Duffy

University of Edinburgh, UK

Social Withdrawal and Developing Negative Symptoms in Individuals at Risk of Psychosis and First Episode – a Randomised Case Series of Interpersonal Psychotherapy

Matthias Schwannauer

University of Edinburgh, UK

Q & A and General Discussion

09:00-10:30 Mini-Workshop 4 – W25

Zsolnay Room III.

The Interpersonal Aspects of Mindfulness

Workshop Chair: Marta Novak

Introduction and Overview

Marta Novak

University of Toronto and University Health Network, Canada

Speakers:

Kornelia Nyitrai¹, Jill M. Cyranowski², Janos Vizi³

¹*Private Practice and Lundbeck Hungary, Budapest, Hungary*

²*Graduate Psychology Program, Chatham University, Pittsburgh PA, USA*

³*National Institute of Psychiatry and Addiction; Outpatient Clinic for Sexual Medicine, Budapest, Hungary*

09:00-10:30 Individual Oral Presentations 2

Palace Room

Chair: Théodore Hovaguimian and Kosse Jonker

041 Internet-based IPT Targeting Loneliness – Results and Experiences from a Randomized Controlled Trial

Anton Käll, Malin Bäck, Rasmus Bjerkerand, Hanna Åman, Matilda Wänman, Camilla Welin, Gerhard Andersson

Linköping University, Department of Behavioural Sciences and Learning, Linköping, Sweden

038 Interpersonal Psychotherapy for Bulimia Nervosa, IPT-BNm – Results from a Pilot Study

Malin Bäck

Linköping University, Department of Behavioural Sciences and Learning, Linköping, Sweden

035 A Pilot Study of Interpersonal Psychotherapy for Depression as an Early Intervention Strategy for Women Involved with the Criminal Justice System

Suzie Black

NHS Lothian, Scotland, Clinical Psychology, Edinburgh, Scotland

045 Assumptions on ‘Human Needs’ and Enabled ‘Subject Positions’ in Interpersonal Psychotherapy, Schema Therapy, and Gestalt Therapy Approaches

Seda Usubütün¹, Oguz Omay²

¹*Ufuk University, Department of Psychology, Ankara, Turkey*

²*Üsküdar University, Department of Psychology, Istanbul, Turkey*

10:30-11:00 Coffee Break

11.00-12.30 Keynote Lectures

Introductory remarks: Elisabeth Robinson

Dissemination – Navigating the Minefields between Evidence and Implementation

Roslyn Law, Ph.D.

Anna Freud National Centre for Children and Families, United Kingdom

Introductory remarks: Paula Ravitz

Interpersonal Virtuosity: Nourish or Perish!

Oguz Omay, MD, President of ISIPT

¹*Üsküdar University, Istanbul, Turkey*

²*Les Toises, Lausanne, Switzerland*

12.30-13.30 Lunch Break

13:30-15:00 Symposium 7 – S28

Zsolnay Room I.

Setting the Stage for Healthy Child Development: Treating Perinatal Depression Using Brief Interpersonal Psychotherapy

Symposium Chair: Nancy K. Grote

Introduction and Overview

Nancy K. Grote

School of Social Work, University of Washington, USA

Change Mechanisms in Brief Interpersonal Psychotherapy for Perinatal Depression: A Qualitative Study of MOMCare

Nancy K. Grote

School of Social Work, University of Washington, USA

Decreasing Maternal Distress Using Brief IPT during Pregnancy to Reduce Offspring Vulnerability to Psychopathology

Benjamin Hankin

University of Illinois Department of Psychology, USA

Promoting Healthy Families (PHF) for High Risk Mothers and Babies in PCAP: An Educational Intervention Based on the Principles of Brief IPT

Mary Curran, Amritha Bhat

University of Washington, Seattle, WA, USA

What about the Babies? Infant Outcomes During or After Maternal Perinatal Depression Treatment with Brief Interpersonal Psychotherapy

Shannon N. Lenze

Washington University School of Medicine, USA

Q & A and General Discussion

13:30-15:00 Mini-Workshop 5 – W13 **Zsolnay Room II.**
**Managing Interpersonal Relationships in the Digital Age:
IPT with Children and Adolescents**
Workshop Chair: Laura J. Dietz

Introduction and Overview

Elizabeth Robinson
Independent Practice, UK

Using IPT-A to Help Depressed Youth Communicate Effectively On-Line

Laura J. Dietz¹, Laura Mufson²
¹*University of Pittsburgh, USA*
²*Columbia University/ New York Psychiatric Institute, USA*

Texting and Social Media Tips for Parent-Child Negotiation in IPT-A

Anne von Lucadou
*University of Freiburg Medical Center, Department of Psychiatry and Psychotherapy for Children and
Adolescents, Germany*

Q & A and General Discussion

13:30-15:00 Mini-Workshop 6 – W8 **Zsolnay Room III.**
Training Jam Session
Workshop Chair: Alexandra Klein Rafaeli

Introduction and Overview

Alexandra Klein Rafaeli
Tel Aviv University, Israel

Speakers

Oguz Omay¹, Heather A. Flynn², Cindy Goodman Stulberg³
¹*Üsküdar University, Istanbul, Turkey*
²*Florida State University, USA*
³*IPT Institute, Toronto, Canada*

13:30-15:00 Individual Oral Presentations 3 **Palace Room**
Chair: Dóra Perczel-Forintos and Adrienne Stauder

**032 Status and Efficacy of Interpersonal Psychotherapy in Mainland China:
A Systematic Review**

Luhan Tang, Fangzhong Xu, Ge Yu
Tongde Hospital of Zhejiang Province (Zhejiang Mental Health Center), Clinical Psychology

055 Dissemination Of Interpersonal Psychotherapy In Turkey

Nalan Öztürk¹, Seda Usubütün², Oğuz Omay³, Gökben Hızlı Sayar³, Nazan Aydın³
¹*Bakırköy Research and Training Hospital for Psychiatry, Neurology and Neurosurgery, Department of
Psychiatry, Istanbul, Turkey*
²*Ufuk University, Department of Psychology, Ankara, Turkey*
³*Üsküdar University, Department of Psychology, Istanbul, Turkey*

054 E-learning Platform to Train Interpersonal Counseling (IPC) at Rio de Janeiro - Brazil

Camila Tanabe Matsuzaka¹, Marcelo Feijó de Mello^{1,2}, Claudio Gruber Mann³, Fatima Virginia Siqueira de Menezes Silva⁴, Maria Jose Fernandes Pereira⁵, Ana Beatriz De Arvellos Espínola⁵, Annika Sweetland⁶

¹Federal University of São Paulo, Department of Psychiatry, São Paulo, Brazil

²School of Medicine, Israelis Hospital Albert Einstein, Department of Psychiatry, São Paulo, Brazil

³Federal University of Rio de Janeiro- UFRJ, Department of Psychiatry, Rio de Janeiro, Brazil

⁴Interdisciplinary research laboratory in Primary Care - RJ Brazil, Primary care, Rio de Janeiro, Brazil

⁵Secretaria Municipal de Saúde de Itaboraí - RJ Brazil, Department of Tuberculosis, Rio de Janeiro, Brazil

⁶Columbia University, Department of Psychiatry, New York, United States

036 The Prospect Model of IPT Across the Lifespan: A Very Scottish Response

Linda Irvine Fitzpatrick¹, Patricia Graham², Debra Bowyer²

¹NHS Lothian, Scotland, NHS, Edinburgh, Scotland

²NHS Lothian, Scotland, Clinical Psychology, Edinburgh, Scotland

15:00-15:30 Coffee Break

15:30-17:00 Mini-Workshop 7 – W9

Internet based IPT; A Blended Format

Workshop Chair: Kosse Jonker

Zsolnay Room I.

Speaker

Th. Michael Van den Boogaard

Parnassia Group the Netherlands, Mood Disorders, The Hague, The Netherlands

15:30-17:00 Symposium 8 – S17

Interpersonal Counselling in Novel Populations in Europe - Evaluation

Symposium Chair: Matthias Schwannauer

Zsolnay Room II.

Introduction and Overview

Matthias Schwannauer

University of Edinburgh, UK

Pilot Mixed-Methods Evaluation of Interpersonal Counselling for Young People with Depressive Symptoms in Non-Specialist Services in Eastern England

Paul Wilkinson¹, Viktoria Cestaro²

¹University of Cambridge, UK

²Norfolk and Suffolk Foundation Trust, UK

Low Intensity Interventions for Antenatal Depression: A feasibility Study of an RCT of Interpersonal Counselling (IPC) Compared to Cognitive Behavioural Therapy (CBT)

Roslyn Law

Anna Freud National Centre for Children and Families, UK

A Randomized Controlled Effectiveness and Feasibility Study of IPC for Treatment of Adolescent Depression in Finnish School Health and Welfare Services

Klaus Ranta

Helsinki University Hospital, Finland

Q & A and General Discussion

15:30-17:00 **Symposium 9 – S7**

Zsolnay Room III.

IPT for PTSD Across the Lifespan and Around the World

Symposium Chair: John C. Markowitz

Introduction and Overview

John C. Markowitz

Columbia University/NYS Psychiatric Institute, USA

IPT for Persons Affected by the Syrian Crisis

Lena Verdeli

Teachers College, Columbia University, USA

IPT for people living in poverty

Marcelo F. Mello

Federal University of São Paulo-Brazil and School of Medicine, Israelis Hospital Albert Einstein, Department of Psychiatry, São Paulo, Brazil

Adapting IPT-A for Adolescents with PTSD

Shayne Ragbeer¹, Laura Mufson²

¹*New York Presbyterian Hospital and Columbia University Medical Center, USA*

²*Columbia University, Vagelos College of Physicians and Surgeons, Columbia University Irving Medical Center and New York State Psychiatric Institute, USA*

An Open Trial of IPT for Veterans and Family Members

Andrea Lopez-Yianilos, John C. Markowitz, Ari Lowell, Alison Pickover,

Amit Lazarov, Shay Arnon, Yuval Neria

Columbia University/NYS Psychiatric Institute, USA

Q & A and General Discussion

15:30-17:00 **Symposium 10 - S12**

Palace Room

Suicidal Behaviour and Clinical IPT Approaches

Symposium Chair: Nuno Carrilho

Introduction and Overview

Nuno Carrilho

Baixo Vouga Hospital Center/Aalborg University Hospital, Portugal/Denmark

Early Trauma, Interpersonal Difficulties and Emotional Dysregulation in a Cohort of Suicidal Men

Emily Taylor¹, Charlotte Lemaigre²

¹*University of Edinburgh/Senior Lecturer in Clinical Psychology, UK*

²*South London and Maudsley NHS Trust, UK*

**Crisis Intervention to Reduce Suicidal Risk and Depressive Symptoms
Based on Interpersonal Psychotherapy**

Liat Haruvi Catalan, Alan Apter, Anat Brunstein Klomek
Schneider Children's medical center of Israel, Israel

Interpersonal Psychotherapy Acute Crisis: Proof of Concept Pilot

Catherine Moar, Claire Bashford, Viki Argent
Psychological Medicine, Royal Infirmary of Edinburgh, NHS Lothian, Scotland, UK

**IPT on Suicide Crisis – Outcomes from 6 Years of Intervention in a
Portuguese Crisis Intervention Team**

Nuno Carrilho, Ana Martins, Salomé Abrantes, Raquel Santose Catarina Silva
Baixo Vouga Hospital Center/Aalborg University Hospital, Portugal/Denmark

Q & A and General Discussion

17.00-17.30 Closing Remarks and Announcement of Poster Session Awards