

不负韶华，不忘初心 —— 热烈庆祝我院首个由教育部批准的国际会议“人际心理治疗在青少年抑郁中的应用和进展”在线顺利举办！

The first international conference "International Online Conference on Application and Progress of Interpersonal Psychotherapy in Treating Adolescent Depression", approved by the Ministry of Education, was successfully held online.

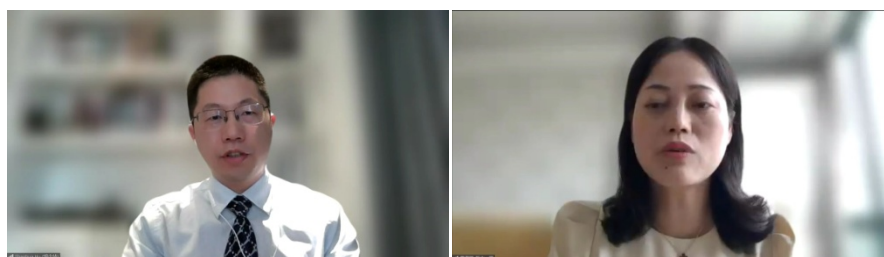
Correspondents : Xu Yiran, Zhou Xiaoyi

The online international conference "**International Online Conference on Application and Progress of Interpersonal Psychotherapy in Treating Adolescent Depression**" was successfully held on July 9-10, 2022, organized by the First Affiliated Hospital of Zhejiang University School of Medicine and co-organized by Zhejiang Society for Neuroscience, and Psychological Consultation and Psychotherapy Industry Association of Zhejiang Province. This is the **first international conference that is approved by the Ministry of Education in this discipline.**

The conference invited 45 domestic and international experts from the US, UK, Canada, Hong Kong, and mainland of China to participate in a variety of activities including keynote lectures, seminars and case studies. Over 160 participants attended the conference. The conference covered communication and practice in multiple sub-areas, with 20 keynote lectures on various topics. By building an international platform for the exchange of frontier information and research advances, this conference looks forward and contributes to comprehensive decision-making in the psychological treatment of adolescent depression.

Professor Hu Shaohua, director of psychiatry department, the First Affiliated Hospital of Zhejiang University School of Medicine, and Professor Huang Manli, deputy director of psychiatry department, the First Affiliated Hospital of Zhejiang University School of Medicine and president of the Chinese Chapter of International Society for Interpersonal Psychotherapy, co-chaired the conference.

The conference started at 8:00 a.m. on July 9. Chairman and chairwoman of the conference introduced the addressing speakers: Professor Lu Lin, academician of Chinese Academy of Sciences and director of Peking University Sixth Hospital; Professor Liang Tingbo, secretary of the party committee of First Affiliated Hospital, Zhejiang University School of Medicine; Professor Luo Jianhong, former vice principal of Zhejiang University and chairman of Zhejiang Society for Neuroscience; and Professor Xu Yi, president of Psychological Consultation and Psychotherapy Industry Association of Zhejiang Province.



Professor Liang Tingbo, secretary of the party committee of First Affiliated Hospital,

Zhejiang University School of Medicine, gave a great speech to the opening of the conference. He welcomed the experts and participants. He spoke highly of Professor Huang Manli and Professor Hu Shaohua, who contacted the founder of IPT, Professor Myrna Weissman, and introduced IPT into China and facilitated its development. They carried out relevant training, education, scientific research and clinical application, and established the Chinese chapter of International Society for Interpersonal Psychotherapy, with Professor. Huang Manli as the first president. Professor Liang Tingbo said they not only made great contributions to psychotherapy, but also started a new wave in the Chinese psychotherapy profession.



Professor Lu Lin, academician of Chinese Academy of Sciences and director of Peking University Sixth Hospital, emphasized in his speech that adolescent mental health is an important public health issue that cannot be ignored. Professor Huang Manli has been promoting the development of IPT in recent years in collaboration with many domestic experts. They translated treatment manuals, conducted a series of trainings and trained Chinese interpersonal psychotherapists. All of these have played a very important role in promoting the development of IPT. Academician Lu Lin expressed his high recognition to experts in the field of mental health and psychology from all over China.



Professor Luo Jianhong, former vice principal of Zhejiang University and Chairman of Zhejiang Society for Neuroscience, stated that this conference not only expanded the influence of IPT, but also promoted the integration of basic neuroscience research with neuropsychiatric diseases, which built a new environment and created new opportunities for clinical conversion applications. Adolescents are the future of the country and healthy psychological and personality developments are the foundation for their growth and success. It is highly necessary to provide safe and effective depression interventions for adolescents.

Professor Luo compared this conference to a cornerstone to provide more professional technical tools for depression intervention for adolescents.



Professor Xu Yi, president of Zhejiang Psychological Consultation and Psychotherapy Industry Association and former director of psychiatry department of The First Affiliated Hospital of Zhejiang University School of Medicine, said that IPT is an internationally recognized treatment method with reliable research and clinical evidence. He recognized that the introduction and application of IPT in the First Affiliated Hospital of Zhejiang University School of Medicine will substantially promote the development of psychological counseling and psychotherapy. The industry association will also continue to support and actively promote the communication and dissemination of IPT in China.



Hosted by Professor Xu Yi, the first two sessions of the conference were presented by Professor Myrna Weissman, founder of IPT and current president of the International Society for Interpersonal Psychotherapy, and Professor John Markowitz of Columbia University. Professor Myrna Weissman gave a speech on development of IPT over the world. Professor John Markowitz talked about IPT as an evidence-based therapy and the development of ISIPT. Associate Professor Wang Zheng of psychiatry department, the First Affiliated Hospital of Zhejiang University School of Medicine, served as the simultaneous interpreter.

**Elements of IPT**

- Medical Model**
  - You are a person with an illness, distress, symptoms, etc.
  - It is not your fault
- Sick Role**
  - Take care of yourself
  - Who can help
  - You are trying to solve problem bringing on symptoms
- Interpersonal Inventory**
  - Who is in your life (the good and the bad)
- Link symptom onset to problem**
  - Grief, Dispute, Transitions, Loneliness
- Target symptom reduction and improved social functioning, not personality**
- Time limits specified**
- Current "Here and Now" focus**

The other element is to treat target the symptom reduction and improve social function.  
另一个基本要素就是治疗目标是减轻症状，改善社会功能。

Myrna Weissman (USA)  
Development of IPT Over the World

**人际心理治疗在青少年抑郁中的循证和证据**  
在线国际会议

**John Markowitz (美国)**  
Columbia University  
(美国哥伦比亚大学)

**Mood and Events Interact**  
情绪和事件的交互作用

Event 事件 ↔ Mood 情绪

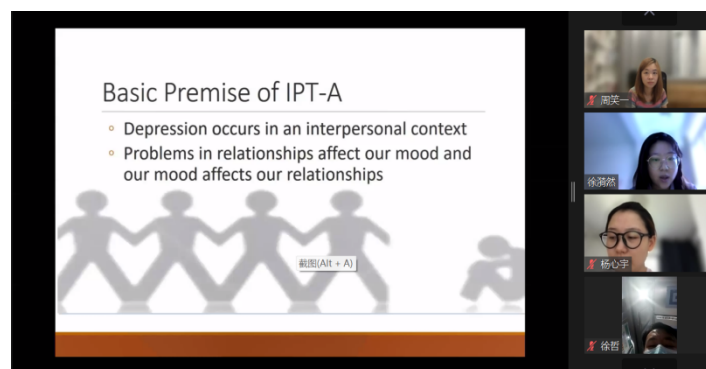
John Markowitz (USA)  
IPT as an evidence-based therapy and the development of ISIPT

Professor Paula Ravitz, professor at the University of Toronto, gave a vivid talk on the theory background and attachment in IPT. Gao Mingjie from Pepperdine University served as the simultaneous interpreter.

Professor Meredith Gunlicks-Stoessel of University of Minnesota, talked about interpersonal psychotherapy in adolescent depression. Xu Yiran of Queen's University Belfast served as the simultaneous interpreter. These two talks were hosted by Professor Wanhong Zheng, West Virginia University.



Paula Ravitz (Canada)  
Theory background and attachment in IPT



Meredith Gunlicks-Stoessel (USA)  
Interpersonal psychotherapy in adolescent depression

Professor Huang Manli, president of IPT China, elaborated the challenges and opportunities of using IPT in China. This speech was hosted by Professor Liu Xuejun from Brain Hospital of Hunan Province.



Huang Manli (China)  
Using IPT in China: Opportunities and challenges

Doctor Roslyn Law of Anna Freud National Centre, president of the International Society for Interpersonal Psychotherapy UK Chapter, presented mentalization and case formulation of IPT. The host was Associate Professor Lu Shaojia from the First Affiliated Hospital of Zhejiang University School of Medicine. Chen Yiting, University of California (Irvine) and Beijing University, served as the simultaneous interpreter.



Roslyn Law (UK)  
Mentalization and case formulation of IPT

Professor Holly Swartz of the University of Pittsburgh, the first president of ISIPT, introduced brief interpersonal psychotherapy for adjustment and development in depression. This talk was hosted by Professor Shao Chunhong of Huashan Hospital, Fudan University. Tang Luhan of Tongde Hospital of Zhejiang Province served as the simultaneous interpreter.



Holly Swartz (USA)  
Brief interpersonal psychotherapy for adjustment and development in depression

Professor Besty Bledsoe of University of North Carolina at Chapel Hill School, introduced applying communication analysis in adolescent depression therapy. This talk was hosted by Professor Shen Xinhua from the Third People' s Hospital of Huzhou. Chen Yiting of University



of California served as the simultaneous interpreter.



Betsy Bledsoe (USA)

Applying communication analysis in adolescent depression therapy

Professor Joseph Chung, Pamela Youde Nethersole Eastern Hospital, gave a speech on exploring the cultural adaptation of IPT in China. Associate Professor Li Mingli from West China Hospital Sichuan University was the host.



Joseph Chung (Hong Kong, China)

Exploring the cultural adaptation of IPT in China

The conference also invited Professor Wang Xiaoping, Director of Institute of Mental Health of Central South University; Professor Zhang Ning, Vice President of the Affiliated Brain

Hospital of Nanjing Medical University; Professor Hu Jian of the First Affiliated Hospital of Harbin Medical University; Professor Peng Daihui of Shanghai Mental Health Center of Shanghai Jiao Tong University; Professor Liu Jian of Hangzhou Seventh People's Hospital; Professor Wu Shaochang of Second People's Hospital of Lishui; Professor Liu Zhifen of First Hospital of Shanxi Medical University; Professor Liu Fang of First Affiliated Hospital of Kunming Medical University; Associate Professor Chen Fazhan of Dongfang Hospital of Tongji University, Associate Professor Miao Qunfang of Hangzhou Normal University; Associate Professor Xu Fushan of Shenzhen Kangning Hospital; Doctor Weining of the First Affiliated Hospital, Zhejiang University School of Medicine; and Psychotherapist Yu Ge of Tongde Hospital of Zhejiang Province to host and give speeches.



**一级主任医师、教授、博士生导师**  
Chief Physician I, Professor, M.D. PhD Supervisor

**南京医科大学附属脑科医院副院长**  
Vice President, The Affiliated Brain Hospital of Nanjing Medical University

**南京医科大学认知行为治疗研究所所长、精神医学系主任**  
Director, Institute of Cognitive Behavioral Therapy, Nanjing Medical University

**中华医学会精神科分会副主任委员**  
Vice chairman of psychiatric branch of Chinese Medical Association

**中国心理卫生协会认知行为治疗专业委员会名誉主任委员**  
Director of the Professional Committee of Cognitive Behavioral Therapy of the Chinese Mental Health Association

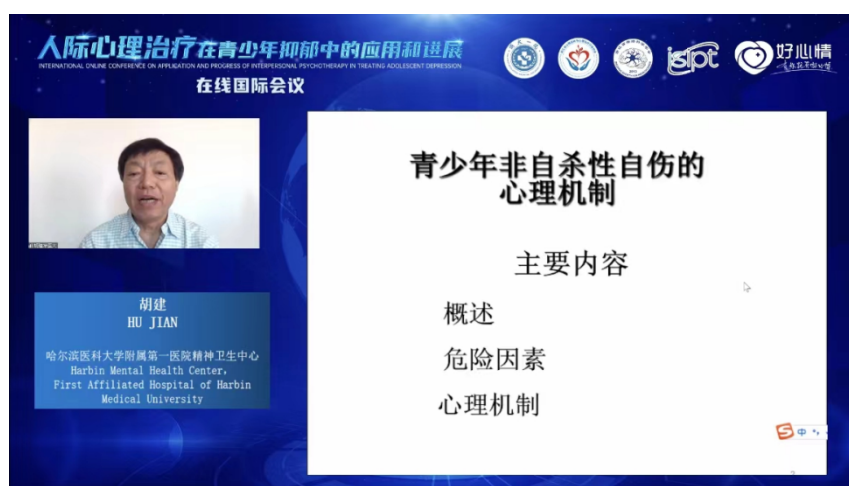
**《中华精神科杂志》副总编**  
《Chinese Journal of Psychiatry》 Deputy Editor-in-Chief

**中国医师协会精神科医师分会杰出精神科医师**  
Distinguished Psychiatrist, Psychiatrists Branch, Chinese Medical Association

Zhang Ning (China)

Symptom-based psychotherapeutic decision-making in a psychiatric framework

Host: Wang Xiaoping



**青少年非自杀性自伤的心理机制**

**主要内容**

概述

危险因素

心理机制

Hu Jian (China)

Psychological mechanisms of adolescent non-suicidal self-injury

Host: Wu Shaochang





Peng Daihui (China)

Identification and intervention of depression and suicide risk in adolescents

Host: Liu Fang



Chen Fazhan (China)

Using family therapy techniques in adolescent depression

Host: Wei Ning

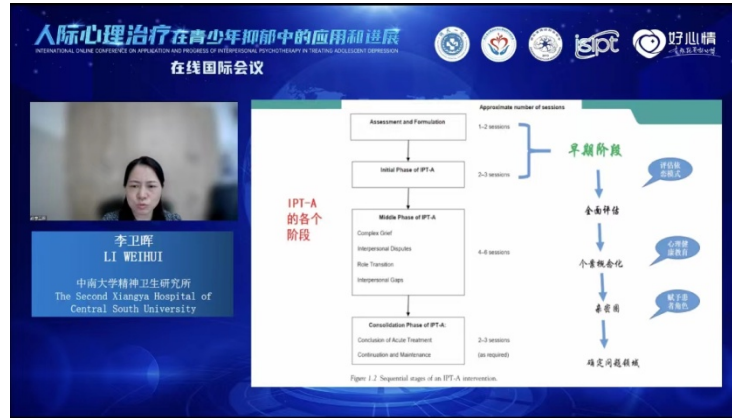


Miao Qunfang (China)

Research of effectiveness of IPT in Chinese school-averse adolescents and its application

Host: Yu Ge

During July 9 to July 10, IPT experts introduced the framework and techniques of IPT for each of the three stages. Professor Li Weihui first introduced the initial stage of IPT, Associate Professor Liu Guangya introduced the middle stage, and Associate Professor Hu Jianbo introduced the termination stage. In the three thematic seminars, psychotherapists Wang Zhong and Hu Chanchan from the First Affiliated Hospital of Zhejiang University School of Medicine provided three detailed case demonstrations. Professor Luo Yanli, Chen Qiaozhen, Wang Zheng and Zhou Xiaoyi, commented and analyzed from the perspectives of association of emotional change and interpersonal events as well as case conceptualization and design of treatment framework. Professor Kang Chuanyuan, Zhang Lujia, Hu Chanchan and Wang Zhong discussed the impact of parent-child conflict and mentalization on the efficacy of IPT for adolescents. Professor Xu Hua, Cai Wen, Tang Luhan and Chen Jingkai, talked about the impact of relationship ending on adolescents' emotions and conversion strategies for poor treatment outcomes. As the conference went on, participants became more and more enthusiastic and formed a good learning atmosphere.



Li Weihui (China)

Treatment structures and strategies in the initial stage of IPT for adolescent depressed populations

Host: Liu Jian

人际心理治疗在青少年抑郁中的应用和进展  
INTERNATIONAL ONLINE CONFERENCE ON APPLICATION AND PROGRESS OF INTERPERSONAL PSYCHOTHERAPY IN TREATING ADOLESCENT DEPRESSION  
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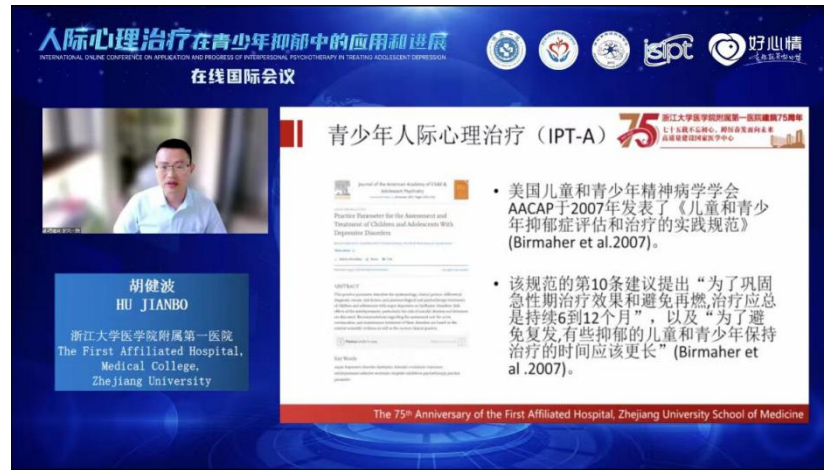
刘光亚  
LIU GUANGYA  
湖南省脑科医院  
Brain Hospital of Hunan Province

青少年人际心理治疗中期阶段的框架与策略  
刘光亚  
湖南省脑科医院 (湖南省第二人民医院)  
The Second's Hospital of Hunan Province

Liu Guangya (China)

Treatment structures and strategies in the middle stage of IPT for adolescent depressed populations

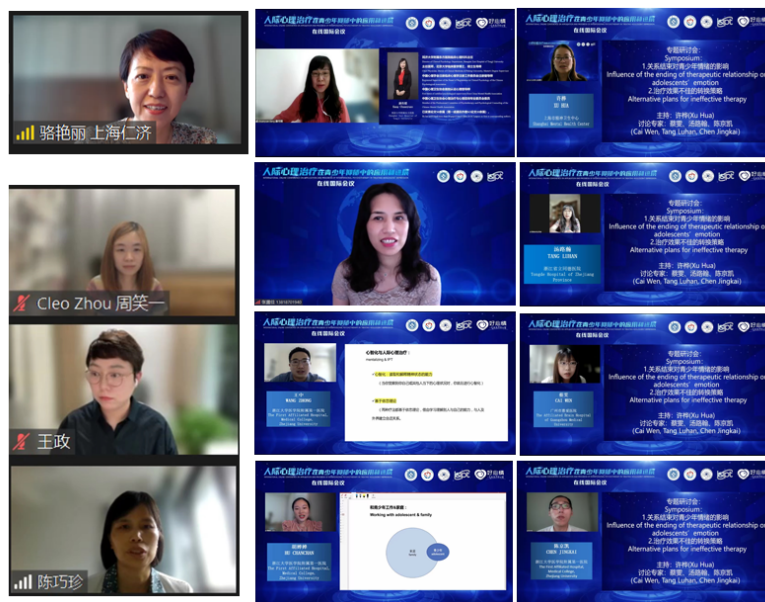
Host: Liu Zhifen



Hu Jianbo (China)

Strategies for the ending stage of IPT and discussion of continuing plans

Host: Xu Fushan



Experts of the seminar





Screenshots of some of the participants

Live up to youth

Never forget why we started

The conference had over 160 participants, including domestic and international professionals in psychology and psychiatry as well as psychology enthusiasts. The conference focused on the international frontier, with a strong academic atmosphere and lively discussions, together bringing a feast to the all the attendees. Through this conference, we hope to promote the development of IPT in China, improve clinical practice and evidence-based research, as well as increase public attention to adolescent mental health. In response to the call of General Secretary Xi Jinping' s calling for "strengthen the construction of social psychological service system", we continue to work together with our



domestic colleagues to promote mental health of the nation.