



10th CONFERENCE OF THE INTERNATIONAL SOCIETY OF INTERPERSONAL PSYCHOTHERAPY

13th to 15th March 2024 | Crowne Plaza, Newcastle upon Tyne, UK

IPT in a Changing World



DETAILED PROGRAMME



INTERNATIONAL
SOCIETY OF
INTERPERSONAL
PSYCHOTHERAPY



Interpersonal Psychotherapy



Cumbria, Northumberland,
Tyne and Wear
NHS Foundation Trust

DETAILED PROGRAMME

CONFERENCE DAY 1 – WEDNESDAY, 13 MARCH 2024

08:45 - 09:00 President's Opening Remarks *Main Hall*

09:00 - 09:45 Nancy Grote Memorial Lecture *Main Hall*

Introductory Remarks: Holly Swartz
Benjamin L. Hankin
University of Illinois at Urbana-Champaign, Champaign, USA

09:45 - 10:15 Coffee Break

10:15 - 11:45 Symposium 1 *Main Hall*

IPT for perinatal disorders - clinical innovations from around the globe
Symposium Chair: Sharon Ben Rafael

Introduction and Overview

Sharon Ben Rafael
Tel Aviv University, Israel

A clinical account of a group for mothers and babies integrating IPT with early attachment work

Angela Wood
Greater Manchester Mental Health NHS Trust, Manchester, United Kingdom

A course of IPSRT in a woman with pre-existing bipolar disorder

Sue Luty
South Island Regional Perinatal Psychiatry Service, Christchurch, New Zealand

Clinical formulation for integrating IPT with Behavioral Therapy for complex perinatal disorders

Sharon Ben Rafael
Tel Aviv University, Israel

Randomized controlled trial of online IPT-G for mothers with PPD

Vivian Polak
McMaster University, Ontario, Canada

Q&A

10:15 - 11:45 Papers 1 *Locomotion Suite, Room 1*

Group Applications of IPT

Chair: Kathryn Lovero

Group Interpersonal Psychotherapy for Generalized Anxiety Disorder (IPT-G-GAD) in China: Development and Adaption

Yan Li Luo¹, Xia Sun¹, Lujia Zhang², Yan Pan¹, Kaiji Ni¹, Chenfeng Ji¹, Qian Zhou¹, Scott Stuart³

¹*Renji Hospital, Shanghai Jiao Tong University School of Medicine, China*

²*Shanghai Tongchuang Future Psychiatric Clinic Co., Ltd, Shanghai, China*

³*University of Southern California, Los Angeles, California, USA, USA IPT Institute, USA*

Implementation of group Interpersonal Therapy to treat depression in People Living with HIV: A first evaluation of IPT dissemination in West Africa

Charlotte Bernard¹, Salaheddine Ziadeh^{2,3}, Judicaël Malick Tine⁴, Hawa Abou Lam¹, Héléne Font¹, Ibrahima Ndiaye⁵, Ndeye Fatou Ngom⁶, Véronique Petit⁷, Antoine Jaquet¹, Nathalie de Rekeneire⁸, Moussa Seydi⁴

¹*University of Bordeaux, National Institute for Health and Medical Research, Bordeaux, France*

²*Global Mental Health Lab, Teachers College, Columbia University, New York, USA*

³Faculté de Santé Publique, Université Libanaise, Sidon, Lebanon

⁴Service des Maladies Infectieuses et Tropicales, CHNU de Fann, Dakar, Senegal

⁵Service de Psychiatrie, CHNU de Fann, Dakar, Senegal

⁶Centre de Traitement Ambulatoire, CHNU de Fann, Dakar, Senegal

⁷UMR 196 CEPED (Centre Population et Développement), Université Paris Cité- Institut de Recherche pour le Développement (IRD), France

⁸Institut Pasteur du Cambodge, Phnom Penh, Cambodia

Development and Evaluation of an Interpersonal Psychotherapy Group Program for Patients with Cancer and Comorbid Depression: A Study Protocol

Ebba Laing^{1,2}, Rita Maria Acebo de Arriba^{1,2}, Norbert Schäffeler^{1,2}, Stephan Zipfel, Andreas Stengel^{1,2,3}, Johanna Graf^{1,2}

¹Department of Psychosomatic Medicine and Psychotherapy, University Hospital Tuebingen, Tuebingen, Germany

²Comprehensive Cancer Center Tuebingen-Stuttgart, University Hospital Tuebingen, Tuebingen, Germany

³Charité Center for Internal Medicine and Dermatology, Department for Psychosomatic Medicine, Charité-Universitätsmedizin Berlin, Corporate Member of Freie Universität Berlin, Humboldt-Universität zu Berlin and Berlin Institute of Health, 10117 Berlin, Germany

Adaptation and Pilot Implementation of Group Interpersonal Therapy for Adolescents in Mozambican Primary Care Clinics

Kathryn Lovero¹, Salma Adam², Carolina Bila², Maria Eduarda Fernandes², Teresa Rodrigues², Thays Mello³, Camila Matsuzaka³, Kathleen Clougherty⁴, Palmira Fortunato dos Santos⁵, Milton Wainberg⁶, Laura Mufson⁶

¹Columbia University Mailman School of Public Health, USA

²Department of Mental Health, Ministry of Health, Mozambique

³Federal University of Sao Paulo, Brazil

⁴Teachers College, Columbia University, USA

⁵National Institute of Health, Mozambique

⁶Columbia University, USA

10:15 - 11:45

Symposium 2

Locomotion Suite, Room 2

IPT and IPC Interventions for College and University Students

Symposium Chairs: Leslie Miller and Alexandra Klein Rafaeli

Introduction and Overview

Alexandra Klein Rafaeli¹, Leslie Miller²

¹Ben Gurion University, Israel

²Johns Hopkins University School of Medicine, Baltimore, USA

Interpersonal Counseling for University Counseling Centers (IPC-C)

Leslie Miller¹, Alexandra Klein Rafaeli², Sandra Yuen³, Janine Omran³, Lilach Halevi³, Paula Ravitz³

¹Johns Hopkins University School of Medicine, Baltimore, USA

²Ben Gurion University, Israel

³University of Toronto, Canada

Interpersonal Psychotherapy for College Students (IPT-CS): Feasibility, Acceptability, and Effectiveness of Group Modality

Sarah Broner, Colleen Conley¹, Maya Hareli¹, Leslie Miller², Alexandra Klein Rafaeli³

¹Loyola University Chicago, USA

²Johns Hopkins University School of Medicine, USA

³Ben Gurion University, Israel

IPT Groups for Emerging Adults: Clinical Impressions

Alexandra Klein Rafaeli¹, Dan Hay^{2,1}, Shahar Rosalis², Uriel Krauss¹

¹Ben Gurion University, Israel

²Bar Ilan University, Israel

IPT and IPC for college students in Iraq

Parveen Jabal¹, Helena Verdelli², Srishti Sardana³

¹Charmo University, Iraq

²Teachers College, Columbia University, USA

³Johns Hopkins University, USA

Discussant

Paula Ravitz
University of Toronto, Canada

Q&A

10:15 - 11:45 **Papers 2** *Locomotion Suite, Room 3*

Analysis of relationships in IPT, training opportunities and clinical reflections

Chair: Malin Bäck

Linking current mood and current life events together - A Qualitative Analysis of Therapeutic Co-Creation in Interpersonal Psychotherapy

Malin Bäck
Linköping University, Sweden

Using interpersonal psychotherapy to address heart-mind problems among adolescents in Nepal: clinical reflections on challenges and opportunities

Indira Pradhan¹, Pragma Shrestha¹, Nagendra Prasad Luitel¹, Helena Verdelli², Kelly Rose-Clarke³

¹*Transcultural Psychosocial Organization Nepal, Nepal*

²*Teachers College, Columbia University, USA*

³*Kings College London, United Kingdom*

Use of competency-based training for lay helpers to deliver group interpersonal psychotherapy in Nepal

Pragma Shrestha¹, Indira Pradhan¹, Nagendra Prasad Luitel¹, Kelly Rose-Clarke², Parbati Pandey¹, Helena Verdelli³

¹*Transcultural Psychosocial Organization (TPO) Nepal, Nepal*

²*King's College London, United Kingdom*

³*Teachers College, Columbia University, USA*

Training Program Evidence-Based Psychotherapy Requirements: Findings from a Multidisciplinary United States Survey

Luis Flores¹, Danielle Novick², Kelsey Bonfils³, Sarah Bledsoe⁴, Talia van der Vyver¹, Meredith Spada⁵, John Markowitz⁶, Laura Mufson^{6,7}, Myrna Weissman^{6,7}

¹*Queen's University, Canada*

²*VA Pittsburgh Healthcare System, USA*

³*University of Southern Mississippi, USA*

⁴*University of North Carolina at Chapel Hill, USA*

⁵*University of Pittsburgh, USA*

⁶*Columbia University, USA*

⁷*New York State Psychiatric Institute, USA*

11:45 - 12:45 **Lunch Break**

12:00 - 12:45 **Poster Presentations** *Main Hall*

12:45 - 13:45 **Keynote Lecture** *Main Hall*

Introductory Remarks: Laura Dietz

Interpersonal Psychotherapy for Adolescent Depression (IPT-A) and its adaptations: Expanding Access to Evidence-based Care

Laura Mufson
Columbia University, USA
New York State Psychiatric Institute, USA

13:45 - 15:15 **Symposium 3** *Main Hall*

Telehealth-Delivered Group IPT-AST for Adolescents: Quantitative and Qualitative Findings

Symposium Chair: Jami Young

Introduction

Jami Young
Children's Hospital of Philadelphia, USA

Telehealth Delivered IPT-AST: Short-Term Outcomes from the School Adolescent Mood Project

Jami Young^{1,2}, Jason Jones^{1,2}, Molly Davis^{1,2}, Karen Schwartz¹, Amy So³, Gillian Dysart¹, Rebecca Kanine⁴, Jane Gillham⁵, Bob Gallop⁶

¹*Children's Hospital of Philadelphia, USA*

²*University of Pennsylvania Perelman School of Medicine, USA*

³*Montclair State University, USA*

⁴*Lurie Children's Hospital, USA*

⁵*Swarthmore College, USA*

⁶*West Chester University, USA*

Brief IPT-AST Delivered via Telehealth for Adolescents with Polycystic Ovary Syndrome

Lauren Gulley^{1,2,3}, Maggie Kaiser¹, Lauren Shomaker^{1,2,3}, Melanie Cree^{2,3}, Eliza Buyers²

¹*Colorado State University, USA*

²*University of Colorado Anschutz, USA*

³*Children's Hospital Colorado, USA*

Qualitative Feedback on Telehealth-Delivered Versions of Interpersonal Psychotherapy – Adolescent Skills Training

Molly Davis^{1,2}, Lauren Gulley^{3,4}, Jami Young^{1,2}, Amy So⁵, Talia Thompson⁴, Maggie Kaiser³, Courtney Benjamin Wolk²

¹*Children's Hospital of Philadelphia, USA*

²*University of Pennsylvania, USA*

³*Colorado State University, USA*

⁴*University of Colorado School of Medicine, USA*

⁵*Montclair State University, USA*

Q&A

13:45 - 15:15

Workshop 1

Locomotion Suite, Room 1

Clinical Perspectives on using IPT versus Exposure Therapies when working with Perinatal Trauma

Workshop Chair: Katherine Ferdenzi

Introduction to Perinatal Trauma

Katherine Ferdenzi
Independent Practice, United Kingdom

Review of the UK IAPT/NICE/Perinatal Guidelines

Hannah Lehrain
Avon and Wiltshire Mental Health Partnership NHS Trust, United Kingdom

EMDR and Exposure Therapies for Perinatal Trauma

Hannah Lehrain
Avon and Wiltshire Mental Health Partnership NHS Trust, United Kingdom

How and why IPT might work for Perinatal Trauma

Katherine Ferdenzi
Independent Practice, United Kingdom

Case Studies / Small Group Discussions

Katherine Ferdenzi¹, Hannah Lehrain²
¹*Independent Practice, United Kingdom*
²*Avon and Wiltshire Mental Health Partnership NHS Trust, United Kingdom*

Small Group Feedback

Katherine Ferdenzi¹, Hannah Lehrain²
¹*Independent Practice, United Kingdom*
²*Avon and Wiltshire Mental Health Partnership NHS Trust, United Kingdom*

General Discussion

13:45 - 15:15 **Workshop 2**

Locomotion Suite, Room 2

Considering the needs of significant others in the IPT treatment to improve treatment outcome

Workshop Chair: Elisabeth Schramm

Introduction, background and overview

Elisabeth Schramm

Department of Psychiatry and Psychotherapy Medical Center - University of Freiburg, Faculty of Medicine University of Freiburg, Freiburg, Germany

Main stressful topics of relatives of depressed patients

Nadine Zehender

Department of Psychiatry and Psychotherapy Medical Center - University of Freiburg, Faculty of Medicine University of Freiburg, Freiburg, Germany

Q&A

Demonstrate IPT principles and strategies in the work with relatives

Elisabeth Schramm

Department of Psychiatry and Psychotherapy Medical Center - University of Freiburg, Faculty of Medicine University of Freiburg, Freiburg, Germany

Exercise for participants

Elisabeth Schramm¹, Nadine Zehender¹

¹*Department of Psychiatry and Psychotherapy Medical Center - University of Freiburg, Faculty of Medicine University of Freiburg, Freiburg, Germany*

Q&A

Illustrate case examples supporting relatives in dealing with the patient's depressive symptoms

Nadine Zehender

Department of Psychiatry and Psychotherapy Medical Center - University of Freiburg, Faculty of Medicine University of Freiburg, Freiburg, Germany

General Discussion

13:45 - 15:15 **Workshop 3**

Locomotion Suite, Room 3

Shaping IPT for people with long term health conditions

Workshop Chair: Catherine O'Leary

Introduction and overview

Catherine O'Leary

Cardiff and Vale University Health Board, Cardiff, United Kingdom

IPT Assessment and formulation in people with chronic illness

Susanna Moss

Cardiff and Vale University Health Board, Cardiff, United Kingdom

Group discussion

Adapting the IPT model when working in physical health settings

Catherine O'Leary

Cardiff and Vale University Health Board, Cardiff, United Kingdom

Group discussion

15:15 - 15:45 **Coffee Break**

15:45 - 17:15 **Symposium 4**

Main Hall

Interpersonal Counseling (IPC) as Delivered by Community Based Providers in Under-resourced Areas in Mozambique, New York City, and Pittsburgh,

Pennsylvania

Symposium Chair: Laura Dietz

Introduction and Overview

Laura Dietz
University of Pittsburgh, USA

Acceptability, Adherence, and Feasibility of Implementing Task-Shifted Delivery of Interpersonal Counseling in Mozambique

Saida Khan¹, Jennifer Mootz², Milton Wainberg², Marcelo Mello³
¹*Mozambique Ministry of Health, Mozambique*
²*Columbia University, USA*
³*Albert Einstein Israelis Hospital, Brazil*

Q&A

Interpersonal Counseling (IPC) as Delivered by Community Based Providers in Under-resourced Areas in Mozambique, New York City, and Pittsburgh, Pennsylvania: IPC in New York City

Sarah Chiao¹, Jennifer Mootz^{2,3}, Sheetal Kirpekar³, Annika Sweetland^{2,3}, Miriam Tepper^{2,3}, Milton Wainberg^{2,3}
¹*New York State Psychiatric Institute, USA*
²*Columbia University, USA*
³*New York State Psychiatric Institute, USA*

Q&A

TRIBUTE: IPC for Bereavement in Black Churches in Pittsburgh

Quiana Golphin¹, Laura Dietz¹, Jonathon Counts², Khavah Murray³
¹*University of Pittsburgh, USA*
²*Spottswood AME Zion Church, USA*
³*Primary Care Health Services, Inc., USA*

Q&A

General Discussion

Jennifer Mootz
²*Columbia University, USA*
³*New York State Psychiatric Institute, USA*

15:45 - 17:15

Workshop 4

Locomotion Suite, Room 1

Identifying Loneliness using the Interpersonal Inventory and Working Through Shame

Workshop Chair: Patricia Owens

Introductions

Patricia Owens¹, Debbie Woodward²
¹*South Wales IPT Training Centre, United Kingdom*
²*SWIPTTC, Cardiff, United Kingdom*

Psycho-biology of Loneliness

Patricia Owens
South Wales IPT Training Centre, United Kingdom

Q&A

Identifying loneliness using clinical tools and considering Interpersonal Inventory

Patricia Owens¹, Debbie Woodward²
¹*South Wales IPT Training Centre, United Kingdom*
²*SWIPTTC, Cardiff, United Kingdom*

Q&A

How to work with shame and loneliness stigma using IPT

Patricia Owens¹, Debbie Woodward²

¹South Wales IPT Training Centre, United Kingdom

²SWIPTTC, Cardiff, United Kingdom

Q&A

General Discussion

15:45 - 17:15

Symposium 5

Locomotion Suite, Room 2

Cultural Adaptations in IPT-A

Symposium Chair: Laura Mufson

Introduction and Overview

Laura Mufson

Columbia University and New York State Psychiatric Institute, USA

An IPT-A Case from Hong Kong

Janet TK Lam¹, Joseph Chung²

¹Castle Peak Hospital, Hong Kong, China

²University of Hong Kong, Hong Kong, China

Group IPT-A for Complex PTSD designed and delivered for a Chilean population

Emily Taylor

University of Edinburgh, Edinburgh, United Kingdom

IPT-A at a Time of War

Anat Brunstein Klomek

School of Psychology, Interdisciplinary Center (IDC), Reichman University, Herzliya, Israel

Discussion

Laura Mufson¹, Gabrielle Anderson², Leslie Miller³, Christie Schueler⁴

¹Columbia University and New York State Psychiatric Institute, USA

²University of California, San Francisco, San Francisco, USA

³Johns Hopkins University School of Medicine, Baltimore, MD, USA

⁴Didi Hirsch Mental Health Services, Inglewood, CA, USA

Questions

15:45 - 17:15

Workshop 5

Locomotion Suite, Room 3

Build on rather than refer on: Identifying and briefly intervening with system factors in IPT network sessions when therapeutic progress stalls

Workshop Chair: Ben Newell

Introduction and Overview

Ben Newell

CAMHS, Guernsey

Intersection between IPT & Systemic Practice

Ben Newell¹, Viktoria Cestaro²

¹CAMHS, Guernsey

²Anna Freud Centre, London, United Kingdom

Q&A

Key Systemic Models & Practice

Ben Newell

CAMHS, Guernsey

Network session format and preparation

Ben Newell¹, Viktoria Cestaro²

¹CAMHS, Guernsey

²Anna Freud Centre, London, United Kingdom

Practice sessions workshop

Q&A / General Discussion

CONFERENCE DAY 2 – THURSDAY, 14 MARCH 2024

08:45 - 10:15 Symposium 6

Main Hall

Transforming global mental health: Comparing the experiences of implementing IPC in South Africa, Brazil, and the United States

Symposium Chair: Marcelo Mello

Introduction and Overview

Marcelo Mello

Federal University of Sao Paulo, Sao Paulo, Brazil

Short film on implementing IPC in South Africa

Zibele Mhaleni

Desmond Tutu Health Foundation, East London, South Africa

IPC in South Africa: Perspectives from a lay counselor

Zibele Mhaleni

Desmond Tutu Health Foundation, East London, South Africa

Short film from Brazil featuring testimonies from primary care providers trained to deliver IPC

Camila Matsuzaka

Federal University of Sao Paulo, Sao Paulo, Brazil

Barriers and facilitators to training non-specialists to deliver IPC in Brazil

Camila Matsuzaka

Federal University of Sao Paulo, Sao Paulo, Brazil

Short film about implementing IPC in New York City, featuring IPC counselors and clients

Bernadine Waller

Columbia University, Vagelos College of Physicians and Surgeons, New York, USA

Training and supervising lay providers to deliver IPC in three countries: Brazil, USA, and South Africa

Bernadine Waller

Columbia University, Vagelos College of Physicians and Surgeons, New York, USA

Focused Discussion

Marcelo Mello¹, Zibele Mhaleni², Camila Matsuzaka¹, Bernadine Waller³

¹*Federal University of Sao Paulo, Sao Paulo, Brazil*

²*Desmond Tutu Health Foundation, East London, South Africa*

³*Columbia University, Vagelos College of Physicians and Surgeons, New York, USA*

Q&A

08:45 - 10:15 Papers 3

Locomotion Suite, Room 1

Adaptations of IPT

Chair: Sue Luty

Adaptation of IPT for Indigenous Māori in New Zealand - a case example

Sue Luty

Te Whatu Ora, New Zealand

Interpersonal Psychotherapy for Prolonged Grief Disorder with Persistent Depressive Disorder in Japan: A Case Report

Takuya Okami^{1,2}, Yuko Toshishige¹, Masaki Kondo^{1,3}, Junya Okazaki⁴, Hiroko Mizushima⁵, Tatsuo Akechi¹

¹*Department of Psychiatry and Cognitive-Behavioral Medicine, Nagoya City University Graduate School of Medical Sciences, Japan*

²*Matsukage Hospital, Japan*

³*National Center of Neurology and Psychiatry, Japan*

⁴*Gokiso Mental Health Clinic, Japan*

⁵*Mizushima Hiroko IPT Clinic, Japan*

Community-Informed Perceptions of Implementing Interpersonal Psychotherapy for Couples to Resolve Intimate Partner Violence and Improve Common Mental Disorders in Mozambique

Jennifer Mootz¹, Leyly Moridi², Palmira Fortunato dos Santos³, Katia dos Santos⁴, John Oliffe⁵, Myrna Weissman¹, Saida Khan⁴, Paulino Feliciano⁴, Milton Wainberg¹

¹Columbia University, USA

²Yale University, USA

³INS, Mozambique

⁴Ministry of Health, Mozambique

⁵University of British Columbia, Canada

Can Suicidal Ideation be Treated with Interpersonal and Social Rhythm Therapy Alone for Adults with Bipolar II Depression?

Bridget Bailey¹, Theresea Early², Holly Swartz³

¹West Virginia University, USA

²Ohio State University, USA

³University of Pittsburgh, USA

Dialectical Behavior and Social Rhythm Therapy for Co-occurring Bipolar Disorder and Borderline Personality Disorder

Bridget Bailey¹, Danielle Novick², Kristen Boyce³, Holly Swartz⁴

¹West Virginia University, USA

²U.S. Department of Veterans Affairs (VA) Pittsburgh Healthcare System, USA

³West Virginia University, USA

⁴University of Pittsburgh, USA

08:45 - 10:15 **Workshop 6**

Locomotion Suite, Room 2

IPT-A and the Digital World: Exploring the role of digital technology in the interpersonal lives and therapy of young people

Workshop Chair: Gemma Brown

Introduction and Overview

Gemma Brown

University of Edinburgh, United Kingdom

What does the evidence base tell us

Emily Taylor

University of Edinburgh, Edinburgh, United Kingdom

Q&A

Co-produced social media guidance for young people receiving IPT

Fiona Duffy

University of Edinburgh, Edinburgh, United Kingdom

Q&A

Digital involvement in IPT-A: illustrative examples

Gemma Brown¹, Emily Taylor¹, Fiona Duffy¹

¹University of Edinburgh, Edinburgh, United Kingdom

Group work/Discussion: Digital involvement in IPT-A: Audience example

10:15 - 10:45 **Coffee Break**

10:45 - 12:15 **Symposium 7**

Main Hall

Advances in IPT for Posttraumatic Stress Disorder

Symposium Chair: John Markowitz

IPT for PTSD: The Evidence Base

John Markowitz

Columbia University Vagelos College of Physicians & Surgeons, USA

New York State Psychiatric Institute, USA

Non-exposure based Psychotherapy of Posttraumatic Stress Disorder in Women after Sexual Assault

Marcelo Feijo de Mello¹, Cecilia Proença², John Markowitz³, Bruno Coimbra², Hugo Cogo⁴, Mariana Maciel², Andrea Mello²

¹*Faculdade Israelita de Ciências da Saúde do Hospital Albert Einstein, Sao Paolo, Brazil*

²*UNIFESP, Brazil*

³*Columbia University, USA*

⁴*Ostfold University College, Norway*

Separation anxiety in PTSD: A pilot study of mechanisms in patients undergoing IPT

Barbara Milrod¹, John Keefe¹

Albert Einstein College of Medicine, USA

Q&A

10:45 - 12:15 **Workshop 7**

Locomotion Suite, Room 1

IPT for Ukrainian Youth and their Parents Displaced by the Russian War

Workshop Chair: Laura Dietz

Introduction and Overview

Laura Dietz

University of Pittsburgh, USA

Background & Case Example

Anna-Lena Zietlow¹, Eva-Lotta Brakemeier²

¹*Technische Universität Dresden, Dresden, Germany*

²*Universität Greifswald, Greifswald, Germany*

Q&A

IPT-A and FB-IPT Adaptations for Ukraine youth & parents

Laura Dietz

University of Pittsburgh, USA

Q&A

Preliminary Results and Future Directions

Eva-Lotta Brakemeier¹, Anna-Lena Zietlow²

¹*Universität Greifswald, Greifswald, Germany*

²*Technische Universität Dresden, Dresden, Germany*

Q&A

General Discussion

12:15 - 13:15 **Lunch Break**

13:15 - 14:15 **Keynote Lecture**

Main Hall

Introductory Remarks: Manasi Kumar

The Role of IPT-G in the Democratization of Depression Treatment in Sub-Saharan Africa

Sean Mayberry

StrongMinds, USA

14:15 - 15:45 **Symposium 8**

Main Hall

Telepsychotherapy: What Do We Know About Remote Delivery of IPT and Related Evidence-Based Therapies?

Symposium Chair: Holly Swartz

Overview and Introductions

Holly Swartz

University of Pittsburgh School of Medicine, USA

Does Remote Psychotherapy Delivery Affect Acceptability, Working Alliance, and Treatment Outcomes?: A Pilot RCT of Brief IPT and CBT for Depression Delivered via In-person and Telehealth

Lauren Bylsma¹, Jay Fournier², Jeffrey Girard³, Crystal Spotts¹, Jeff Cohn¹, Louis-Phillippe Morency⁴, Holly Swartz¹

¹*University of Pittsburgh School of Medicine, USA*

²*The Ohio State University, USA*

³*The University of Kansas, USA*

⁴*Carnegie Mellon University, USA*

Q&A

Delivering Group Therapy to Patient-Avatars in the Metaverse: A Novel Approach to Treating Sub-Threshold Depression

Mirai So

Department of Psychiatry, Tokyo Dental College Ichikawa General Hospital, Japan

Q&A

Telepsychotherapy for Patients with Bipolar Disorder and Major Depression in a Private Practice Setting

Keith Valone

The Arroyos Treatment Centers, Los Angeles, USA

Q&A

Discussion by Discussant/Telehealth Expert

Morgen Kelly

VA Hospital VISN 4, Pittsburgh, USA

General Discussion

14:15 - 15:45

Workshop 8

Locomotion Suite, Room 1

Fostering Affective Attunement within IPT for Adolescents Affected by Post-Traumatic Stress: Considerations, Techniques and Strategies

Workshop Chair: Shayne Ragbeer

Introduction/Understanding impact of trauma on emotional experiencing among diverse adolescents

Shayne Ragbeer

Columbia University Irving Medical Center, USA

Overview of IPT for Adolescents with PTSD

Shayne Ragbeer

Columbia University Irving Medical Center, USA

Describing affective attunement and its application and strategies within IPT for adolescents with PTSD

Viktoria Cestaro

Anna Freud Centre, London, United Kingdom

Q&A

Shayne Ragbeer¹, Viktoria Cestaro²

¹*Columbia University Irving Medical Center, USA*

²*Anna Freud Centre, London, United Kingdom*

Demonstration

Shayne Ragbeer¹, Viktoria Cestaro²

¹*Columbia University Irving Medical Center, USA*

²*Anna Freud Centre, London, United Kingdom*

Q&A

Shayne Ragbeer¹, Viktoria Cestaro²

¹*Columbia University Irving Medical Center, USA*

²Anna Freud Centre, London, United Kingdom

Small group activities/Practice

Shayne Ragbeer¹, Viktoria Cestaro²

¹Columbia University Irving Medical Center, USA

²Anna Freud Centre, London, United Kingdom

Final Q & A and Reflections

Shayne Ragbeer¹, Viktoria Cestaro²

¹Columbia University Irving Medical Center, USA

²Anna Freud Centre, London, United Kingdom

15:45 - 16:00 **Coffee Break**

16:00 - 16:30 **Klerman & Weissman Award for Excellence in Outreach, Teaching and Dissemination**

Main Hall

Awarded to Paula Ravitz

16:30 - 17:45 **ISIPT Business Meeting**

Main Hall

CONFERENCE DAY 3 – FRIDAY, 15 MARCH 2024

08:45 - 10:15 **Symposium 9**

Main Hall

Leveraging WHO mental health treatment gap action program (mhGAP) and system strengthening models for investment in scalable and integrated mental health treatments in Sub-Saharan Africa (SSA)

Symposium Chair: Manasi Kumar

Development of a training of the trainer model within group IPT

Obadia Yator

Kenyatta National Hospital, Nairobi, Kenya

Presenting experience of testing WHO's Thinking Healthy Program and WHO's Group IPT with Kenyan mothers living with depression

Beatrice Madeghe¹, Manasi Kumar¹, Wambui Kogi-Makau¹, Sophia Ngala¹

¹University of Nairobi, Kenya

Offering IPT framework to strengthen integrated programming with HIV, NCDs, GBV prevention programs in SSA

Shillah Mwavua

Nairobi County Health Services, Nairobi, Kenya

Implementation of full vs mini IPT for perinatal adolescents: weighing-in what works well for primary health services

Joseph Kathono

Nairobi County Health Services, Nairobi, Kenya

What potential do health programmers and policy makers see in integrated program targeting depression and other common mental disorders in Kenya?

Carol Ngunu

Nairobi County Health Services, Nairobi, Kenya

Scale up potential and opportunities for implementation and dissemination of IPT in LMICs

Keng Yen Huang

New York University, New York, USA

Discussion: Synthesis and Reflection

Helena Verdelli

Columbia University Teachers College, New York, USA

08:45 - 10:15 **Symposium 10**

Locomotion Suite, Room 1

Innovative approaches to IPT-A informed prevention with adolescents

Symposium Chair: Roslyn Law

Introduction and Overview

Roslyn Law
Anna Freud Centre, London, United Kingdom

Interpersonal counselling for adolescents (IPC-A) in a school setting

Klaus Ranta
University of Tamere, Tampere, Finland

Q&A

Building resilience through Socioemotional Training (ReSET)

Roslyn Law¹, Alexander Lloyd²
¹*Anna Freud Centre, London, United Kingdom*
²*UCL, London, United Kingdom*

Q&A

Group IPT for Adolescents exposed to Developmental Trauma: a phase-based approach

Emily Taylor
University of Edinburgh, Edinburgh, United Kingdom

Q&A

General Discussion

08:45 - 10:15 **Symposium 11**

Locomotion Suite, Room 2

Interpersonal Counselling for Adolescents with Low Mood (ICALM) – Quantitative and Qualitative Results from a Feasibility Randomised Controlled Trial in the UK

Symposium Chair: Laura Mufson

Introduction

Laura Mufson
Columbia University, NY, USA

Development of Interpersonal Counselling for Adolescents

Viktoria Cestaro¹, Paul Wilkinson²
¹*Cambridgeshire and Peterborough NHS Foundation Trust, Cambridge, United Kingdom*
²*University of Cambridge, Cambridge, United Kingdom*

Quantitative results – single arm trial and ICALM Feasibility RCT

Paul Wilkinson
University of Cambridge, Cambridge, United Kingdom

Qualitative results 1: Contextual barriers of conducting RCTs in non-specialist services

Thando Katangwe-Chigamba
University of East Anglia, Norwich, United Kingdom

Qualitative results 2: implementation and theoretical fidelity of delivered IPC-A interventions

Carys Seeley
University of East Anglia, Norwich, United Kingdom

Questions and Discussion

Laura Mufson
Columbia University, NY, USA

10:15 - 10:45 **Coffee Break**

10:45 - 12:15 **Symposium 12**

Main Hall

Novel Approaches to Measuring Social Relationship Function and their Potential Utility in Prospective IPT Trials

Symposium Chair: Jill Cyranowski

Introduction

Jill Cyranowski
University of Pittsburgh, Pittsburgh, USA

Utilizing the NIH Toolbox Adult Social Relationship Scales to Evaluate Change in Social Relationship Function with IPT Treatment

Jill Cyranowski
University of Pittsburgh, Pittsburgh, USA

Q&A

Measuring Aspects of Social Relationship Function in Youth Populations: An Introduction to the NIH Toolbox Pediatric Social Relationship Scales

Laura Dietz
University of Pittsburgh, Pittsburgh, USA

Q&A

Coping with Depression: A Dynamic Networks Approach to the Study of Social Network Constellation, Cohesion and Conflict in a Humanitarian Setting

Srishti Sardana
Johns Hopkins University, Baltimore, USA

Q&A

Discussant

Holly Swartz
University of Pittsburgh Medical Center, Pittsburgh, USA

10:45 - 12:15 **Workshop 9**

Locomotion Suite, Room 1

Interpersonal Psychotherapy – Adolescent Skills Training: A Group-based Prevention Program for Mitigating Adolescent Depression Risk

Workshop Chair: Jami Young

Introduction to IPT-AST and brief overview of efficacy

Jami Young¹, Molly Davis¹, Christie Schueler², Gabrielle Anderson³
¹*Children's Hospital of Philadelphia, Philadelphia, USA*
²*Didi Hirsch Mental Health Services, Inglewood, USA*
³*University of California, San Francisco, San Francisco, USA*

Didactics on session content

Jami Young¹, Molly Davis¹, Christie Schueler², Gabrielle Anderson³
¹*Children's Hospital of Philadelphia, Philadelphia, USA*
²*Didi Hirsch Mental Health Services, Inglewood, USA*
³*University of California, San Francisco, San Francisco, USA*

Training tapes and role plays

Jami Young¹, Molly Davis¹, Christie Schueler², Gabrielle Anderson³
¹*Children's Hospital of Philadelphia, Philadelphia, USA*
²*Didi Hirsch Mental Health Services, Inglewood, USA*
³*University of California, San Francisco, San Francisco, USA*

Q&A

10:45 - 12:15 **Workshop 10** *Locomotion Suite, Room 2*

The Learning Curve: Innovations in online, competency-based IPT teaching

Workshop Chair: Paula Ravitz

Introductions/Overview

Paula Ravitz

University of Toronto & Sinai Health System, Canada

The Flipped Classroom

Malin Bäck

Linköping University, Linköping, Sweden

Q&A

Case-based technology- enhanced online learning

Paula Ravitz

University of Toronto & Sinai Health System, Canada

Q&A

Video-taped clinical skills simulations & branching scenarios (breakout groups)

Elizabeth Robinson

Cumbria, Northumberland, Tyne and Wear NHS Trust, Durham, United Kingdom

Large group discussion / Q&A

12:15 - 13:15 **Lunch Break**

13:15 - 14:15 **Special Lecture** *Main Hall*

Introductory Remarks: Heather Flynn

Interpersonal Psychotherapy Around the Word

Myrna M Weissman, Jennifer J Mootz

Columbia University, USA

14:15 - 15:45 **Symposium 13** *Main Hall*

Exploring mechanisms and the role of context in IPT-A

Symposium Chair: Fiona Duffy

Introduction and overview

Fiona Duffy

University of Edinburgh, United Kingdom

A systematic review of global literature on mediators and moderators of treatment outcomes for adolescent depression

Cemile Ceren Sonmez¹, Fiona Duffy², Helen Sharpe², Kelly Rose-Clarke¹

¹*King's College London, London, United Kingdom*

²*University of Edinburgh, United Kingdom*

Exploring context, mechanisms and outcomes of interpersonal therapy for adolescents with depression in Nepal: secondary analysis of qualitative data using a realist evaluation approach

Katie Atmore¹, Nagendra Luitel², Indira Pradhan², Pragya Shrestha², Helena Verdelli³, Chris Bonell⁴, Kelly Rose-Clarke¹

¹*King's College London, United Kingdom*

²*Transcultural Psychosocial Organization Nepal, Nepal*

³*Columbia University, USA*

⁴*London School of Hygiene & Tropical Medicine, United Kingdom*

Q&A

Building a transcultural theory of change for group interpersonal psychotherapy for adolescent depression

Katie Atmore¹, Roslyn Law², Alice Akidi³, A.N.M Mahmudul Alam⁴, Fiona Duffy⁵, Manli Huang⁶, Leslie Miller⁷, Lincoln Ndogoni⁸, Indira Pradhan⁹, Niloofar Raffei Alhosaini¹⁰, Hasan Rezaei-Jamalouei¹⁰, Pragma Shrestha⁹, Cemile Ceren Sonmez¹, Helena Verdelli¹¹, Xiao-Yi Zhou⁶, Salaheddine Ziadeh^{11,12}, Kelly Rose-Clarke¹

¹King's College London, United Kingdom

²Anna Freud National Centre for Children and Families, United Kingdom

³Food for the Hungry, Uganda

⁴UNHCR, Bangladesh

⁵University of Edinburgh, United Kingdom

⁶Zhejiang University School of Medicine, China

⁷Johns Hopkins University, USA

⁸Openspace, Uganda

⁹Transcultural Psychosocial Organization Nepal, Nepal

¹⁰Islamic Azad University, Islamic Republic of Iran

¹¹Columbia University, USA

¹²Université Libanaise, Lebanon

An expert consensus on the most effective components of Interpersonal Psychotherapy for Adolescents with Depression: A Delphi Study

Fiona Duffy^{1,2}, Helen Sharpe¹, Gemma Brown^{1,2}, Kelly Rose-Clarke³

¹University of Edinburgh, United Kingdom

²NHS Lothian CAMHS, United Kingdom

³King's College London, United Kingdom

Q&A and discussion focusing on research priorities and methods

Fiona Duffy

University of Edinburgh, United Kingdom

NHS Lothian CAMHS, United Kingdom

14:15 - 15:45

Workshop 11

Locomotion Suite, Room 1

Teaching Interpersonal Psychotherapy (IPT) to the next generation: Theoretical, Cultural, and Experiential Perspectives

Workshop Chair: Alexandra Klein Rafaeli

Introduction and Overview

Alexandra Klein Rafaeli

Ben Gurion University, Israel

Teaching Interpersonal Psychotherapy (IPT) to the next generation: Theoretical, Cultural, and Experiential Perspectives

Alexandra Klein Rafaeli

Ben Gurion University, Israel

Q&A

Case studies that represent culturally sensitivity treatment

Yael Latzer

Haifa University, Haifa, Israel

Q&A

Hands on Practice and Self-Reflection

General Discussion

14:15 - 15:45

Workshop 12

Locomotion Suite, Room 2

IPT with Transgender Youth and Young Adults and their Families

Workshop Chair: Laura Dietz

Introduction and Overview

Laura Dietz

University of Pittsburgh, USA

Transgender Youth/Young Adults and Mental Health, Case Example

Julien Davis

Nova Scotia Health, Nova Scotia, Canada

Q&A

IPT as a Treatment Model for Transgender Youth and Young Adults

Jeremy Kidd

Columbia University/ New York State Psychiatric Institute, New York, USA

Q&A

Involving Parents and Families in IPT for Transgender Youth

Laura Dietz

University of Pittsburgh, USA

Q&A

General Discussion

Bridget Bailey

West Virginia University, Morgantown, USA

15:45 - 16:00 **Coffee Break**

16:00 - 16:30 **Klerman & Weissman Rising Investigator Award
for Research in IPT**

Main Hall

Awarded to Kelly Rose-Clarke



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