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Child Maltreatment: New Frontiers in Research & Practice

Responding to Maltreatment and Trauma with Interpersonal Psychotherapy – Getting There Together

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Trauma and stress related, anxiety and mood disorders are highly prevalent in the aftermath of maltreatment. This spectrum of disorders demands that clinicians must be equipped with multiple interventions to address the range of personal and interpersonal distress that may follow maltreatment in order to formulate treatment in line with the primary emotional response experienced by the young people and families with whom they work.

This presentation will describe an evidence based, interpersonal approach to treating post traumatic disorders. IPT is a well established and NICE recommended treatment for depression in adults that has been successfully modified for use with adolescents (IPT-A) and has over the last 10 years established a body of evidence for its effectiveness as an intervention for PTSD. However, IPT and IPT-a remain on the edge of most trauma and maltreatment services, if they feature at all. The presentation will provide an overview for the model, the scope and limitations of the evidence for IPT and IPT-A as a post traumatic intervention and clinical illustrations