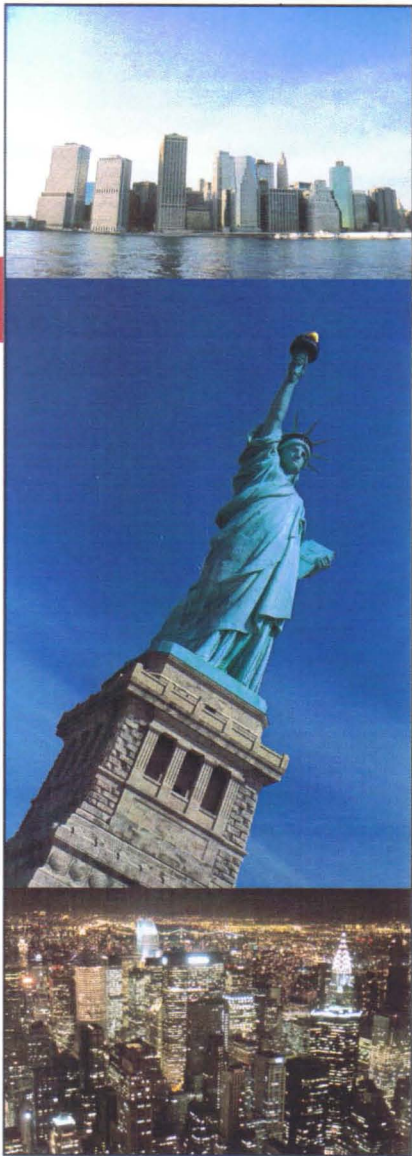


**The International Society for
Interpersonal Psychotherapy (ISIPT)
3rd International Conference**

IPT GLOBAL UPDATE

March 27-29th, 2009

Teachers College Columbia University
New York City



TEACHERS COLLEGE COLUMBIA UNIVERSITY
THE CENTER FOR EDUCATIONAL OUTREACH AND INNOVATION

www.tc.edu/ceoi/ISIPT

CONFERENCE PROGRAM

Day 1: Friday March 27th, 2009

- 7:30am Registration and Continental Breakfast (Horace Mann Hall, Room 138)
- 8:30am Overview of the Day & Introductions (Cowin Center, Horace Mann Hall 147)
Introduction: Lena Verdeli, Ph.D. & Laura Mufson, Ph.D.
Speakers:
Thomas James, Ph.D., Provost and Dean of Teachers College, Columbia University
Jeffrey Lieberman, M.D., Chairman of the Department of Psychiatry, College of Physicians and Surgeons, Columbia University
Allen Zweben, Ph.D., Associate Dean of Academic Affairs and Research, Columbia University School of Social Work
- 8:45am Keynote Symposium: IPT and Attachment (Cowin Center, Horace Mann Hall, Room 147)
Chair: Myrna Weissman, Ph.D.
Keynote Speaker: Peter Fonagy, Ph.D.: Attachment theory, mentalization, and their relationship to IPT.
New Directions in IPT and Attachment Research:
Andrew Gerber, M.D., Ph.D.: The neural basis of relationship prototypes: A neuroimaging approach to studying the mechanisms of attachment and IPT.
Paula Ravitz, M.D.: Changes in self-reported attachment and Interpersonal problems in depressed adults treated with IPT.
- 10:45am Refreshment Break
- 11:00am Symposium II: IPT for Mothers and Children (Cowin Center, Horace Mann Hall 147)
Chair: Margaret, R. Spinelli, M.D.
Speakers:
Nancy Grote, Ph.D.: Impact of maternal childhood abuse and neglect on the outcomes of a perinatal depression trial.
Rebecca Reay, O.T.: 2-year outcomes of a randomized controlled trial of IPT-G for postnatal depression.
Holly Swartz, M.D.: Brief IPT for depressed mothers whose children are receiving psychiatric treatment.
Sheree Toth, Ph.D.: IPT for low-income mothers.
Discussant: Scott Stuart, M.D.
- 12:30pm Lunch
- 1:30pm Symposium III: Mediators and Moderators in IPT (Cowin Center, Horace Mann Hall 147)
Chair: Ellen Frank, Ph.D.
Speakers:
Meredith Gunlicks-Stoessel, Ph.D.: The Impact of Interpersonal Functioning on Treatment for Adolescent Depression: IPT-A versus Treatment as Usual in School-Based Health Clinics.
Jami Young, Ph.D.: IPT- Adolescent Skills Training (IPT-AST): Examining parent-

child conflict as a mediator and moderator of depression outcome.

Elisabeth Schramm, Ph.D.: Differential effects of early trauma in depression and of comorbid depression in social phobia on the outcome of IPT.

Ellen Frank, Ph.D.: Are there differential moderators of IPT and SSRI response in unipolar depression?

Discussant: **John Markowitz, M.D.**

3:00pm Refreshment Break

3:15pm Symposium IV: Training in evidence-based psychotherapy across the disciplines (Cowin Center, Horace Mann Hall 147)

Chair: **Roslyn Law, Ph.D.**

Social Work:

M. Katherine Shear, M.D.

Joan Zlotnik, Ph.D.: Essential partnerships for evidence-based social work practice.

Psychology:

Steve Hollon, Ph.D.: Training in the cognitive and behavior therapies.

Laura Mufson, Ph.D.: IPT training and dissemination in academic and community psychology settings.

Psychiatry:

Jonathan Lichtmacher, M.D.: The Integral Role of IPT in Psychotherapy Training in Residency.

Marc Blom, M.D.: Training psychiatrists and residents in IPT: what makes it easy and sometimes difficult.

Discussant: **Jeanne Miranda, Ph.D.**

5:15pm- Business Meeting (Cowin Center, Horace Mann Hall 147)

7:15pm *All ISIPT members are welcome to attend*

8:00pm Social Event: Molyvos

871 Seventh Avenue, New York, NY (between 55th and 56th streets)

Day 2: Saturday March 28th, 2009

7:30am Registration and Continental Breakfast (Horace Mann Hall, Room 138)

8:30am Overview of the Day (Cowin Center, Horace Mann Hall 147)

Laura Mufson, Ph.D.

8:45am Keynote Address (Cowin Center, Horace Mann Hall 147)

Introductory Remarks: **Lena Verdelli, Ph.D.**

Vikram Patel, M.D., Ph.D.: The Process of Scaling Up Services for Mental Disorders in Developing Countries.

9:45am Refreshment Break

10:00am Symposium V: Global Update – Cultural Adaptations and Training (Cowin Center, Horace Mann Hall 147)

Chair: **Myrna Weissman, Ph.D.**

Introduction: **Myrna Weissman, Ph.D.:** The International Paradox of Evidence Based Psychotherapy.

Cultural Adaptations:

Africa:

Lincoln Ndogoni, M.A.: Utilizing local non mental health staff to provide IPT groups in low resource settings: experience from Kenya.

USA (Hispanic Population):

Carlos Blanco, M.D., Ph.D.: Adaption of IPT for Depressed Hispanics: Theory and Practice.

Training:

Canada:

Paula Ravitz, M.D. KTP of IPT: Report from Canada.

U.K.:

Roslyn Law, Ph.D.: The journey through supervision in IPT.

Discussant: Lena Verdelli, Ph.D.

12:30pm Lunch

1:30pm Symposium VI: Global Update – International Research and Dissemination (Cowin Center, Horace Mann Hall 147)

Chair: Kathleen Clougherty, M.S.W.

Dissemination:

Africa:

Lincoln Ndogoni, M.A.: Dissemination of IPT research findings among community psychosocial staff in Africa : outcomes and challenges

Canada:

Gayle Read, M.S.W.: Health Policy Dissemination of IPT-A within the British Columbia Community Mental Health Program.

International Research:

India:

Neerja Chowdhary, M.D.: Adapting IPT for routine primary care in Goa, India: the Manas model.

Italy:

Marco Menchetti, M.D.: Interpersonal counseling vs SSRI for major depression in primary care: a multicenter randomized controlled trial.

Japan:

Hiroko Mizushima, M.D., Ph.D.: An open pilot study of IPT for bulimia nervosa in Japan.

Spain:

José Solé-Puig, M.D.: IPT in Spain.

Discussant: Rebecca Reay, O.T.

3:00pm Refreshment Break

3:15pm Symposium VII: New Adaptations (Cowin Center, Horace Mann Hall 147)

Chair: Holly Swartz, M.D.

Laura Dietz, Ph.D.: Family based IPT (FB-IPT) for depressed preadolescents: An open treatment trial.

Stefanie Hlastala, Ph.D.: Interpersonal and Social Rhythm Therapy for adolescents with bipolar spectrum disorders (IPSRT-A): Results from an open trial.

Jennifer Johnson, Ph.D.: Group IPT for women prisoners with comorbid substance use and depression: Interim results.

Nancy Talbot, Ph.D.: IPT for depressed women with trauma histories in community mental health care.

Ellen, L. Poleshuck, Ph.D.: IPT for women with comorbid depression and chronic pain.

Discussant: **Denise Wilfley, Ph.D.**

5:15pm Klerman Award Presentation (Cowin Center, Horace Mann Hall 147)
Myrna Weissman, Ph.D.

5:30pm Poster Session / Wine and Cheese Reception (Cafeteria, Grace Dodge Hall)

Diane Allaire, Ph.D.: Influence of IPT for depression on readiness to return to work.

Jon Arcelus, M.D., Ph.D.: An adaptation of IPT for the treatment of bulimic eating disorders: The IPT Leicester model (IPT-L).

Rosaly Braga, M.Sc.: Group IPT adapted to posttraumatic stress disorder as an augmentation treatment.

Johan Brouwers, M.D.: IPT-parents group "effective for depressed parents of children with psychiatric disorders"

Elizabeth R. Didie, Ph.D.: A pilot study of IPT for Body Dysmorphic Disorder.

Heather A. Flynn, Ph.D.: Infant outcomes associated remitted versus un-remitted perinatal depression with IPT treatment, anti-depressant medication, or both.

Stephanie Gamble, Ph.D.: IPT for women with co-occurring alcohol dependence and major depression.

Alison M. Gilbert, Ph.D.: Developing guidelines for admission to intensive outpatient treatment for bipolar disorder and borderline personality disorder.

Tina Goldstein, Ph.D.: Pilot study of preventive Interpersonal Social Rhythm Therapy for adolescents (IPSRT-A): Early intervention for youth at high risk for the development of bipolar disorder.

Neil Hines, M.D.: IPT in the treatment of combat-associated posttraumatic stress disorder in global war on terrorism (GWOT) veterans.

Maree Inder, B.H.Sc.: It wouldn't be me if I didn't have bipolar: Extending IPSRT to facilitate increased acceptance of bipolar disorder.

Colleen Jacobson, Ph.D.: IPT for depressed and self-injuring adolescents: A pilot study.

Jessica Keith, M.A.: Models of evaluating treatment for depression in developing countries: The case of group IPT in rural southwestern Uganda.

Morgen Kelly, Ph.D.: A preliminary investigation of the putative mechanism of IPT

Angeliki Leonardou, M.D.: IPT: A useful intervention for the treatment of perinatal depression.

Jessica Levenson, B.A.: Comparative outcomes among the problem areas of IPT for depression.

Gerald Leventhal, Ph.D.: Teaching IPT for psychiatry residents: Preliminary findings from an evaluation and outcome assessment study of an IPT didactic seminar.

Catherine Maihoefer, L.P.C.: Group Interpersonal and Social Rhythm Therapy in a community setting.

Larissa Maley, M.A.: Group IPT-A: Perceived barriers to implementation in school based clinics.

Elisabeth Schramm, Ph.D.: Factors influencing the outcome of Interpersonal Psychotherapy for depressed inpatients: Analysis of the mechanisms of change.

Fernando Silva, Psy.D.: Interpersonal problems and characteristics of depression in chronic kidney disease patients.

Vijay Sinh, M.A.: Patterns of symptom improvement among depressed adolescents in school based clinics treated with IPT Adolescent Skills Training (IPT-AST).

Mirai So, M.D.: Case series of IPT for the medication resistant depressed patients in Japan.

Areti C. Spyropoulou, M.D.: Notes on the use of IPT for menopausal depression in Athens, Greece.

Paula Stoessel, Ph.D.: Teaching psychiatry residents psychotherapy: The UCLA IPT clinic experience.

Holly Swartz, M.D.: Interpersonal and Social Rhythm Therapy for the management of bipolar II depression: preliminary data.

John Van Slyke, M.D.: A pilot randomized clinical trial of Group IPT in the treatment of depression and anxiety in head and neck cancer patients.

Bogna Szymkiewicz, Ph.D.: Wounded states of consciousness: hurt feelings in the inner experience and outer interactions.

Lena Verdelli, Ph.D.: IPT as a preventive intervention for symptomatic adolescent children of bipolar parents.

Kaitly Volpe, M.A.: Brief IPT-A in a primary care setting: Preliminary outcomes and experiences.

Erin Ward, M.A., M.S.W.: Recruitment and retention strategies for a clinical trial of Interpersonal Psychotherapy in a community mental health center.

8:00pm Faculty Dinner

Gabriel's Bar and Restaurant, 11 W 60th New York, NY 10023

Day 3: March 29, 2009

8:00am Registration and Continental Breakfast (Horace Mann Hall, Room 138)

9:00am Parallel Interactive "Ask the Experts" Sessions

IPT for Adolescents: **Jami Young, Ph.D.** (Horace Mann Hall, Room 436)

IPT for Bipolar Disorder: **Ellen Frank, Ph.D.** (Horace Mann Hall, Room 433)

IPT for Eating Disorders: **Denise Wilfley, Ph.D.** (Horace Mann Hall, Room 432)

IPT for Elderly: **Mark Miller, M.D.:** Using IPT for cognitive impairment (IPT- ci) in role disputes with executive dysfunction. (Horace Mann Hall, Room 431)

IPT for Groups: **Kathleen Clougherty, M.S.W.** (Horace Mann Hall, Room 424)

IPT for Postpartum Depression: **Rebecca Reay, O.T.** (Thompson Hall, Room 422)

IPT for Trauma: **Janice Krupnick, Ph.D.** (Thompson Hall, Room 323A)
History and Theoretical Basis of IPT: **Myrna Weissman, Ph.D.** (TC M.A. Students) (Cowin Center, Horace Mann Hall 147)

10:30am Refreshment Break

10:45am Rapid Communications Sessions A & B

Rapid Communications Session A (Thompson Hall, Room 229)

Chair: **Rebecca Reay, O.T.**

Bridget Bailey, B.A.: Acute IPT for Major Depressive Disorder: Predictors of specificity.

Janet Carter, Ph.D.: Patient psychotherapy process in Cognitive Behavioral Therapy (CBT) and IPT for depression.

Marie Crowe, Ph.D.: Patient contribution to the psychotherapy process: A qualitative analysis.

Jill Cyranowski, Ph.D.: Metabolic, neuroendocrine, and immune function in depressed outpatients treated with IPT, antidepressants, or their combination.

Fredrik Falkenström, M.A.: Randomized comparison of IPT and Brief Relational Therapy.

Lecina Fernández, Ph.D.: IPT for families of adolescents with eating disorders.

Carlos Góis, M.D.: IPT and antidepressants in major depression in diabetes type 2 patients.

○ **Rapid Communications Session B** (Grace Dodge Hall, Room 179)

Chair: Marc Blom, M.D.

Janice Krupnick, Ph.D.: Group IPT plus coping skills: An intervention for low-income women with PTSD and/or depression following interpersonal trauma exposure.

Richard Neugebauer, Ph.D.: Effectiveness of group IPT for depression in reducing conduct problems among adolescent survivors of the war in northern Uganda.

Frenk Peeters, M.D., Ph.D.: The effectiveness of IPT for depression in a routine clinical setting.

Elisabeth Schramm, Ph.D.: IPT in chronic depression: a comparison with the Cognitive Behavioral Analysis System of Psychotherapy and with pharmacotherapy.

Matthias Schwannauer, Ph.D.: IPT for groups of adolescents with recurrent mood disorder – clinical development and results from a pilot trial.

Thomas Ström, M.Sc.: Training process in IPT.

Marian Tanofsky-Kraff, Ph.D.: Adapting IPT for the prevention of excess weight gain in adolescent girls at high-risk for adult obesity.

12:15pm-1pm Lunch

Workshops (March 29, 2009)

9am-4pm **Introductory IPT Workshop (Full Day)** (Cowin Center, Horace Mann Hall 147)
Roslyn Law, Ph.D., John Markowitz, M.D., and Paula Ravitz, M.D.
(in addition to lunch, there will be two 15 minute refreshment breaks, at 10:30am and 2:30pm)

12:15pm-1pm Lunch

1pm-4pm **Half Day Workshops** (there will be a 15 minute refreshment break at 2:30pm)
IPT for Adolescent Depression: **Laura Mufson, Ph.D.** (Horace Mann Hall, Room 436)
IPT for Bipolar Disorder: **Ellen Frank, Ph.D.** (Horace Mann Hall, Room 433)
IPT in Developing Countries: **Kathleen Clougherty, M.S.W., Lincoln Ndogoni, M.A., and Richard Neugebauer, Ph.D.** (Horace Mann Hall, Room 432)
IPT for Eating Disorders: **Denise Wilfley, Ph.D.** (Horace Mann Hall, Room 431)

IPT for Geriatric Depression: **Greg Hinrichsen, Ph.D.** and **Mark Miller, M.D.**
(Horace Mann Hall, Room 424) 323-A

IPT for Pregnancy and Postpartum Depression: **Scott Stuart, M.D.**
(Thompson Hall, Room 422)

IPT for PTSD: **John Markowitz, M.D.** (Thompson Hall, Room 423A) 431

IPT training tools: **Simon Patry, M.D.** (Grace Dodge Hall, Room 177)

How to use role-play in IPT: **Pim van Dun, M.Sc.** and **Isabel Elfferich M.Sc.**
(Thompson Hall, Room 227)

The following introductory-level workshops are offered to Teachers College MA students:

IPT for Adolescent Depression: **Meredith Gunlicks-Stoessel, Ph.D.** (Thompson Hall, Room 229)

IPT in Developing Countries: **Paul Bolton, M.D.**, **Liesbeth Speelman, M.A.** and **Lena Verdelli, Ph.D.** (Grace Dodge Hall, Room 179)