Course Description

The focus of this course is on the concepts, theory, principles and practice to the assessment and interpersonal psychotherapy of adults and adolescents with mood disorders. The course content reflects advanced material of current relevance for effective and evidence-based clinical social work practice. Specifically, this mini-course will provide updated training in the interpersonal psychotherapy treatment of mood disorders. This course will review diagnostic criteria and assessment, but will mainly focus on clinical skills and will be an interactive seminar type class.

Course Objectives

Upon completion of the course students will be able to:

- Assess and diagnose people with mood disorders
- Understand the impact of various diversity dimensions (e.g. gender, race culture) during the assessment, diagnosis and intervention phases of the work
- Develop and implement evidence-based brief interpersonal psychotherapy interventions targeting mood disorders
- Plan and implement evidence-based interpersonal psychotherapy interventions that are targeting identified focus areas in a culturally sensitive and culturally competent manner
- Incorporate social work values and ethical principles in planning and implementing interpersonal psychotherapy for adults and adolescents with mood disorders.

Course Design and Format

Class format will include presentation of didactic information, case studies and vignettes, small group work, videotapes, role plays and interactive discussions.
Course Requirements and Grading

• Regular attendance and class participation
• Grading: Grade will be satisfactory or unsatisfactory for the course

Course Relationship to Social Work Ethics and Values

Social work ethics and values will be addressed within the course as they pertain to issues related to working with people with mood disorders and their families. The NASW Code of Ethics will be used to give students direction about these ethical issues. Issues specific to interpersonal psychotherapy interventions will be given special attention, such as variations in treatment planning based on an individual’s needs and dysfunction, therapist ethical decision making, as well as the impact of the therapist’s values and reactions to mood symptoms and family interactions. This course will emphasize interpersonal psychotherapy mostly with adults with mood disorders but also discuss and review the implementation of this therapy with adolescents with these disorders within the context of evidence based practice and Social Work ethics and values.

Topics

Day 1  Interpersonal Psychotherapy- Overview of IPT

Initial Phase-Interpersonal Inventory

Choosing focus area- Grief, Role Disputes, Role Transition

Day 2  IPT specific techniques

Termination of treatment

Adaptations of IPT for other treatments

Text


References


Frank, E, Kupfer, D, Thase, M, et. al (2005) Two- year Outcomes for Interpersonal and Social Rhythm Therapy in Individuals With Bipolar Disorder Archives *General Psychiatry/ Vol 62 Sep 2005*