

## **INTERPERSONAL THERAPY: Principles, problem areas and phase based delivery of IPT and Interpersonal Social Rhythms Therapy for anxiety and depression.**

Principles, problem areas and phase based delivery of IPT and Interpersonal Social Rhythms Therapy for anxiety and depression.

Understanding three factors contributing to distress or psychopathology, four problem areas to focus on, to be able to change interpersonal factors that predispose, precipitate, and perpetuate an individual's distress. Delivering IPT in three and IPSRT in four phases.

When the satisfaction and security of another person becomes as significant to one as one's own satisfaction and security, then the state of love exists – Harry Stack Sullivan

### **Learning objectives of this training:**

- Improved understanding of the principles, theory and goals of Interpersonal therapy,
- the 'Interpersonal Triad', and how the interpersonal focus differs from individual focus
- Enhanced understanding through demonstration and practice of two basic premises, three factors contributing to distress or psychopathology, and four problem areas of Grief, Role disputes, Role transition and Interpersonal deficits to focus on, to be able to change 'Interpersonal Triad'
- Structure and delivery of IPT in three and IPSRT in four phases for anxiety and depression

### **Trainer:**

**Dr Nitin Shukla**, Consultant Psychiatrist & Psychotherapist, is amongst very few Psychiatrists to be a practitioner, trainer and RANZCP accredited faculty and supervisor of psychotherapy. Dr Shukla works with a stable foundation in psychotherapy, from formal training and extensive practice of psychotherapy and teaching of 15 years.

Winner of 'Best Psychotherapy of the Year' award in 2002, by the Indian Psychiatric Society and RANZCP accredited Faculty and Supervisor of Psychotherapy and Addiction Psychiatry, accredited Faculty Adult and C-L Psychiatry, he has extensive clinical experience: Lead Consultant in Psychiatry for specialist Addiction Psychiatry service (SUMITT), Crisis and Acute Treatment Team (CATT) and GP-Shared Care. Consultant in Acute Psychiatry Inpatient Unit, Community Mental Health, Adult Prevention and Recovery Centre (PARC). Currently working in private practice and a public Dual diagnosis rehabilitation centre.

**N.B.** This training may qualify for Focussed Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.

A CPD certificate for 6 hours of training is issued in the week following attendance at this event.

Our continuing professional development events meet the quality standard recognised by many relevant professional associations including psychology, social work, occupational therapy, mental health nursing, community work, counselling, psychotherapy and more.

We recommend checking with your association for the correct calculation of points for this event