

Interpersonal and Social Rhythm Therapy: Psychotherapy for People with Bipolar Disorder

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Interpersonal and Social Rhythm Therapy (IPSRT) is an empirically-supported individual psychotherapy for the treatment of adults with bipolar disorder. This innovative approach to the management of bipolar disorder was developed by Ellen Frank and colleagues at the University of Pittsburgh and has now been shown to be efficacious in preventing relapse of mania and depression and in treating acute episodes of bipolar depression when used in combination with pharmacotherapy. Open studies suggest that it has utility as a monotherapy for adults with bipolar II disorder and for adolescents with bipolar I or II illness. IPSRT combines a behavioral approach to increasing the regularity of daily routines (social rhythms) with an interpersonal approach to coping with the stresses of the bipolar illness itself, as well as with common interpersonal stressors and social role problems. This approach has now been expanded to include group models for inpatient, intensive outpatient (day-hospital) and standard outpatient treatment.

This 2-day interactive course with simulations and role-plays will provide an overview IPSRT including the theoretical rationale with skill-building in: using the IPSRT Illness History Timeline and the Social Rhythm Metric (SRM); identifying interpersonal problem areas; and interweaving IPT interventions with social rhythm regulation work. IPSRT adaptations to group formats and to working with adolescents and the elderly will be also presented.

Learning Goals & Objectives

At the end of this workshop, participants will be able to:

- Use IPSRT to improve treatment of patients with mood disorders, including Bipolar Disorder, detecting and helping disrupted social rhythms and routines.
 - Adopt and employ the Social Rhythm Metric Tool (SRM) and Illness History Timeline, two elements of the IPSRT model, to help mood disordered patients.
 - Know and list the therapeutic guidelines, principles and indications of IPSRT.
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Ellen Frank, PhD

Ellen Frank is Distinguished Professor of Psychiatry and Professor of Psychology at the University of Pittsburgh School of Medicine and Director of the Depression and Manic Depression Prevention program at Western Psychiatric Institute and Clinic. An internationally renowned Interpersonal Psychotherapy (IPT) clinical research scientist, Frank and her colleagues have developed and tested a series of IPT adaptations including maintenance IPT for recurrently depressed patients and interpersonal and social rhythm therapy (IPSRT) for patients with bipolar and unipolar disorders. IPSRT has also been used with adolescents who have a bipolar disorder and those at risk for developing bipolar disorder by virtue of their family history. She is currently working on a smart phone app for patients receiving IPSRT and their clinicians. Dr. Frank has served on the Mood Disorders Workgroup of the American Psychiatric Association Task Force on DSM-5 and is an Honorary Fellow of the American Psychiatric Association. She has published over 400 peer-reviewed papers in psychiatric and psychological journals.

DAY 1

9:00-9:30	Introductions: who you are and what you hope to learn
9:30-10:00	Rationale for Psychotherapy in Bipolar Disorder
10:00-10:45.	Circadian Biology/Social Zeitgeber Theory & Bipolar Disorder
10:45-11:00	Refreshment Break
11:00 -12:00	Overview of IPSRT ,and the Initial Phase Tasks
12:00-12:30	Role Play of <i>Illness History Timeline</i>
12:30-1:30 p.m.	Lunch
1:30-2:00.	Review of Role Plays
2:00-2:45 p.m.	The Social Rhythm Metric and Its Role in IPSRT
2:45-3:00 p.m.	Refreshment Break
3:00-4:00 p.m.	Role Play & Discussion: Introducing the <i>Social Rhythm Metric (SRM)</i>
4:00-5:00 p.m.	Empirical Support for IPSRT

DAY 2

9:00-9:15	Questions and Review
9:15-9:45	Sleep and IPSRT
9:45-10:15	IPSRT Case Conceptualization: Selecting the Interpersonal Problem Area: Discussion of Participants' Case Vignettes
10:15-10:45	Middle Phase of IPSRT: Grief for the <i>Lost Healthy Self</i>
10:45-11:00	Refreshment Break
11:00-12:00	Middle Phase of IPSRT: Integrating SRT and IPT components
12:00-1:00	Lunch
1:00-3:00	Participant Role Plays & Discussion of Middle Phase of IPSRT
3-3:15	Refreshment Break
3:00-4:00	Challenges in Implementing IPSRT
4:00 to 5:00	Adaptations of IPSRT: Adolescents, Elderly, Inpatient Group, Outpatient Group

Registration fee: \$395 (Reduced rates for full time students). For more information or to register, please visit our website at www.mountsinai.on.ca/mspi or contact Connie at ckim@mtsinai.on.ca