A group adaptation of interpersonal psychotherapy for depressed adolescents

Plan for this hour
Overview of IPT-A Structure and objectives IPT-A in IAPT What does it look like in practice Evidence base Mechanism of change Questions and discussion IPT-A : A brief History IPT was developed as treatment for depression in. Problems with emotional expression are addressed only in so far as this obstructs resolution of interpersonal difficulties o IPT focuses less on these stable patterns, but considers improving or adapting interpersonal skills essential to successful resolution of the current crisis or predicament. This paper presents an overview of the adaptation of Interpersonal Psychotherapy for depressed adolescents (IPT-A) to be delivered in a group format (IPT-AG) for the treatment of depressed, nonbipolar outpatient adolescents. The model has been modified to address the challenges of working with several adolescents in a group context. It takes advantage of the group as a laboratory environment for experimenting with new ways of communicating and interacting with others. The IPT-AG manual… CONTINUE READING.