











INTRODUCTION TO INTERPERSONAL PSYCHOTHERAPY (IPT) FOR DEPRESSION

 **FRIDAY FEBRUARY 21, 2025**
9AM-4:30PM

 **2511 DELANEY AVE**
WILMINGTON, NC 28403

Learning Objectives

Upon completion of this workshop, participants should increase their ability to:

-  Discuss the epidemiology and diagnosis of depression and the historical and theoretical context of Interpersonal Psychotherapy (IPT);
-  Explain how to begin interpersonal psychotherapy including beginning IPT, identification of problem areas, and termination;
-  Identify four interpersonal problem areas: grief, interpersonal disputes, role transitions, and interpersonal deficits;
-  Describe techniques in IPT and the therapist's role;
-  Examine common therapeutic issues and client questions;
-  List adaptations of IPT for mood and non-mood disorders;
-  Address special topics and additional training and resources.

Registration Fee

\$75

NH participants use code: HALFFOFF74460
MUST register with your NH email!

Program Description

This workshop will focus on introducing practitioners to Interpersonal Psychotherapy (IPT), and evidence-based treatment for clients with a diagnosis of depression. We will focus specifically on how to conduct IPT with depressed clients including the therapeutic role, techniques, and common issues. We will also review adaptations of interpersonal psychotherapy for both mood and non-mood disorders. Discussion of the use of IPT across cultures and adaptations for the use of IPT in group, conjoint, and telephone formats will be explored. A review of the epidemiology and diagnosis of depression will be provided but will not be the focal point of the workshop. This workshop will focus primarily on using the treatment with adult clients but will include some examples with adolescents.

Target Audience

This workshop will be highly beneficial to all mental health professionals that work with adults. This includes psychologists, social workers, counselors, substance abuse professionals, psychiatric and advanced practice nurses, case managers, adult clinicians and therapists, and all interested others.

Credit

Contact Hours (Category A) CE for NC Psychologists up to 6.0

This program will provide 6.0 contact hours of (Category A) continuing education for North Carolina Psychologists. No partial credit will be given.

NBCC Hours up to 6.0

SEAHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5597. Programs that do not qualify for NBCC credit are clearly identified. SEAHEC is solely responsible for all aspects of the programs.

NCASPPB Hours up to 6.0

The North Carolina Addictions Specialist Professional Practice Board has approved this program for up to 6.0 hours (pending approval).

Contact Hours up to 6.0

This program will provide up to 6.0 contact hours. Contact hours may be submitted to the board by Licensed Clinical Social Workers for continuing education credit approval.



Betsy (Sarah E.) Bledsoe
PhD, MPhil, MSW

Faculty

Betsy is associate professor at the University of North Carolina at Chapel Hill School of Social Work, principal investigator of the Community Voices Project, principal investigator at the National Center for Trauma Education and Workforce Development, con-investigator at the Family Informed Trauma Treatment Center, and a consultant with the Center for Adjustment, Resilience & Recovery - all part of the National Child Traumatic Stress Network funded by the Substance Abuse and Mental Health Services Administration. She received a doctoral degree and Master of Philosophy from Columbia University School of Social Work, a Master of Social Work from the University of Pittsburg and a Bachelor's degree in psychology from the University of Tennessee.

Her research reflects over two decades of experience conducting community based as well as national studies to strengthen the mental health of adults, adolescents, children, and families, particularly those surviving poverty, discrimination, and trauma. She has expertise in mental health services, intervention, and implementation research, with a focus on mood, anxiety, and trauma during the perinatal period and beyond. Her research has examined the implementation and dissemination of evidence-based practices and empirically supported interventions with attention to the cultural adaptation of these practices to increase access to historically marginalized communities and populations including Black Indigenous and People of Color, individuals living in rural areas and individuals surviving poverty.

Cancellation/Refund Policy

- Registrants cancelling between two weeks and five full business days prior to the first day of the event are refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee.
- No refunds or credits will be given for cancellations received less than five full business days prior to the event.
- Cancellations greater than 2 weeks prior to the event will receive 100% refund.
- No vouchers will be issued in lieu of a refund.
- Transfers/substitute(s) are welcome (notify us of this in advance of the program.)
- Cancellations must be in writing (fax, email, or mail.)

REGISTER

HERE



If you have any questions about accessibility or special needs assistance, please contact Shawna.Eveland@seahec.net

Contact: shawna.eveland@seahec.net