IPT for Adolescents with Depression (IPT-A)

Programme:

**Day 1**
Morning: Overview of IPT/IPT-A; Theoretical Origins and Evidence Base; Narrative Perspective & Storytelling  
Afternoon: Formulation, Selecting a focus; Selecting cases

**Day 2**
Morning: IPT-A Assessment: Diagnosis, Psychoeducation, Timeline and Sick Role  
Afternoon: Therapeutic Relationship in IPT-A; Interpersonal assessment; Goals setting and contracting

**Day 3**
Morning: Moving to middle phase: Symptom review, Role Transitions  
Afternoon: Working with Communication; Role Disputes

**Day 4**
Morning: Working with Affect; Grief  
Afternoon: Decision Analysis; Role Play; Working with parents/carers Sensitivity/Deficits

**Day 5**
Morning: IPT-A and medication; Endings in IPT ; Maintenance  
Afternoon: IPT-A supervision and accreditation

**Day 6**
Review and translating theory into practice