

8TH  INTERNATIONAL SOCIETY FOR INTERPERSONAL PSYCHOTHERAPY

**Conference of the
International Society of
Interpersonal Psychotherapy
(ISIPT)**

6-9 November, 2019 Budapest, Hungary



PROGRAM BOOK

***IPT: Across the life span,
Across the globe***

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Dear Colleagues,

We are pleased to welcome you at the 8th Biennial Congress of the International Society of Interpersonal Psychotherapy (ISIPT), in Budapest, November 6th-9th, 2019 — open to all interested in psychotherapy, and mental health treatment, research, and training. Interpersonal Psychotherapy (IPT) is all about relationships! Relationships and their central importance in health and mental health are the focus of IPT — an evidence-supported treatment in consensus guidelines for many mental health conditions.

Thank you for attending what promises to be an inspiring conference in the historic and enchanting city of Budapest where the UNESCO World Heritage Site's River Danube divides the beautiful old and new parts of the city.

The conference will feature plenary keynotes with Myrna Weissman and other IPT luminary clinical and research experts – details soon be announced. As well, pre-conference workshops will include a full-day IPT workshop and IPT Trainers' Training, along with numerous other half-day workshops, applying IPT to various clinical populations. The conference themes will focus on IPT across the lifespan and across the globe with an exciting launch of our ISIPT Trainers' Network led by Oguz Omay and Heather A. Flynn.

The ISIPT is an international, not-for-profit organization dedicated to advancing research, treatment and dissemination of IPT globally with members from over 25 countries. Thank you for joining us for this conference.

We look forward to seeing you in Budapest!

Adrienne Stauder MD PhD
Conference Chair

Oguz Omay MD
*President, ISIPT
Conference Chair*

Paula Ravitz MD
President, ISIPT

Holly A. Swartz MD
Scientific Program Co-Chair

Marta Novak MD PhD
Scientific Program Co-Chair

Committees & Organizers

Conference Co-Organisers

“Hans Selye” Hungarian Society of Behavioural Sciences and Medicine
Semmelweis University Budapest, Institute of Behavioural Sciences

Conference Chairs

Adrienne Stauder, *Hungary*
Oguz Omay, *Switzerland/Turkey*

Scientific Program Committee

Holly A. Swartz, Co-Chair, *USA*
Marta Novak, Co-Chair, *Hungary/Canada*

Sarah Betsy Bledsoe, *USA*
Ellen Frank, *USA*
Anat Brunstein Klomek, *Israel*
Shannon Lenze, *USA*
Sue Luty, *New Zealand*
John Markowitz, *USA*
Camila Tanabe Matsuzaka, *Brazil*
Frenk Peeters, *The Netherlands*
Gokben Hizli Sayar, *Turkey*
Elisabeth Schramm, *Germany*
Matthias Scwhannauer, *UK*
Jessica Schultz, *USA*
Anne Laure Sutter, *France*



Local Organizing Committee

Adrienne Stauder, *Chair, Institute of Behavioural Sciences, Semmelweis University Budapest*

Márta Novák, *Co-Chair, University of Toronto, Canada*

Csilla Raduch, *Scientific Secretary, Institute of Behavioural Sciences, Semmelweis University Budapest*

Judit Balázs, *Professor and Chair, Department of Developmental and Clinical Child Psychology, Institute of Psychology, Eotvos Lorand University*

Lilla Hárdi, *Medical Director, Cordelia Foundation for the Rehabilitation of Torture Victims*

József Kovács, *Head of Department, Institute of Behavioural Sciences, Semmelweis University Budapest*

Tamás Kurimay, *Head of Department, Psychiatry and Psychiatric Rehabilitation, St János Hospital*

Bea Pászthy, *Chair of the Hungarian Board of Child and Adolescent Psychiatry, Associate Professor, Semmelweis University Budapest*

Dóra Perczel-Forintos, PhD, *Professor of Clinical Psychology, Semmelweis University, Dep. of Clinical Psychology*

György Purebl, *Clinical Director of Psychosomatic Ambulance, Past President of the Hungarian Psychiatric Association, Institute of Behavioural Sciences, Semmelweis University Budapest*



Accreditation

The **8th Biennial Congress of the International Society of Interpersonal Psychotherapy (ISIPT)**, Budapest, Hungary, 06/11/2019-09/11/2019 has been accredited by the European Accreditation Council for Continuing Medical Education (EACCME®) with **26 European CME credits (ECMEC®s)**. Each medical specialist should claim only those hours of credit that he/she actually spent in the educational activity.

Each participant can only receive the number of EACCME® credits he/she is entitled to according to his/her actual participation at the event once he/she has completed the feedback form. Cf. criteria 9 and 23 of UEMS 2016.20. In order to help you issue individual certificates to each participants, please find below the breakdown of ECMEC®s per day:

06.11.2019 - 6.00

07.11.2019 - 7.00

08.11.2019 - 7.00

09.11.2019 - 6.00

The EACCME® awards ECMEC®s on the basis of 1 ECMEC® for one hour of CME with a maximum of 8 ECMEC®s per day. Cf. Chapter X of UEMS 2016.20.

Through an agreement between the Union Européenne des Médecins Spécialistes and the American Medical Association, physicians may convert EACCME® credits to an equivalent number of AMA PRA Category 1 Credits™. Information on the process to convert EACCME® credit to AMA credit can be found at www.ama-assn.org/education/earn-credit-participation-international-activities.

Live educational activities, occurring outside of Canada, recognised by the UEMS-EACCME® for ECMEC®s are deemed to be Accredited Group Learning Activities (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada.

Abstract Publication

Abstracts will be published on the conference website:
<https://isipt2019.congressline.hu/>

Speakers Technical Information

All presentations should include a single slide at the beginning notifying audience members of any potential conflicts of interests.

Please bring your presentations (PowerPoint or PDF) on USB memory stick. If your presentation has video or audio files embedded, please do not forget to bring the source file together with the presentation, in the same folder.

All presentation materials must be submitted to the technical support team in the posted lecture hall at least 30 minutes prior to your scheduled presentation or the day before your presentation if your talk is scheduled for the morning sessions.

All rooms will be equipped with speakers/sound for audio/video files. We cannot accommodate overhead projections. Please note: use of personal laptops will not be permitted.

Posters Technical Information

Posters will be exhibited in the Foyer area.

Poster set-up: 8.00-10.00, Friday, 8 November

Poster removal: 15.30-17.30, Saturday, 9 November

Poster viewing: 17.15-18.30 Friday, 8 November

All supplies needed to set up the posters will be available at the Registration Desk.

Best Poster Award

The Scientific Committee select one research and one clinical poster to receive the “Best Poster Award” of ISIPT 2019. These awards will be announced during the conference closing session on **Saturday, 9 November**. All poster presenters are asked to attend the ceremony. If you are unable to attend the closing session, please notify the conference organizers in advance.

Program Changes

The organizers cannot assume liability for any changes in the scientific program due to unforeseen circumstances. Organizers will do their best to keep the participants up to date, possible changes in the program will be immediately communicated.

General Information

Pre-Conference Workshop Dates

6-7 November, 2019

Conference Dates

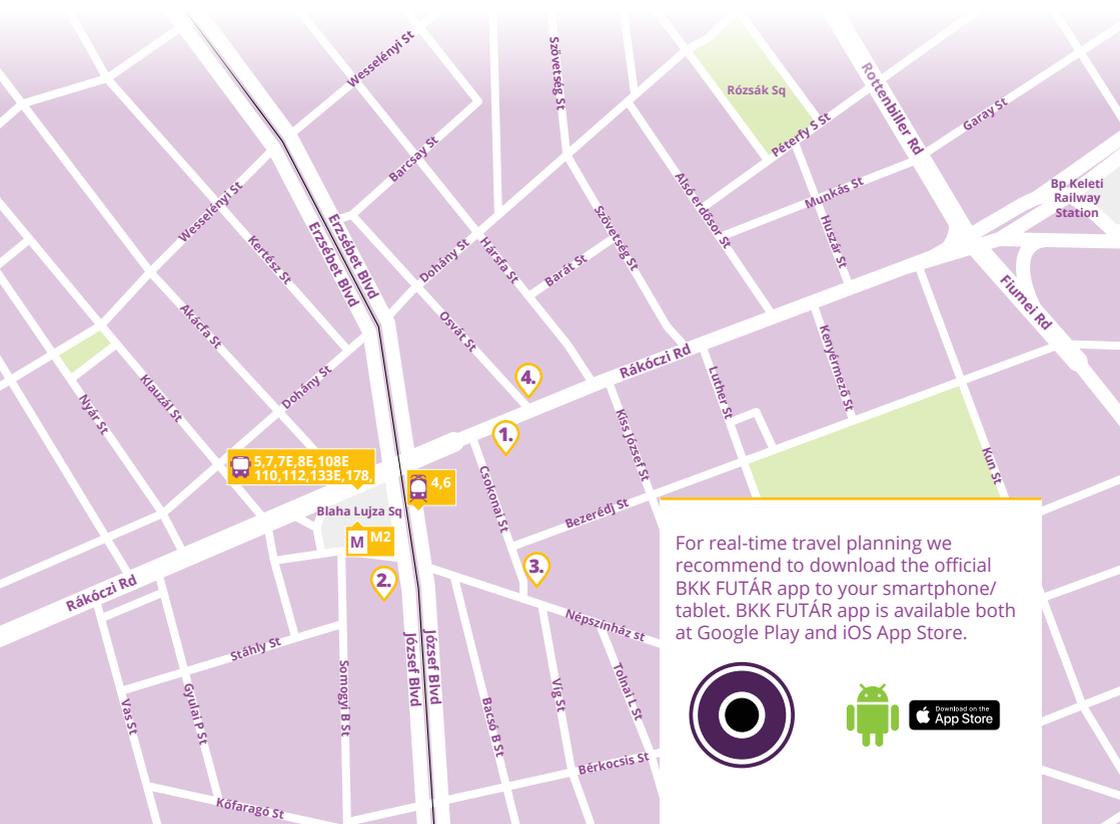
8-9 November, 2019

Conference & Workshop Venue

Novotel Budapest Centrum (*H-1088 Budapest, Rákóczi ut 43-45.*)

Official Conference Hotels

1. Novotel Budapest Centrum *H-1088 Budapest, Rákóczi út 43-45.*
2. Courtyard Marriott Budapest City Center *H-1088 Budapest, Jozsef krt. 5.*
3. Atrium Fashion Hotel *H-1081 Budapest, Csokonai utca 14.*
4. Ibis Styles Budapest Center *H-1074 Budapest, Rákóczi út 58.*



For real-time travel planning we recommend to download the official BKK FUTÁR app to your smartphone/tablet. BKK FUTÁR app is available both at Google Play and iOS App Store.



Venue Access by Public Transportation

The conference and workshop venue is easily accessible by Budapest public transportation system, it is only 2 minutes walk from the Blaha Lujza tér junction where several services are available.

Bus lines: 5, 7, 7E, 8E, 108E, 110, 112, 133E, 178

Tram lines: 4, 6

Metro line: M2 (red line)

For detailed information on public transportation fares and timetables please visit www.bkk.hu

Parking

If you drive a personal or rented car, always try to park at a guarded parking lot and do not leave any valuables in the car. Please note, that Budapest is divided into paying parking areas, with one parking meter in each street. The maximum parking time duration and tariffs may vary between different parking zones. For detailed information on parking, please visit this site: <http://visitbudapest.travel/budapest-info/parking-in-budapest/>

Recommended Taxi Company

To avoid any inconvenience, please use the official ISIPT2019 taxi company: City Taxi: +36 1 211 1111, www.citytaxi.hu.

Credit card payment is available in all cars of City Taxi.

Please note, that all licensed Budapest taxi companies have yellow cars and has same rates for all companies, placed clearly visible on the screens.

Internet

Free Wi-Fi service is available at the conference venue.

Registration Desk

The Registration Desk will be open at Novotel Budapest Centrum first floor (meeting room area)

Wednesday, 6 November, 2019	8.00-17.00
Thursday, 7 November, 2019	8.00-17.00
Friday, 8 November, 2019	7.30-18.00
Saturday, 9 November, 2019	8.00-17.00

Hotline to the registration desk: +36.70.608.6806

Conference Registration Fees Onsite

ISIPT member	500 Euro/person
ISIPT non member	550 Euro/person
Student	280 Euro/person
LAMIC Country incl. Hungary	300 Euro/person

Registration fees include: access to all conference sessions, Program Book, coffee and tea (during breaks). Lunch on Friday is only included for ISIPT members attending to the General Annual Meeting.

Pre-Conference Workshops Information

Onsite registration for the workshop is not possible. Pre-registered participants will get their workshop tickets along with the conference badge to enter the dedicated lecture halls.

Full-day workshop fees include: access to the chosen workshop, workshop materials (if any), coffee and tea (during breaks), lunch on workshop day. Half-day workshop fees include: access to the chosen workshop, workshop materials (if any), coffee and tea (during breaks).

Coffee Breaks

Coffee, tea and snacks will be served in the Foyer in all coffee breaks regarding the program.

Lunch

The conference registration fee does not include lunch for the participants. Pre-booked daily lunch is served in the Palace Restaurant, tickets are distributed along with conference badges. Within walking distance from the conference venue, many restaurants are available offering wide range of dishes from fast food through traditional cuisine to fine dining.

Conference Dinner Cruise on the Danube

Date: Friday, 8 November, 2019
Cruise time: 20.00-22.30
Price: 75 Euro/person
Meeting point: 19.45 at Dock 8, Petőfi tér (District 5)

To easily get to the Dock take any of the following bus lines from the bus stop opposite side to the conference venue: No. 5, 8E, 108E, 110, 112, 133E, 178. Get off at „Március 15. tér” stop (4th stop, at Pest side of Elisabeth Bridge). Dock 8 is 3 min walk from this stop on the right (to the North).

Literature Table

Table provided in the Foyer is to make your publications/flyers available for conference delegates.

Badges

Identification badges are provided upon registration. For security purposes, all delegates and speakers are asked to wear their name badges all times during the conference. The identification badges are also helpful when contacting the Registration Desk and other participants. If you misplace your name badge, please go to the Registration Desk to arrange a replacement.

Mobile Phones

Please show consideration for speakers and other delegates by silencing your mobile phone during meetings.

Lost and Found

Any found item may be turned into the Registration Desk. Enquiries about lost items can be directed to the Registration Desk also.

Currency

The Forint (HUF), the official national currency, is convertible. The exchange rates applied in Budapest banks, official exchange offices and hotels may vary. All the major credit cards are accepted in Hungary in places displaying the emblem at the entrance. Exchange rate: 1 Euro = 333 HUF in October 2019.

Smoking

Smoking is not permitted in the conference venue. Smoking areas are appointed outside the hotel.

Tipping

Service charges are not always added automatically to accounts by hotels and restaurants, please check the menu or ask the staff if you are not sure. You may tip taxi drivers, hotel porters and restaurant waitstaff (up to about 10% of the bill) if you wish to acknowledge exceptional service. At any time, tipping is your choice.

Emergency Details

In an emergency call 112 for Ambulance, Fire Service or Police.

Pharmacies

Budapest's pharmacies ("gyógyszertár" in Hungarian) are well stocked and can provide medicaments for most common ailments. Each of the 23 districts has an all-night pharmacy open every day, a sign on the door of any pharmacy will help you locate the closest one.

CONFERENCE DAY 1 – FRIDAY, 8 NOVEMBER 2019

	Zsolnay Room I.	Zsolnay Room II.	Zsolnay Room III.	Palace Room
08:30-09:00		Opening Remarks		
09:00-10:30		Keynote Lectures Myrna M. Weissman, PhD, David J. Kupfer, MD		
10:30-11:00	Coffee Break			
11:00-12:30	Symposium 1 S11 - IPT Knowledge Dissemination in China	Symposium 2 S22 - Interpersonal Counseling (IPC) Around the Globe	Mini-Workshop 1 W29 - A Tale of Two Therapies - IPT and CBT: Comparative Approaches and Perspectives on their Integration in the Treatment of Complex Clinical Presentations	Individual Oral Presentations 1 O4, O37, O42, O33
12:30-14:00	Lunch Break – ISIPT Sponsored Lunch & Annual General Meeting (for members only)			
14:00-15:30	Symposium 3 S24 - The Development, Validation, and Testing of Measures for Use in Interpersonal Psychotherapy	Mini-Workshop 2 W6 - Recognizing and Repairing Therapeutic Impasses: Using Attachment Theory and Mentalizing in IPT	Symposium 4 S21 - Implementing Evidence-based Mental Health Interventions in LMIC Contexts: Harnessing the Potential of IPT to Strengthen Capacity of Health Systems	Symposium 5 S26 - IPT and IPC Interventions for College and University Students
15:30-15:45	Coffee Break			
15:45-17:15		Keynote Lectures Holly A. Swartz, MD, Frenk Peeters, MD, PhD		
17:15-18:30	Poster Session with Reception			

CONFERENCE DAY 2 – SATURDAY, 9 NOVEMBER 2019

Zsolnay Room I.		Zsolnay Room II.	Zsolnay Room III.	Palace Room
09:00-10:30	Mini-Workshop 3 W20 - Challenges and Opportunities in IPT Dissemination: Updates and discussion with the ISIPT Dissemination Committee	Symposium 6 S16 - Clinical Research and Theory Underpinning Innovative IPT Developments in Adolescent Populations	Mini-Workshop 4 W25 - The Interpersonal Aspects of Mindfulness	Individual Oral Presentations 2 O41, O38, O35, O45
Coffee Break				
10:30-11:00				
11:00-12:30	Keynote Lectures Roslyn Law, PhD, Oguz Omay, MD			
Lunch Break				
12:30-13:30				
13:30-15:00	Symposium 7 S28 - Setting the Stage for Healthy Child Development: Treating Perinatal Depression Using Brief Interpersonal Psychotherapy	Mini-Workshop 5 W13 - Managing Interpersonal Relationships in the Digital Age: IPT with Children and Adolescents	Mini-Workshop 6 W8 - Training Jam Session	Individual Oral Presentations 3 O32, O55, O54, O36
Coffee Break				
15:00-15:30				
15:30-17:00	Mini-Workshop 7 W9 - Internet based IPT; A Blended Format	Symposium 8 S17 - Interpersonal Counselling in Novel Populations in Europe – Evaluation	Symposium 9 S7 - IPT for PTSD Across the Lifespan and Around the World	Symposium 10 S12 - Suicidal Behaviour and Clinical IPT Approaches
17:00-17:30				Closing Remarks and Announcement of Poster Session Awards

Pre-Conference Workshop

WEDNESDAY, 6 November, 2019

09:00-17:00 **IPT Trainers' Training** *Zsolnay Room II+III.*

Heather A. Flynn, Jessica Schultz, Holly A. Swartz, Laura Mufson,
Anat Brunstein-Klomek, Roslyn Law, Paula Ravitz

09:00-17:00 **IPT 2.0** *Zsolnay Room I.*

Oguz Omay, John Markowitz, Alexandra Rafaeli

10:45-11:00 **Morning coffee**

12:30-13:30 **Lunch break**

15:15-15:30 **Afternoon coffee**

THURSDAY, 7 November, 2019

09:00-12:30 **Interpersonal Psychotherapy
for Depressed Adolescents (IPT-A)** *Zsolnay Room I.*

Laura Mufson, Anat Brunstein-Klomek

09:00-12:30 **Mentalizing – Giving IPT
an Evolutionary Advantage** *Zsolnay Room II.*

Roslyn Law

09:00-12:30 **Group IPT** *Zsolnay Room III.*

Scott Stuart, Jessica Schultz

10:45-11:00 **Morning coffee**

13:30-17:00 **Family-based IPT** *Zsolnay Room I.*

Laura J. Dietz

13:30-17:00 **Introduction to Interpersonal
and Social Rhythm Therapy (IPSRT)** *Zsolnay Room II.*

Ellen Frank, Danielle M. Novick, Holly A. Swartz

13:30-17:00 **IPT for PTSD** *Zsolnay Room III.*

John Markowitz, Alexandra Klein Rafaeli

15:15-15:30 **Afternoon coffee**

CONFERENCE DAY 1 – FRIDAY, 8 November 2019

08:30-09:00 **Opening Remarks** *Zsolnay Room II+III.*

09:00-10:30 **Keynote Lectures** *Zsolnay Room II+III.*

Introductory Remarks: Ellen Frank

Culturally relevant brief interpersonal psychotherapy for perinatal depression

Nancy K. Grote

School of Social Work, University of Washington, Seattle, USA

Introductory Remarks: Heather A. Flynn

The Future of Psychotherapy in Psychiatry: Are We Ready to Abandon the Mind/Body Dichotomy?

David J. Kupfer, MD

Department of Psychiatry, University of Pittsburgh School of Medicine, USA

10:30-11:00 **Coffee Break**

11:00-12:30 **Symposium 1 – S11** *Zsolnay Room I.*

IPT Knowledge Dissemination in China

Symposium Chair: Wanhong Zheng

Introduction and Overview

IPT Dissemination in China: Strategy, Preparation and Progress

Wanhong Zheng

Department of Behavioral Medicine and Psychiatry, West Virginia University, Morgantown, WV, USA

IPT Trainings and Dissemination in Hong Kong and the Cultural Specific Considerations in Conducting IPT among Hong Kong Chinese Patients

Joseph Pui-yin Chung^{1,2}, Betsy Bledsoe³

¹*Department of Psychiatry, Pamela Youde Nethersole Eastern Hospital, Hong Kong Special Administrative Region, China*

²*Department of Psychiatry, Li Ka Shing Faculty of Medicine,*

The University of Hong Kong, Hong Kong Special Administrative Region, China

³*University of North Carolina at Chapel Hill, School of Social Work, USA*

IPT Training in Shanghai

Diana Koszycki

The Institut de Savoir Montfort, Ottawa, Canada

Current State of Psychotherapy and Experience of IPT Training Program Implementation in China

Weihui Li

Xiangya Mental Health Institute, The Second Xiangya Hospital of Central South University, China

IPT Development in Zhejiang, China

Manli Huang, A.P. Jianbo Hu

Department of Mental Health, The First Affiliated Hospital, College of Medicine, Zhejiang University Hangzhou, China

Q & A and General Discussion

11:00-12:30 **Symposium 2 – S22**

Zsolnay Room II.

Interpersonal Counseling (IPC) Around the Globe

Symposium Chair: Myrna Weissman

Introduction and Overview

Myrna Weissman^{1,2,3}

¹*College of Physicians and Surgeons, Columbia University, USA*

²*Mailman School of Public Health, Columbia University, USA*

³*New York State Psychiatric Institute, USA*

IPC as an Engagement Strategy for Student Veterans

Helen Verdeli

Teachers College, Columbia University, USA

Adapting Interpersonal Counseling for mHealth Delivery by Nonspecialized Providers in Mozambique

Jennifer J. Mootz

Columbia University, New York State Psychiatric Institute, USA

Training and Supervision of IPC with Israeli College Students

Alexandra Klein Rafaeli

Tel Aviv University, Israel

A Pilot Study of a Stepped-care Brief intervention to Help Psychologically-distressed Women Displaced by Conflict in Bogotá, Colombia

Ana Claudia Andrade

Médicins Sans Frontières, Brazil

Q & A and General Discussion

**A Tale of Two Therapies - IPT and CBT:
Comparative Approaches and Perspectives on their Integration
in the Treatment of Complex Clinical Presentations**

Workshop Chair: Jill M. Cyranowski

Introduction and Overview

Jill M. Cyranowski

Graduate Psychology, Chatham University, Pittsburgh, PA, USA

**Interpersonal Psychotherapy versus Cognitive Therapy for Major
Depressive Disorder: what therapy works for whom?**

Suzanne C. van Bronswijk¹, Lotte H. J. M. Lemmens², Zachary Cohen³,
Frenk Peeters¹, Arnoud Arntz^{2,4}, Robert DeRubeis³, Marcus J.H. Huibers^{2,3,5}

¹*Department of Psychiatry and Psychology, Maastricht University, Maastricht, The Netherlands*

²*Department of Clinical Psychological Science, Maastricht University, Maastricht,
The Netherlands*

³*Department of Psychology, University of Pennsylvania, Philadelphia, PA, USA*

⁴*Department of Psychology, University of Amsterdam, Amsterdam, The Netherlands*

⁵*Department of Clinical Psychology, VU University Amsterdam, Amsterdam, The Netherlands*

**Introducing Avenues of Clinical Integration:
Presentation of Case Vignettes**

**Comparing and Integrating CBT and IPT for Complex Clinical
Presentations of Depression: Focus on Sleep Dysregulation,
Complex Perinatal Disorders, and Anxiety Comorbidity**

Marta Novak¹, Sharon Ben Rafael², Jill M. Cyranowski³

¹*Department of Psychiatry, University of Toronto, Toronto, Canada*

²*Women's Mental Health, Psychiatry Research Unit, Tel Aviv Sourasky Medical Center, Israel*

³*Graduate Psychology, Chatham University, Pittsburgh, PA, USA*

Sleep: Where CBT Meets IPT

Marta Novak

Department of Psychiatry, University of Toronto, Toronto, Canada

Integrating CBT and IPT for Complex Perinatal Disorders

Sharon Ben Rafael

Women's Mental Health, Psychiatry Research Unit, Tel Aviv Sourasky Medical Center, Israel

**Adapting IPT for Anxious-Depressed Populations:
Can We Maintain Model Coherency?**

Jill M. Cyranowski

Graduate Psychology, Chatham University, Pittsburgh, PA, USA

**Group Discussion and Debate: Advantages and Potential Pit Falls
Associated with IPT-CBT Integrative Approaches.**

11:00-12:30 **Individual Oral Presentations 1**

Palace Room

Chair: Jessica Schultz and Marcello Feijo de Mello

04 Interpersonal Psychotherapy versus Treatment as Usual for Major – Depression Related to Work Stress: A Randomized Controlled Study

Elisabeth Schramm

University of Freiburg, Medical Center, Psychiatry, Freiburg, Germany

037 Interpersonal Psychotherapy in General Practice Across the Lifespan

Patricia Graham¹, Linda Irvine Fitzpatrick², Richard Taylor³, Debra Bowyer⁴

¹*NHS Lothian, Scotland, Clinical Psychology, Edinburgh, Scotland*

²*NHS Lothian, Scotland, NHS, Edinburgh, Scotland*

³*NHS Lothian, Scotland, Psychiatry, Edinburgh, Scotland*

⁴*NHS Lothian, Scotland, Dean Brown school of Social Work, Edinburgh, Scotland*

042 Major Depression in Primary Care

Gregoire Rubovszky

Independent Practice, Psychiatry, Geneva, Switzerland

033 Pilot Mixed-Methods Evaluation of Interpersonal Counselling for Young People with Depressive Symptoms in Non-Specialist Services in Eastern England

Paul Wilkinson

University of Cambridge, Psychiatry, Cambridge, United Kingdom

12:30-14:00 **ISIPT Sponsored**

Annual General Meeting & Lunch *(for members only)*

Zsolnay Room III.

14:00-15:30 **Symposium 3 – S24**

Zsolnay Room I.

The Development, Validation, and Testing of Measures for Use in Interpersonal Psychotherapy

Symposium Chair: Luis Flores

Introduction and Overview

Luis Flores

Queen's University, Canada

The Initial Validation of the Social Network Quality (SNQ) Scales among Depressed Mothers Treated with Brief Psychotherapy

Luis E. Flores Jr.¹, Jill M. Cyranowski², Marlissa C. Amole³, Holly A. Swartz⁴

¹*Queen's University, Canada*

²*Chatham University, USA*

³*University of Pittsburgh, USA*

⁴*University of Pittsburgh, USA*

Measuring Patients' Therapy Skills in Psychotherapy for Depression: Development of the Interpersonal Psychotherapy Skills Scale – Self Report (IPSS-SR)

Frenk Peeters

Maastricht University, The Netherlands

Separation Anxiety among Veterans with PTSD Treated with IPT: An Exploratory Study

Barbara Milrod¹, John C. Markowitz²

¹*Weill Cornell Medical College, USA*

²*Columbia University, USA*

Reflective Function (RF) and Symptom-specific Reflective Function (SRF) as Mediators of Change in IPT

Niclas Kullgard

University of Linköping, Sweden

Discussant

Jill M. Cyranowski

Chatham University, USA

Q & A and General Discussion

14:00-15:30 **Mini-Workshop 2 – W6**

Zsolnay Room II.

Recognizing and Repairing Therapeutic Impasses: Using Attachment Theory and Mentalizing in IPT

Workshop Chair: Paula Ravitz

Presenters: Roslyn Law¹, Paula Ravitz²

¹*Anna Freud Institute, UK*

²*University of Toronto, Canada*

14:00-15:30 **Symposium 4 – S21**

Zsolnay Room III.

Implementing Evidence-based Mental Health Interventions in LMIC Contexts: Harnessing the Potential of IPT to Strengthen Capacity of Health Systems

Symposium Chair: Lena Verdeli

Introduction and Overview

Lena Verdeli

Teachers College Columbia U, USA

A Study Protocol for Adaptation and Modification of WHO Endorsed Group Interpersonal Psychotherapy (IPT-G) for Peripartum Adolescents in Kenya: INSPIRE Study Protocol Comparing a Full Length versus Brief IPT-G

Manasi Kumar

University of Nairobi/UCL

Decreasing Stunting by Reducing Maternal Depression in Uganda: A Cluster Randomized Controlled Trial (C-RCT) for Improved Nutrition Outcomes

Lena Verdeli

Teachers College Columbia U, USA

Community Based Scaling Up of Group IPT to Address Depression and Adversities in Ugandan Women: Experience of Strong Minds Uganda

Strong Minds

Q & A and General Discussion

14:00-15:30 **Symposium 5 – S26**

Palace Room

IPT and IPC Interventions for College and University Students

Symposium Co-Chairs: Alexandra Klein Rafaeli and Leslie Miller

Introduction and Overview

Alexandra Klein Rafaeli¹, Leslie Miller²

¹*Tel Aviv University, Israel*

²*Johns Hopkins University School of Medicine, USA*

Delivery of Interpersonal Counseling with University and College Students in Scotland

Suzy Cooke

Prospect Model Team, Clinical Psychology Department, NHS Lothian, Scotland, UK

IPT for Students within a University-accredited IPT Training Programme: Creating a Sustainable Training and Treatment Pathway

Emily Taylor¹, Matthias Schwannauer²

¹*University of Edinburgh/Senior Lecturer in Clinical Psychology, UK*

²*University of Edinburgh/Professor of Clinical Psychology, UK*

IP and IPT for Depressive Disorders in Nurse and Medical Students from Brazil

Marcelo F. Mello

*Federal University of São Paulo-Brazil and School of Medicine,
Israelis Hospital Albert Einstein, São Paulo, Brazil*

Interpersonal Counseling for University Counseling Centers (IPC-C)

Alexandra Klein Rafaeli¹, Leslie Miller²

¹*Tel Aviv University, Israel*

²*Johns Hopkins University School of Medicine, USA*

Q & A and General Discussion

15:30-15:45 **Coffee Break**

15:45-17:15 **Keynote Lectures**

Zsolnay Room I.

Introductory Remarks: John Markowitz

The Loneliness Epidemic: Can IPT Help?

Holly A. Swartz, MD

University of Pittsburgh School of Medicine, USA

Introductory Remarks: Adrienne Stauder

IPT and CBT for Depression Going Dutch; Do They Really Share Equally?

Frenk Peeters, MD, PhD^{1,2}

¹*Department of Psychiatry and Psychology, Maastricht University Medical Center,
Maastricht, The Netherlands*

²*School for Mental Health and Neuroscience, Faculty of Health, Medicine and Life
Sciences, Maastricht University*

Poster Judges: Nazan Aydin, Shannon Lenze, Hiroko Mitzushima,
Elisabeth Schramm

P1 The Green Card Clinic: A Suicide Prevention Program with an Interpersonal Focus

Wilhelm Kay, Jodie Landstra, Judith Clarke

St Vincent's Hospital, Sydney, Liaison Psychiatry, Sydney, Australia

P2 Opportunities and Challenges of IPT Development in China

Manli Huang, Jianbo Hu

Zhejiang University, Department of Psychiatry, Hangzhou, China

P3 Nurses: A Voice To Lead in Implementing and Disseminating IPT in India

Bandana Bisht

Chitkara University, Chitkara School of Health Sciences, Punjab, India

P4 Supervision Skype Calls Brazil-Mozambique-USA

Camila Tanabe Matsuzaka¹, Marcelo Feijó de Mello^{1,2},
Kathleen Clougherty³, Ilana Pinsky⁴, Annika Sweetland⁵,
Mariana Rangel Maciel¹, António Suleman⁶, Afonso Fumo⁷,
Vania Lijon⁸, Milton Wainberg⁵

¹Federal University of São Paulo, Department of Psychiatry, São Paulo, Brazil

²School of Medicine, Israelis Hospital Albert Einstein, Department of Psychiatry, São Paulo, Brazil

³Teachers College Columbia University, Clinical Psychology, New York, USA

⁴Columbia University/New York State Psychiatric Institute, Department of Psychiatry, New York, USA

⁵Columbia University, Department of Psychiatry, New York, USA

⁶Mozambique Ministry of Health, Mental Health, Nampula, Mozambique

⁷Mozambique Ministry of Health, Mental Health, Beira, Mozambique

⁸Mozambique Ministry of Health, Mental Health, Gaza, Mozambique

P5 Can Artificial Intelligence and Deep Learning Enhance Psychotherapy?

Türker Tekin Ergüzel¹, Gökben Hızlı Sayar²

¹Üsküdar University, Department of Software Engineering, Istanbul, Turkey

²Üsküdar University, Department of Psychiatry, Istanbul, Turkey

P6 Adapting and Implementing Group Interpersonal Psychotherapy for Depressed Adolescents for Ugandan Schools

Catherine Carlson¹, Violet Nkwanzu¹, Gloria Abura¹, Kari Frame²,
Dena Batrice³, Laura Hopson¹, Helena Verdeli⁴, Laura Mufson⁵,
Milton Wainberg⁵

¹University of Alabama, School of Social Work, Tuscaloosa, USA

²StrongMinds, New York, USA

³StrongMinds, Kampala, Uganda

⁴Columbia University, Teachers College, New York, USA

⁵Columbia University/New York State Psychiatric Institute, New York, USA

P7 Profiling the Interpersonal Pyschtherapy in Acute Crisis (Scotland) Cohort

Lin Tan¹, Patricia Graham², Linda Irvine Fitzpatrick², Debra Bowyer², Robby Steel³, Joyce Follan³, Catherine Moar³, Claire Bashford³

¹University of Edinburgh, Department of Psychiatry, Edinburgh, Scotland

²NHS Lothian, Scotland, Clinical Psychology, Edinburgh, Scotland

³NHS Lothian, Scotland, Department of Psychiatry and Mental Health, Edinburgh, Scotland

P8 Taking Our Cue from Patients: Collaborative Design of a Mobile Intervention for Depression and Anxiety

Ellen Frank

University of Pittsburgh, Department of Psychiatry and Psychology, Pittsburgh, USA

P9 The Relationship Between Attitudes Towards Receiving Psychological Help, Self-Esteem and Non-Functional Attitudes

Murat Temiz¹, Gökben Hızlı Sayar², Hüseyin Ünübol¹, Özlem Özeren³

¹Üsküdar University, Department of Psychology, Istanbul, Turkey

²Üsküdar University, Department of Psychiatry, Istanbul, Turkey

³Maltepe University, Civil Aviation Transport Management Programme, Istanbul, Turkey

P10 The Effects of Interpersonal Psychotherapy Training on Subjective Happiness, Empathy, Expressing Emotions and Experiences in Close Relationships

Cansu Varol¹, Gökben Hızlı Sayar², Türker Tekin Ergüzel³, Oğuz Omay², Remziye Keskin⁴

¹Üsküdar University, Clinical Psychology, Istanbul, Turkey

²Üsküdar University, Department of Psychiatry, Istanbul, Turkey

³Üsküdar University, Department of Software Engineering, Istanbul, Turkey

⁴Üsküdar University, Vocational School of Health Services, Istanbul, Turkey

P11 Comparing the Effectiveness of Medication Therapy and Medication-IPT Combined Therapy on Depression Patients: a 16-week Longitudinal Randomized Controlled Study

Jianbo Hu, Manli Huang, Jinwen Huang, Zheng Wang, Chanchan Hu, Xiaoyi Zhou, Jingkai Chen, Zhong Wang, Shuguang Li

Zhejiang University, Department of Psychiatry, Hangzhou, China

P12 A Clinical Pilot Study in Germany: Effects of Interpersonal Psychotherapy for Depressed Adolescents (IPT-A) in an Outpatient Therapy Setting

Eva Ordowski, Anne von Lucadou

University of Freiburg, Medical Center, Department of Psychiatry and Psychotherapy, Freiburg, Germany

P13 The Effects of Interpersonal Psychotherapy Training on Mental Wellness, Social and Emotional Intelligence

Cansu Kurultay¹, Gökben Hızlı Sayar², Oğuz Omay², Selami Varol Ülker³

¹Üsküdar University, Clinical Psychology, Istanbul, Turkey

²Üsküdar University, Department of Psychiatry, Istanbul, Turkey

³Üsküdar University, Institute of Social Sciences, Istanbul, Turkey

P14 The Impact of Obstetric Features on Anxiety and Negative Automatic Thoughts in Pregnancy

Funda Öksüz¹, Gökben Hızlı Sayar², Hüseyin Ünübol², Ayça Ferda Kansu³

¹Üsküdar University, Clinical Psychology, Istanbul, Turkey

²Üsküdar University, Department of Psychiatry, Istanbul, Turkey

³Üsküdar University, Department of Psychology, Istanbul, Turkey

P15 Interpersonal Psychotherapy for Depressive Episode of Persistent Depressive Disorder with Psychiatric Comorbidity: A Case Series

Risa Imai¹, Yuko Toshishige¹, Junya Kuwabara¹, Masaki Kondo¹, Takafumi Kinoshita², Tatsuo Akechi¹, Hiroko Mizushima³

¹Nagoya City University, Department of Psychiatry and Cognitive-Behavioral Medicine, Nagoya, Japan

²Inazawa Kousei Hospital, Department of Psychiatry, Inazawa, Japan

³MIZUSHIMA HIROKO IPT Clinic, IPT Clinic, Tokyo, Japan

P16 The Subjective Changes of Responders to Interpersonal Psychotherapy for Depression in Japan

Yuko Toshishige¹, Risa Imai¹, Junya Kuwabara¹, Masaki Kondo¹, Takafumi Kinoshita², Yoshinori Ito¹, Tatsuo Akechi¹, Hiroko Mizushima³

¹Nagoya City University, Department of Psychiatry and Cognitive-Behavioral Medicine, Nagoya, Japan

²Inazawa Kousei Hospital, Department of Psychiatry, Inazawa, Japan

³MIZUSHIMA HIROKO IPT Clinic, IPT Clinic, Tokyo, Japan

P17 A qualitative assessment of interpersonal psychotherapy in adolescents diagnosed with PTSD as a result of sexual assault in a group format (IPT-APG)

Adriana Corrêa, José Paulo Fiks, Maria Eugenia Mesquita, Rosaly F. Braga, Ana Carolina Coelho Milani, Andrea Feijó de Mello, Marcelo Feijó de Mello, Sérgio L. Blay

Department of Psychiatry, Federal University of São Paulo, Brazil

P18 "To Be A Wife Or To Be A Caregiver?" A Case Report on How Interpersonal Psychotherapy can Help Depression in a Psychotic Patient's Spouse

João Fonseca¹, Nuno Carrilho²

¹Hospital Senhora da Oliveira, Department of Psychiatry and Mental Health, Guimarães, Portugal

²Aalborg university hospital, Department of Psychiatry and Mental Health, Aalborg, Denmark

P19 The Relationship of Fear of Childbirth and Marital Satisfaction

Nebile Topçu¹, Banu Bostancı¹, Gökben Hızlı Sayar²

¹Üsküdar University, Clinical Psychology, Istanbul, Turkey

²Üsküdar University, Department of Psychiatry, Istanbul, Turkey

P20 Interpersonal Psychotherapy at the End of Life: Working with a Patient in Terminal Stage of Breast Cancer

Urun Ozer, Sibel Emilie Sultan Huet

Acibadem Mehmet Ali Aydinlar University School of Medicine, Psychiatry, Istanbul, Turkey

P21 The Relationship of Interpersonal Style, Percieved Social Support, Mental Well-Being, and Quality of Life In Parents of Children with Special Needs

Cansu Ertan¹, Özlem Çapan Özeren², Gökben Hizli Sayar³

¹Üskudar University, Clinical Psychology, Istanbul, Turkey

²Maltepe University, Civil Aviation Transport Management Programme, Istanbul, Turkey

³Üskudar University, Department of Psychiatry, Istanbul, Turkey

P22 Importance of Parents' Emotional Accessibility, Perceived Parenting Style and Coping Attitudes in Young Adults in Interpersonal Psychotherapy

Ayşe Çörtük¹, Remziye Keskin², Gökben Hizli Sayar³, Hüseyin Bulut⁴

¹Üskudar University, Department of Psychology, Istanbul, Turkey

²Üskudar University, Vocational School of Health Services, Istanbul, Turkey

³Üskudar University, Department of Psychiatry, Istanbul, Turkey

⁴Kanuni Sultan Suleyman Research Hospital, Department of Psychiatry, Istanbul, Turkey

P23 Alzheimer Disease - Caregiver Well-Being Program, Based on IPT Techniques

İdil Arasan Doğan¹, Ayça Ferda Kansu², Gökben Hizli Sayar¹, Hüseyin Ünübol¹

¹Üskudar University, Institute of Social Sciences, Istanbul, Turkey

²Üskudar University, Department of Psychology, Istanbul, Turkey

P24 Interpersonal Characteristics Among Bariatric Candidates with and without Binge Eating Disorders

Yael Latzer

Haifa university, Israel, Faculty of social welfar and health sciences, Haifa, Israel

P25 Qualitative Evaluation of Intensive Training and Supervision of Community Health Workers on Interpersonal Counseling for Task-Shifting Depression Intervention in Primary Care in Brazil

Rosaly F. Braga¹, Camila T. Matsuzaka¹, Bruno Coimbra¹, Andre F. Salem², Milton Wainberg², Annika Sweetland², José Paulo Fiks¹, Marcelo F. Mello¹

¹Federal University of São Paulo, Department of Psychiatry, São Paulo, Brazil

²Columbia University/New York State Psychiatric Institute, Department of Psychiatry, New York, USA

P26 Interpersonal & Social Rhythm Therapy for Schizophrenia-Spectrum Disorders: Theoretical Rationale & Case Example

Kelsey Bonfils¹, Danielle Novick²

¹VA Pittsburgh Healthcare System, Mental Illness Research, Education, and Clinical Center, Pittsburgh, United States

²VA Pittsburgh Healthcare System, Behavioral Health, Pittsburgh, United States

P27 IPT Visual Tools in a Preventive Multifamily Program for Children and Families Living with a Depressed Parent

Genevieve Piche, Aude Villatte

Universite du Quebec en Outaouais, Department of Psychology, Saint-Jerome, Canada

CONFERENCE DAY 2 – SATURDAY, 9 November 2019

09:00-10:30 **Mini-Workshop 3 – W20**

Zsolnay Room I.

**Challenges and Opportunities in IPT Dissemination:
Updates and discussion with the ISIPT Dissemination Committee**

Workshop Chair: Heather A. Flynn

Introduction and Overview

Heather A. Flynn

Florida State University College of Medicine, USA

Evidence-based Psychotherapy ‘Rollout’ within VA Hospitals and Clinics: Acceptability of IPT vs. CBT and ACT for Depression

Danielle Novick

Mood Disorders Clinic, Department of Veterans Affairs (VA), VA Pittsburgh Healthcare System, USA

IPT in a National Programme to Improve Access to Psychological Therapies (IAPT) – UK Dissemination Model

Roslyn Law

Anna Freud National Centre for Children and Families, UK

IPT Dissemination in Germany Compared to Other Evidence Based Models

Elisabeth Schramm

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

Implementing IPT training by non-psychiatrist physicians in Geneva, Switzerland

Theodore Hovaguimian

Founding Chairman of the Swiss IPT Association (SSPI), Switzerland

09:00-10:30 **Symposium 6 – S16**

Zsolnay Room II.

Clinical Research and Theory Underpinning Innovative IPT Developments in Adolescent Populations

Symposium Chair: Paul Wilkinson

Introduction and Overview

Paul Wilkinson

University of Cambridge, UK

Body Image in Adolescents: Interpersonal Risk and Maintaining Factors

Helen Sharpe

University of Edinburgh, UK

Interpersonal Psychotherapy for Body Image (IPT-BI): Feasibly, Efficacy and Interpersonal Psychotherapy for Body Image (IPT-BI)

Fiona Duffy

University of Edinburgh, UK

Social Withdrawal and Developing Negative Symptoms in Individuals at Risk of Psychosis and First Episode – a Randomised Case Series of Interpersonal Psychotherapy

Matthias Schwannauer

University of Edinburgh, UK

Q & A and General Discussion

09:00-10:30 **Mini-Workshop 4 – W25**

Zsolnay Room III.

The Interpersonal Aspects of Mindfulness

Workshop Chair: Marta Novak

Introduction and Overview

Marta Novak

University of Toronto and University Health Network, Canada

Speakers: Kornelia Nyitray¹, Jill M. Cyranowski², Janos Vizi³

¹*Private Practice and Lundbeck Hungary, Budapest, Hungary*

²*Graduate Psychology Program, Chatham University, Pittsburgh PA, USA*

³*National Institute of Psychiatry and Addiction; Outpatient Clinic for Sexual Medicine, Budapest, Hungary*

09:00-10:30 **Individual Oral Presentations 2**

Palace Room

Chair: Théodore Hovaguimian and Kosse Jonker

O41 Internet-based IPT Targeting Loneliness – Results and Experiences from a Randomized Controlled Trial

Anton Käll, Malin Bäck, Rasmus Bjerkander, Hanna Åman, Matilda Wänman, Camilla Welin, Gerhard Andersson

Linköping University, Department of Behavioural Sciences and Learning, Linköping, Sweden

O38 Interpersonal Psychotherapy for Bulimia Nervosa, IPT-BNm – Results from a Pilot Study

Malin Bäck

Linköping University, Department of Behavioural Sciences and Learning, Linköping, Sweden

O35 A Pilot Study of Interpersonal Psychotherapy for Depression as an Early Intervention Strategy for Women Involved with the Criminal Justice System

Suzie Black¹, D. Bowyer¹, P. Graham¹, L. Irvine-Fitzpatrick², K. Pate³, A. Woodrow¹, M. Schwannauer⁴

¹NHS Lothian, Scotland, Clinical Psychology, Edinburgh, Scotland

²City of Edinburgh Health and Social Care Partnership, Edinburgh, Scotland

³City of Edinburgh Council, Edinburgh, Scotland

⁴University of Edinburgh, Edinburgh, Scotland

O45 Assumptions on 'Human Needs' and Enabled 'Subject Positions' in Interpersonal Psychotherapy, Schema Therapy, and Gestalt Therapy Approaches

Seda Usübütün¹, Oguz Omay²

¹Ufuk University, Department of Psychology, Ankara, Turkey

²Üsküdar University, Department of Psychology, Istanbul, Turkey

10:30-11:00 **Coffee Break**

11:00-12:30 **Keynote Lectures**

Zsolnay Room II+III.

Introductory remarks: Elisabeth Robinson

Dissemination – Navigating the Minefields between Evidence and Implementation

Roslyn Law, Ph.D.

Anna Freud National Centre for Children and Families, United Kingdom

Introductory remarks: Paula Ravitz

Interpersonal Virtuosity: Nourish or Perish!

Oguz Omay, MD, President of ISIPT

¹Üsküdar University, Istanbul, Turkey

²Les Toises, Lausanne, Switzerland

12:30-13:30 **Lunch Break**

13:30-15:00 **Symposium 7 – S28**

Zsolnay Room I.

Setting the Stage for Healthy Child Development: Treating Perinatal Depression Using Brief Interpersonal Psychotherapy

Symposium Chair: Nancy K. Grote

Introduction and Overview

Nancy K. Grote

School of Social Work, University of Washington, USA

Change Mechanisms in Brief Interpersonal Psychotherapy for Perinatal Depression: A Qualitative Study of MOMCare

Nancy K. Grote

School of Social Work, University of Washington, USA

Decreasing Maternal Distress Using Brief IPT during Pregnancy to Reduce Offspring Vulnerability to Psychopathology

Benjamin Hankin

University of Illinois Department of Psychology, USA

Promoting Healthy Families (PHF) for High Risk Mothers and Babies in PCAP: An Educational Intervention Based on the Principles of Brief IPT

Mary Curran, Amritha Bhat

University of Washington, Seattle, WA, USA

What about the Babies? Infant Outcomes During or After Maternal Perinatal Depression Treatment with Brief Interpersonal Psychotherapy

Shannon N. Lenze

Washington University School of Medicine, USA

Q & A and General Discussion

13:30-15:00 **Mini-Workshop 5 – W13**

Zsolnay Room II.

Managing Interpersonal Relationships in the Digital Age: IPT with Children and Adolescents

Workshop Chair: Laura J. Dietz

Introduction and Overview

Elizabeth Robinson

Independent Practice, UK

Using IPT-A to Help Depressed Youth Communicate Effectively On-Line

Laura J. Dietz¹, Laura Mufson²

1University of Pittsburgh, USA

2Columbia University/ New York Psychiatric Institute, USA

Texting and Social Media Tips for Parent-Child Negotiation in IPT-A

Anne von Lucadou

University of Freiburg Medical Center, Department of Psychiatry and Psychotherapy for Children and Adolescents, Germany

Q & A and General Discussion

13:30-15:00 **Mini-Workshop 6 – W8**

Zsolnay Room III.

Training Jam Session

Workshop Chair: Alexandra Klein Rafaeli

Introduction and Overview

Alexandra Klein Rafaeli

Tel Aviv University, Israel

Speakers: Oguz Omay¹, Heather A. Flynn², Cindy Goodman Stulberg³

¹*Üsküdar University, Istanbul, Turkey*

²*Florida State University, USA*

³*Institute for Interpersonal Psychotherapy, Toronto, Canada*

13:30-15:00 **Individual Oral Presentations 3**

Palace Room

Chair: Dóra Perczel-Forintos and Adrienne Stauder

O32 Status and Efficacy of Interpersonal Psychotherapy in Mainland China: A Systematic Review

Luhan Tang, Fangzhong Xu, Ge Yu

*Tongde Hospital of Zhejiang Province (Zhejiang Mental Health Center),
Clinical Psychology, Hangzhou, China*

O55 Dissemination Of Interpersonal Psychotherapy In Turkey

Nalan Öztürk¹, Seda Usubütün², Oğuz Omay³, Gökben Hızlı Sayar³,
Nazan Aydın³

¹*Bakırköy Research and Training Hospital for Psychiatry, Neurology and Neurosurgery,
Department of Psychiatry, Istanbul, Turkey*

²*Ufuk University, Department of Psychology, Ankara, Turkey*

³*Üsküdar University, Department of Psychology, Istanbul, Turkey*

O54 E-learning Platform to Train Interpersonal Counseling (IPC) at Rio de Janeiro - Brazil

Camila Tanabe Matsuzaka¹, Marcelo Feijó de Mello^{1,2},
Claudio Gruber Mann³, Fatima Virginia Siqueira de Menezes Silva⁴,
Maria Jose Fernandes Pereira⁵, Ana Beatriz De Arvellos Espínola⁵,
Annika Sweetland⁶

¹*Federal University of São Paulo , Department of Psychiatry, São Paulo, Brazil*

²*School of Medicine, Israelis Hospital Albert Einstein, Department of Psychiatry,
São Paulo, Brazil*

³*Federal University of Rio de Janeiro- UFRJ, Department of Psychiatry,
Rio de Janeiro, Brazil*

⁴*Interdisciplinary research laboratory in Primary Care - RJ Brazil, Primary care,
Rio de Janeiro, Brazil*

⁵*Secretaria Municipal de Saúde de Itaboraí - RJ Brazil, Department of Tuberculosis,
Rio de Janeiro, Brazil*

⁶*Columbia University, Department of Psychiatry, New York, United States*

**O36 The Prospect Model of IPT Across the Lifespan:
A Very Scottish Response**

Linda Irvine Fitzpatrick¹, Patricia Graham², Debra Bowyer²

¹NHS Lothian, Scotland, NHS, Edinburgh, Scotland

²NHS Lothian, Scotland, Clinical Psychology, Edinburgh, Scotland

15:00-15:30 **Coffee Break**

15:30-17:00 **Mini-Workshop 7 – W9**

Zsolnay Room I.

Internet based IPT; A Blended Format

Workshop Chair: Kosse Jonker

Speaker: Th. Michael Van den Boogaard

Parnassia Group the Netherlands, Mood Disorders, The Hague, The Netherlands

15:30-17:00 **Symposium 8 – S17**

Zsolnay Room II.

**Interpersonal Counselling in Novel Populations in
Europe - Evaluation**

Symposium Chair: Matthias Schwannauer

Introduction and Overview

Matthias Schwannauer

University of Edinburgh, UK

**Pilot Mixed-Methods Evaluation of Interpersonal Counselling
for Young People with Depressive Symptoms in Non-Specialist
Services in Eastern England**

Paul Wilkinson¹, Viktoria Cestaro²

¹University of Cambridge, UK

²Norfolk and Suffolk Foundation Trust, UK

**Low Intensity Interventions for Antenatal Depression:
A feasibility Study of an RCT of Interpersonal Counselling (IPC)
Compared to Cognitive Behavioural Therapy (CBT)**

Roslyn Law

Anna Freud National Centre for Children and Families, UK

**A Randomized Controlled Effectiveness and Feasibility Study of
IPC for Treatment of Adolescent Depression in Finnish School
Health and Welfare Services**

Klaus Ranta

Helsinki University Hospital, Finland

Q & A and General Discussion

15:30-17:00 **Symposium 9 – S7**

Zsolnay Room III.

IPT for PTSD Across the Lifespan and Around the World

Symposium Chair: John C. Markowitz

Introduction and Overview

John C. Markowitz

Columbia University/NYS Psychiatric Institute, USA

IPT for Persons Affected by the Syrian Crisis

Lena Verdeli

Teachers College, Columbia University, USA

IPT for people living in poverty

Marcelo F. Mello

*Federal University of São Paulo-Brazil and School of Medicine,
Israelis Hospital Albert Einstein, Department of Psychiatry, São Paulo, Brazil*

Adapting IPT-A for Adolescents with PTSD

Shayne Ragbeer¹, Laura Mufson²

¹New York Presbyterian Hospital and Columbia University Medical Center, USA

*²Columbia University, Vagelos College of Physicians and Surgeons,
Columbia University Irving Medical Center and New York State Psychiatric Institute, USA*

An Open Trial of IPT for Veterans and Family Members

John C. Markowitz, Ari Lowell, Alison Pickover, Amit Lazarov,
Shay Arnon, Yuval Neria

Columbia University/NYS Psychiatric Institute, USA

Q & A and General Discussion

15:30-17:00 **Symposium 10 – S12**

Palace Room

Suicidal Behaviour and Clinical IPT Approaches

Symposium Chair: Nuno Carrilho

Introduction and Overview

Nuno Carrilho

Baixo Vouga Hospital Center/Aalborg University Hospital, Portugal/Denmark

Early Trauma, Interpersonal Difficulties and Emotional Dysregulation in a Cohort of Suicidal Men

Emily Taylor¹, Charlotte Lemaigre²

¹University of Edinburgh/Senior Lecturer in Clinical Psychology, UK

²South London and Maudsley NHS Trust, UK

Crisis Intervention to Reduce Suicidal Risk and Depressive Symptoms Based on Interpersonal Psychotherapy

Liat Haruvi Catalan, Alan Apter, Anat Brunstein Klomek
Schneider Children's medical center of Israel, Israel

Interpersonal Psychotherapy Acute Crisis: Proof of Concept Pilot

Catherine Moar, Claire Bashford, Viki Argent
Psychological Medicine, Royal Infirmary of Edinburgh, NHS Lothian, Scotland, UK

IPT on Suicide Crisis – Outcomes from 6 Years of Intervention in a Portuguese Crisis Intervention Team

Nuno Carrilho, Ana Martins, Salomé Abrantes,
Raquel Santose Catarina Silva
Baixo Vouga Hospital Center/Aalborg University Hopsital, Portugal/Denmark

Q & A and General Discussion

17:00-17:30 **Closing Remarks and Announcement
of Poster Session Awards**

Zsolnay Room III.

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