Interpersonal Psychotherapy (IPT) is a brief manual-based therapy originally developed for treatment of major depression, and empirically supported by research that has demonstrated efficacy through a progression of trials over the past 30 years. Grounded in attachment and interpersonal theories that highlight the critical importance of relationships, IPT focuses on assisting patients to cope with life events related to interpersonal changes, losses, conflicts and isolation that are associated with the onset or perpetuation of psychiatric illness. The goals of IPT are to remit symptoms, improve functioning, alleviate interpersonal distress and help patients to build or better utilize social supports.

Faculty: Drs. Paula Ravitz, Heather Flett, Sian Rawkins, Priya Watson, and Paul Westlind

Educational Objectives
At the conclusion of the workshop, participants will be able to:

- Use IPT therapeutic guidelines to help patients with communication and interpersonal problems related to losses, changes or disagreements
- Apply attachment and interpersonal theories along with cultural formulation to inform your clinical understanding of patients.
- Use Motivational Interviewing techniques to improve your engagement with patients

About the Workshop

Dates
Friday, March 25
8:30 a.m. to 5 p.m.
Saturday, March 26
8:30 a.m. to 12 noon
and
Friday, June 17
8:30 a.m. to 5 p.m.
Saturday, June 18
8:30 a.m. to 12 noon

Cost
$745

About the Mount Sinai Psychotherapy Institute (MSPI)
The Mount Sinai Psychotherapy Institute is a psychotherapy training program accredited by the University of Toronto’s Faculty of Medicine. The Institute offers workshops and longitudinal supervision. Interactive, didactic workshops combine intensive in-vivo experiential training using standardized patients with electronic web-based clinical discussion. Workshops are combined with longitudinal, one-on-one supervision for a comprehensive and individually tailored program of advanced training in psychotherapy. The MSPI Certificate Program and Workshops aim to facilitate improved therapeutic outcomes through application of both specific models and common therapeutic factors.
Workshop Faculty

Paula Ravitz, MD, FRCPC, is an Associate Professor, Acting Head of the Psychotherapy Program and Head of the Interpersonal Psychotherapy (IPT) Program for the Department of Psychiatry at University of Toronto. She is Director of the Mount Sinai Psychotherapy Institute. Her academic focus is on the practice, teaching, program development and research of psychotherapy. One of her priorities as a clinical educator has been to disseminate evidence-based psychotherapies, teaching workshops in IPT internationally, and working with the Ontario Psychiatric Outreach Programs.

Heather Flett, MD, FRCPC, is the physician lead and staff psychiatrist for Psychotherapy Services in the Mood and Anxiety Program at the Centre for Addiction and Mental Health (CAMH). She provides training and supervision in Motivational Interviewing and Interpersonal Therapy (IPT) for the University of Toronto, Department of Psychiatry. She has worked in the area of Addiction Psychiatry with both youth and adults and has trained in (MI) and its application for Substance use and Mood Disorders. She provides IPT for both inpatient and outpatient clients with Depressive Disorders in addition to Interpersonal Social Rhythm Therapy for individuals with Bipolar Disorder.

Sian Rawkins, MD, MEd, FRCPC, Lecturer of Psychiatry at the University of Toronto, is Head of the Ambulatory Psychiatry Program at Mount Sinai Hospital. Dr. Rawkins’ academic and clinical work is focused in the areas of medical education, general psychiatry, and psychotherapy, and she has won a number of important teaching awards at the University of Toronto and beyond. She is a certified CBASP trainer, with equal proficiency in IPT, group, and integrative psychotherapy.

Priya Watson, MSc, MD, FRCPC, is a staff psychiatrist at the Centre for Addiction and Mental Health, in the Child Youth and Family Program. Dr. Watson’s clinical focus is in the mental health of children and their families, with a special interest in the mental health of newcomers to Canada. Dr. Watson completed a fellowship in Transcultural Psychiatry, and is currently engaged in research in Canada and Ethiopia. She also coordinates the psychotherapy training program for child psychiatry at the University of Toronto. Dr. Watson has been trained in IPT for adolescents and adults, and treats both groups in her clinical practice, as well as teaching and supervising trainees in IPT.

Paul Westlind, MD, FRCPC, is an Assistant Professor in the Department of Psychiatry, University of Toronto. He works in the Clinic for HIV-Related Concerns at Mount Sinai Hospital and in Concurrent Disorders at CAMH. He has been supervising and teaching psychiatric residents who are training in IPT since 2002.
Interpersonal Psychotherapy Training
Please return registration with payment to:
Connie Kim
Administrative Co-ordinator, MSPI
Department of Psychiatry
Mount Sinai Hospital
Joseph and Wolf Lebovic Health Complex
925-600 University Avenue
Toronto, Ontario  M5G 1X5
t 416-586-4800 ext. 2473
f 416-586-8654
ckim@mtsinai.on.ca

Name: 

Address: 

City: 

Province/state: 

Postal/zip code: 

Telephone: 

Fax: 

E-mail: 

Profession: 

Place of employment: 

Lunch is included on both Fridays of the workshop.

To register online, please visit: www.mountsinai.on.ca/mspi

Fee
$745
Please make your cheque payable to: Mount Sinai Psychotherapy Institute.

Cancellation and Refund Policy
A $50 handling fee will be deducted upon cancellation. Refund requests must be received in writing at least two weeks before the start date. No refunds will be given after this time.