

Dynamic Interpersonal Therapy

Timetable

Day 1

09:30 - 10:00 Registration

10:00 - 13:00 Overview of the DIT model and its approach to mood disorders

13:00 - 14:00 Lunch

14:00 - 17:00 Overview of the DIT model and its approach to mood disorders cont.

Day 2

10:00 - 13:00 The initial phase, sessions 1-4

13:00 - 14:00 Lunch

14:00 - 17:00 The initial phase, sessions 1-4 cont.

Day 3

10:00 - 13:00 The middle phase, sessions 5-12

13:00 - 14:00 Lunch

14:00 - 17:00 The middle phase, sessions 5-12

Day 4

10:00 - 13:00 The middle phase, sessions 5-12

13:00 - 14:00 Lunch

14:00 - 17:00 The ending phase, sessions 13-16

Day 5

Role plays. Participants will be allocated time slots at the beginning of the course.

10:00 - 13:00 IAPT staff additional lecture