

# IPT for Adolescents with Depression (IPT-A)

## Programme:

### Day 1

Morning: Overview of IPT/IPT-A; Theoretical Origins and Evidence Base; Narrative Perspective & Storytelling

Afternoon: Formulation, Selecting a focus; Selecting cases

### Day 2

Morning: IPT-A Assessment: Diagnosis, Psychoeducation, Timeline and Sick Role

Afternoon: Therapeutic Relationship in IPT-A; Interpersonal assessment; Goals setting and contracting

### Day 3

Morning: Moving to middle phase: Symptom review, Role Transitions

Afternoon: Working with Communication; Role Disputes

### Day 4

Morning: Working with Affect; Grief

Afternoon: Decision Analysis; Role Play; Working with parents/carers Sensitivity/Deficits

### Day 5

Morning: IPT-A and medication; Endings in IPT ; Maintenance

Afternoon: IPT-A supervision and accreditation

### Day 6

Review and translating theory into practice