The Depressive and Suicidal Disorders Program (adult) and the McGill Group for Suicide Studies of the Montreal West Island IUHSSC are pleased to invite you to a training called “Clinical Introduction to Interpersonal Psychotherapy (PTI): Intuition/Precision/Creativity”

This two day training will take place on Wednesday, September 26th, 2018 and Thursday September 27th, 2018 at the Douglas Mental Health University Institute.

We are happy to welcome Dr. Oguz Omay, a perinatal psychiatrist at the Medical Establishment La Teppe, in Tain l’Hermitage, Drome, France. He is a therapist, supervisor and PTI’s trainer, certified by the International institute of Interpersonal Psychotherapy (Iowa, USA). He is the vice-president/ president elect of the International Society of Interpersonal Psychotherapy-IsIPT.

PROBLEMATIC

The work of consultation with a broad clientele of people suffering from mental illness requires clear psychotherapeutic reference frameworks and proven methods. Interpersonal psychotherapy, developed by Gerald Klerman as part of research into the treatment of adult depression in the 1970, is based primarily on the assumption that psychiatric disorders such as depression, although multifactorial, generally occur in a particular social and interpersonal context. Klerman identified four problem areas strongly correlated with depression:

- Interpersonal conflicts,
- Mourning (death of a loved one),
- Interpersonal deficits (social isolation),
- Change in social status (marriage, relationship breakdown, unemployment, etc.).

NEED

In view of these problems, both evaluation and intervention methods are necessary. Interpersonal Psychotherapy (IPT) is a time-limited psychotherapy based on the theory of attachment as conceptualized by John Bowlby. Its objectives are both to help patients understand how the onset and intensity of depressive symptoms are related to what is happening in their current lives, and to help them find ways to resolve their relational difficulties in order to provide relief from depressive symptoms.

A number of techniques referring to communicative analysis as well as emotional regulation will be used by practitioners of interpersonal psychotherapy.

On the scientific level, IPT is the subject of several works as well as of several publications in journals on the effectiveness of the method and on the process.
OBJECTIVES OF THE TRAINING

1. Discover the history, specificity and structure of interpersonal psychotherapy
2. Understand the Interpersonal Inventory Formulation as well as key moments of interpersonal psychotherapy
3. Know the four Interpersonal Dimensions and the interpersonal psychotherapy techniques
4. Feel the finesse of the work on mourning and appreciate the enlightenment brought by the Theory of the Attachment and interpersonal psychotherapy
5. Look further into the strategies of prevention of relapses through a precise management of the Conclusion of monitoring and the Maintaining of Contact

WHO IS THIS TRAINING FOR?

The training is addressed to any person having basic knowledge and/or a clinical experience in psychiatry, in clinic psychology or in psychotherapy, nurses, social workers...

COST

- Regular before June 30th: $150/2 days
- Regular after June 30th: $200/2 days
- Students and Community organisms: $150/2 days

To register please follow the link https://introduction-clinique-a-la-psychotherapie-interper.eventbrite.ca

*To ensure the quality of the training, attendance for the 2 days is required
*Take note that the training will be given in French only. However exchanges and discussions could be done in English or in French.
*The cost of registration includes the meals along with morning and afternoon refreshments for the two days.

INFORMATION

Info évènement
514-761-6131, poste 3203
Info.Evenement@douglas.mcgill.ca

*Our activity is now recognized and registered in the continuing education program in psychotherapy of the Ordre des psychologues du Québec*

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