

Interpersonal Psychotherapy (IPT) for PTSD

Speaker:

Dr. John Markowitz, M.D.

Professor, Clinical Psychiatry at Columbia University
Research Psychiatrist, New York State Psychiatric Institute
Clinical Director, The Institute for the Study and Treatment of Loss



Interpersonal psychotherapy (IPT) is an empirically validated treatment for mood disorders, which has been increasingly applied to other disorders, including Posttraumatic Stress Disorder (PTSD).

John Markowitz, M.D. and colleagues at Columbia University/New York State Psychiatric Institute in New York recently conducted a randomized controlled clinical trial comparing Interpersonal Psychotherapy (IPT), a time-limited non-exposure treatment, to Prolonged Exposure, the best tested of the exposure therapies, and to Relaxation Therapy. IPT focuses on emotions and their utility as signals for handling relationships, not on reconstructing past traumas. The study found IPT had comparable results to Prolonged Exposure in reducing PTSD symptoms on the Clinician-Administered PTSD Scale (CAPS). Patients with comorbid depression were more likely to drop out of Prolonged Exposure than IPT. IPT had non-significantly higher response and lower attrition rates, and patients preferred it to the other therapies. Dr. Markowitz will conduct a daylong workshop to provide a clinical orientation to IPT for PTSD.

Date and Time

Thursday, October 27, 2016
8:30AM – 4:30PM

Learning Objectives:

At the end of this workshop:

1. Participants will understand the basic principles of Interpersonal Psychotherapy (IPT) with Depression;
2. Participants will appreciate the interpersonal and attachment aspects of PTSD as an alternative to the fear-extinction model of the disorder;
3. Participants will understand the application of IPT to the treatment of PTSD and other diagnosis.

Target Audience

This workshop is appropriate for Psychiatrists, Physicians, Psychologists, Psychotherapists, Nurses, Occupational Therapists, Social Workers, and all other Mental Health Care Professionals, and Students in all related disciplines.

Location

The Royal
Associates in Psychiatry Auditorium
1145 Carling Avenue, Ottawa

Cost

Regular Rate: \$150, Student Rate: \$110

**Lunch and snacks will be provided.*

Registration

<https://www.regonline.com/OSI2016>

For more information, please contact Amy Quinn at amy.quinn@theroyal.ca or 613.722.6521, ext 6570.

Or visit www.theroyal.ca/mental-health-centre/education-and-conferences/