

Interpersonal therapy



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Interpersonal therapy



aim

To help with interpersonal problems
To help with symptoms

features

Brief or time-limited
High contact
Structured
Follows a manual



origins

- Developed by Gerald Klerman & Myrna Weisman

Inspired by :

- CBT
- Psychodynamic interpersonal





Theory behind IPT..



- Depression is an illness
- *(pt is given a sick role and is excused from self blame)*
- Mood and life situations are related
- *(pt's mood is affected because of disturbing life event)*
- Life event: Grief, role dispute, role transition, interpersonal deficits or sensitivity
- Thus the task of IPT s to resolve the life event by use of social skills and organising life → mood will improve.



Structure.



- Total of 12-16 sessions only.
- BEGINNING (1-3 sessions): diagnosis, quantify, script
- MIDDLE (6-10 sessions): Acknowledge, Aware & Address; Encourage efficient expressions; increase interpersonal independence and skills
- END (3 sessions) : start remind about end, review progress made

Life events



Role disputes

- Can be overt or covert
- Hostile conflict
- Betrayal
- Disappointment
- Inhibited conflicts

- Stages in conflicts:
- Negotiation, Impasse, dissolution

Role transition

- Situational, relationships, illness related role transition, illness related, post event role transition

Grief.