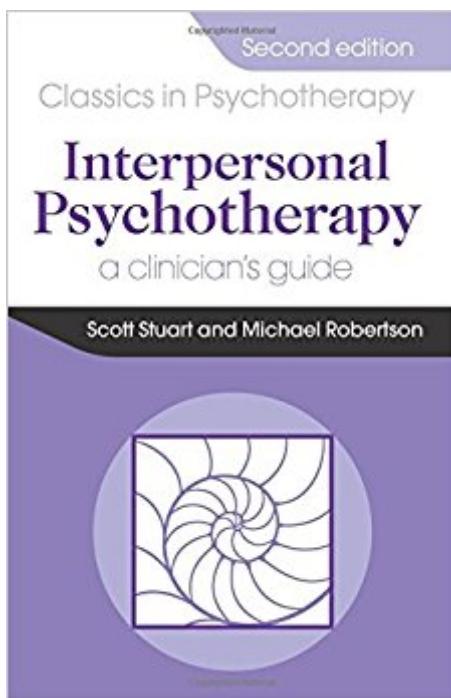


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# Interpersonal Psychotherapy 2E A Clinician's Guide



## Synopsis

'This book provides a very useful and thought-provoking account of a developing form of interpersonal psychotherapy and gives a clear guide for practising clinicians."Psychological MedicineFirst published in 2003, this groundbreaking text firmly established itself as a touchstone for all therapists using interpersonal psychotherapy (IPT). Key features and benefits: A wealth of clinically-based descriptions and vignettes help bring the theory to life. Numerous case studies highlight the key issues in IPT. Reproducible diagrams and flowcharts for use by therapists and their patients. Comprehensive coverage of key theoretical issues and an up-to-date critical appraisal of IPT research. New for the second edition: Extended coverage of the clinical adaptation of IPT to post-traumatic mental health and other new applications of IPT. More on depression and common problems encountered in IPT. Coverage of training and dissemination. How to manage joint sessions and integrate techniques from other approaches and models. *Interpersonal Psychotherapy: a clinician's guide* is the international standard for the clinical trainee seeking an introduction to IPT as well as for instructors of psychiatry residents, psychology interns and graduate students, as well as social work students. It is an accessible reference for other mental health providers and primary care practitioners.

## Book Information

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## Customer Reviews

Scott Stuart MD Associate Professor of Psychiatry and Psychology, University of Iowa, Iowa City, USA  
Michael Robertson FRANZCP Director of the Mayo Wesley Centre for Mental Health, Taree,

New South Wales, Australia

Very disappointed I can't read it on the kindle cloud reader app which excludes my chromebook. Don't understand why this convenience is left out. Content appears to be excellent but must wait to read it on my phone or work pc.

The manual outlines the framework of IPT and gives excellent detailed case examples. As a social worker I felt that some of the aspects of the therapy that are claimed as unique were a bit of a stretch. Social Workers would see the interpersonal inventory as a comprehensive assessment. Nonetheless this therapy is a good one for social workers to consider as compatible with social work ways of knowing and doing. For example IPT insists on consideration of the spiritual and cultural factors as well as the bio-psycho-social factors in developing a formulation. Likewise the emphases on positioning oneself alongside and actively engaging the client in the design of their therapy would resonate with most social workers. The emphases on increasing social support and communication skills is also familiar territory for social workers. A strength of the manual is a very frank and open outline of the history and development of IPT. Likewise appraisal of similarities or differences with other therapies and the research that supports its value and those aspects yet to be demonstrated. I really liked the emphases on flexibility in delivery and using it in combination with other therapies for some cohorts. I also found the chapter on grief and loss and necessary modifications very helpful. Overall - well worth the money and more importantly, my time reading it cover to cover.

Good book.

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