






Expanding Open-access Online Interpersonal Psychotherapy Training (IPT) Research Study

Involves training in an evidence-based depression treatment for mental health professionals and trainees

You may be eligible if:

-  A regulated professional or trainee in a health-related field
-  In good standing with your credentialing body or training program

Participants:

-  Participate in an online training program based on an evidence-based therapy
-  Complete brief online questionnaires and an optional interview
-  A certification of participation will be provided

Enrolling into the online IPT course, completing the questionnaires & optional interview are all for research purposes

Paula Ravitz, MD, Principal Investigator

Estimated time commitment: 9 hours for course, up to 3 hours for the questionnaires.

The training program can improve a therapist's knowledge of IPT to help people living with depression in the contexts of...



Grief



Role transitions



Role disputes



Interpersonal sensitivity

...to improve client mental health outcomes and relationships

Scan the QR code



Learn.ipt@sinaihealth.ca