

## COUNSELLING & CLIENT WORK COURSES

# BRIEF INTERPERSONAL THERAPY (IPT)

### Course overview

This training program will improve participants' knowledge, skills and confidence in all aspects of brief Interpersonal Therapy (IPT) interventions, and the application of this approach to a range of client issues and worker roles.

### Who will benefit from this course?

Anyone providing psychosocial interventions in a range of health and community settings, including for example: counsellors, case managers, support workers, social workers, psychologists, family workers, youth workers, medical and allied health professionals.

**DURATION:** 1 Day

**FEE:** Varies depending on venue, sector, numbers & service provided

**IN-HOUSE TRAINING:** By arrangement with your organisation

**CUSTOMISED TRAINING:** To meet the specific requirements of your service and sector

**VENUE:** Available **Australia-wide including remote & regional areas**

Discounts for NGOs

### Course content

- The evidence-base for time-limited IPT and recommendations on the practical application across a broad range of client groups (e.g. adolescents, depressed, elderly clients).
- The framework, theory, practice, underlying principles and techniques of IPT.
- The goals of IPT and the phases of counselling including: evaluation of client history; exploration of client interpersonal issues; development of a treatment contract; identification and consolidation of learning; and developing strategies to counter symptoms in the future.
- The key elements of IPT approach including: interpersonal triad; biopsychosocial model; interpersonal inventory; interpersonal problem areas; interpersonal formulation: IPT structure; present focus; collaboration and goal consensus; positive regard.
- The techniques used in IPT including: interpersonal incidents; communication analysis; use of content and process affect; role playing and other common techniques.
- The application of this approach for client populations who have difficulty engaging or adhering to treatment.
- Strengths and limitations of IPT, similarities and distinctions from psychodynamic approach and CBT.

Practice skills and receive coaching and feedback in a small highly interactive training group.

### Contact us for an obligation free quote!

PO Box 460 Surry Hills, NSW Australia 2010

Tel: +61 (0) 2 8399 0358

Email: [info@allwoodassociates.com.au](mailto:info@allwoodassociates.com.au)

[www.allwoodassociates.com.au](http://www.allwoodassociates.com.au)