



La Société  
Marcé  
Francophone

La **Teppe**

*Under the auspices of the International Marcé Society  
In collaboration with the French Speaking Marcé Society, WAIMH-F, A.R.I.P.  
and Postpartum Support International  
International Workshops in Clinical Skills for Perinatal Psychiatry  
La Teppe Medical Centre, France*

## **IPT Week France 2016 Interpersonal Psychotherapy from A to Z**

Trainers :

**Ellen Frank (USA)  
Paula Ravitz (Canada)  
Holly Swartz (USA)  
Oguz Omay (France)**

**with help from a chorus of passionate and engaged groups of clinicians and researchers  
(the IPT-week support group)**

Dates: **19 - 23 September 2016** from 9am to 5pm.

Location: Galium Hall, La Teppe Medical Center, 26600 Tain l'Hermitage, France

**Training organized in 3 distinct - yet related - workshops**

First 2 workshops **conducted entirely in English**, without translation

Third workshop in English with playful translation into French

Information / Registrations:  
Please contact Oguz Omay  
**oguz.oday@teppe.org**

La Teppe Medical Centre  
IPT Week France 2016

FIRST WORKSHOP

**Interpersonal Psychotherapy  
(IPT)**

**An Introduction to the Clinical Practice of IPT  
for Beginners and Experts**

**19 and 20 September 2016 (Monday Tuesday)**

English without translation

This is an unusual workshop. We will present the foundations and clinical building blocks of IPT in order to *make them clear* for beginners who are warmly welcome. But we also want to work collectively to *make them clearer* for the intermediate or advanced practitioners of IPT who are also invited to join. Oguz Omay will lead the workshop with interactive presentations, commented on by three major experts in IPT: **Ellen Frank, Paula Ravitz** and **Holly Swartz**. On each topic, the invited experts will complement Oguz's teaching by sharing their own experiences, ideas and sensibilities. The content of the workshop will evolve as a continuous dialogue among our international faculty and participants.

Enhancing the clinical focus, these three internationally-recognized experts will role play aspects of IPT to showcase their distinct approaches to IPT for participants. Different styles and sensibilities will lead to creative contrasts, discussed in a highly interactive setting.

Topics covered will include : the theoretical basis of IPT, building of the interpersonal focus, opening strategies, "*moves*" during the first consultation, initial sessions, the interpersonal circle/inventory, interpersonal formulation of the treatment focus, IPT techniques, meeting moments and shared meaning in IPT, working with emotion, use of the sick role, IPT problem areas of interpersonal disputes, role transitions, grief and loss, and interpersonal deficits or sensitivity, conclusion of acute treatment, and maintenance treatment guidelines.

The workshop will give a sufficient grasp of IPT for beginners, who are welcome to continue on to the advanced skills workshop. For intermediate or advanced IPT practitioners who will probably form the majority of the participants, this workshop will reinforce the key concepts in IPT teaching and practice. The additional focus on *teaching to teach* will enable participants to share learned IPT concepts with their students, colleagues, and practitioners in their home institutions/practice settings after the meeting. It will nourish debate and critical reflection on current clinical practices, preparing the advanced skills workshop that will follow.

This workshop can be seen as an introduction to the second workshop. Regardless of your level of experience, we encourage you to take both if you are passionate about IPT.

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**IPT Week France 2016**

SECOND WORKSHOP

**Interpersonal Psychotherapy  
(IPT)  
Advanced Skills Workshop**

**21 and 22 September 2016 (Wednesday and Thursday)**

English without translation

This is an intermediate/advanced workshop for those with foundational knowledge about IPT - though a small number of beginners who have just taken the first workshop may join. The teaching will be highly skills-oriented and case-based, focusing on some of the critical elements of IPT. The program is under construction: colleagues from the support group will bring case material or clinical challenges and give short presentations structuring the discussion around specific elements of the model.

We will also have more time to get the most out of the experience of our 3 international experts: **Ellen Frank, Holly Swartz** and **Paula Ravitz**, each of whom have specific expertise in adaptations of IPT. We want to capitalize on their availability to lead an advanced discussion on IPSRT, IPT and mentalizing, IPT-B, to name but a few topics.

What defines IPT? Which components are central? As a learning exercise, we will try to break down the skills that we use in IPT and ponder whether they can be used in isolation. Mindful that dismantling studies have not been conducted on IPT, we think that focusing on certain tasks is crucial for clinicians. We will examine the impact of strategies such as engagement, conducting the interpersonal inventory, communication analyses and therapeutic guidelines related to the interpersonal focal areas.

With these expectations in mind, our experts will be invited to talk on subjects about which they are passionate: engagement as used in IPT-B model; formulation using relational theories; mentalizing to resolve therapeutic alliance tensions; focusing on communication analyses with insecurely attached patients; the art and science of weaving the structure of IPT in a way that is responsive to the material that patients bring in; contracting/framing challenges such as no shows or lateness.

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The precise program of this workshop will evolve in response to the clinical material brought to the workshop by participants. Our primary goal is to create an active, lively, intellectual, creative, psychotherapeutically-focused *salon* in order to nourish and engage the wonderful community of practitioners of IPT. At the end of the workshop, we expect that you will have engaged with a group of like-minded practitioners who will be able to continue to support your work even after we depart La Teppe.

Here is how Paula Ravitz concluded one of our discussions: "With my *past life* of being a choreographer and using improvisation for our creative processes, I look forward to taking *calculated risks* as we collaboratively work together to create a solid and, hopefully, inspiring educational program."

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THIRD WORKSHOP

## **Introduction to Interpersonal Psychotherapy (IPT)**

**Holly Swartz - Paula Ravitz - Ellen Frank**

In English with playful French translation by Oguz Omay

**23 September 2016 (Friday)**

This one-day workshop is a real introduction to IPT for beginners. But it will still be an unusual workshop for the international participants who choose to stay. After having participated in and completed the introductory teaching of Oguz Omay during the first workshop, after having shared their experience on *teaching to teach* during the second workshop, this time **Ellen Frank, Paula Ravitz** and **Holly Swartz** will, themselves, give an introductory training to IPT to a new and French-speaking local audience. This will be a good opportunity to learn by watching them teach.

The teaching in English will be playfully translated into French, giving lots of opportunities to comment and adapt to the audience. While translating, Oguz Omay will ask publicly all the questions he didn't dare ask the three experts in prior interactions!

Though announced as an introduction, we are expecting to have many French professionals who are already trained in IPT, but may not feel sufficiently at ease with English to join the previous workshops. If you choose to stay, this last training day will be an opportunity to discover the lively French IPT scene, give local colleagues a feel of the international IPT community, make new friends, and – for those who are not yet French-speaking - to brush up on your French!

# PRESENTATION OF THE TRAINERS



**ELLEN FRANK, PhD (USA)**

Ellen Frank is distinguished emeritus professor of psychiatry at the University of Pittsburgh School of Medicine. She received her PhD in psychology from the University of Pittsburgh where she has been a member of the faculty since 1979. For more than two decades, she directed the Depression and Manic Depression Prevention Program at Western Psychiatric Institute and Clinic.

Professor Frank is internationally recognized for the development and testing of a series of treatments for major depression and bipolar disorder. Her adaptations of interpersonal psychotherapy (IPT) including maintenance IPT and interpersonal and social rhythm therapy (IPSRT) are now in use throughout the developed world. She originally designed IPSRT as an individual, adjunctive treatment for bipolar disorder. She and her colleagues have now adapted this uniquely biologically-based treatment for both group and individual treatment of both bipolar and unipolar disorders and have implemented the adaptation for unipolar depression in a large open trial in France.

Working with researchers at the University of Pisa, Italy, Professor Frank developed a series of unique assessment instruments for the systematic evaluation of subsyndromal mood and anxiety conditions. That work has now led to the development of highly efficient computerized adaptive tests (CATs) for mood and anxiety disorders through collaboration with Professor Robert Gibbons of the University of Chicago. Most recently, working with colleagues at Trinity College, Dublin and Cornell University, Dr. Frank has focused her attention on the development of technology to support the management of mood disorders built on android and iPhone platforms.

In the course of her research and through workshops at national and international meetings, Professor Frank has trained hundreds of clinicians in IPT and its various adaptations.

An expert in mood disorders and their treatment, Professor Frank served as a member of the US National Advisory Mental Health Council and, more recently, on the Mood Disorders Workgroup of the American Psychiatric Association Task Force on DSM-5. Professor Frank is an Honorary Fellow of the American Psychiatric Association. In 1999, she was elected to the National Academy of Medicine (formerly the Institute of Medicine).

Professor Frank has published over 450 peer-reviewed papers in psychiatric and psychological journals and has authored or co-authored more than 100 books and book chapters.



**PAULA RAVITZ M.D., F.R.C.P.C. (CANADA)**

Paula Ravitz is the Director of the [\*Psychotherapy, Humanities and Education Scholarship \(PHES\) Division\*](#) for the University of Toronto, Canada, Department of Psychiatry, whose mandate is to promote humanism and reflective, relationship-centered care in teaching and clinical practice.

An Associate Professor of Psychiatry at the University of Toronto, and psychiatrist, she holds the Morgan Firestone Psychotherapy Chair at the Mount Sinai Hospital, Department of Psychiatry, where she directs the [\*Mt. Sinai Psychotherapy Institute\*](#) and is a senior clinician scientist at the Lunenfeld-Tanenbaum Research Institute.

Her research, publications and teaching have focused on Interpersonal Psychotherapy (IPT), attachment theory and knowledge translation in order to advance the quality of and access to evidence-supported psychotherapies in mental health care. She co-edited, with Dr. Robert Maunder, a 6-book/DVD series, *Psychotherapy Essentials to Go* (Norton 2013/2015) on empirically supported psychotherapy treatments of IPT, CBT, Dialectical Behavior Therapy and Motivational Interviewing for depression, anxiety, emotion dysregulation and comorbid substance abuse.

She enjoys teaching and has conducted numerous IPT workshops at conferences, universities and community-based settings. She has received several teaching awards including an Association of Academic Psychiatry, Best Teacher Award for Canada, and a University of Toronto Faculty of Medicine Colin Woolf Award for Long term Contributions to Continuing Education. Paula Ravitz is the Vice President and President Elect of the International Society for Interpersonal Psychotherapy (IsIPT).



**HOLLY A. SWARTZ, M.D. (USA)**

Holly A. Swartz is professor of psychiatry at the University of Pittsburgh School of Medicine where she is a practicing psychiatrist and Director of the Center for Advanced Psychotherapy.

She received her undergraduate degree from Harvard University and her medical degree from Albert Einstein College of Medicine. She completed her psychiatric residency training at New York Hospital / Cornell University School of Medicine. She received her training in Interpersonal Psychotherapy (IPT) from John Markowitz. Dr. Swartz's research focuses on understanding and optimizing psychosocial and pharmacologic interventions for mood disorders.

She is well known for her work in evaluating IPT and Interpersonal and Social Rhythm Therapy (IPSRT) as treatments for depression and bipolar disorder. Her research has focused on the role of IPSRT and pharmacotherapy in the management of bipolar II depression and IPT in the management of maternal depression, both in the perinatal period and in the context of high-risk families with psychiatrically ill offspring. She developed and tested a brief version of IPT (IPT-B) to address the needs of non-treatment seeking women. Recent work is focused on developing and testing an online version of IPSRT for treating bipolar disorder in primary care.

Dr. Swartz has received grant support from NIMH, the Depression and Bipolar Alternative Treatment Foundation, and the National Alliance for Research on Schizophrenia and Depression (NARSAD). She is the recipient of numerous awards including a New Clinical Drug Evaluation Unit (NCDEU) New Investigator Award from NIMH and the Gerald L. Klerman Young Investigator Award from the Depression and Bipolar Support Alliance. Dr. Swartz is currently the President of the International Society for Interpersonal Psychotherapy (IsIPT).



**OGUZ OMay, M.D. (FRANCE)**

Oguz Omay completed his undergraduate medical training in Turkey and studied psychiatry in France. He is qualified in both Child/Adolescent Psychiatry and Adult Psychiatry. He has been living and working in France for more than 25 years where he has been working full time in clinical psychiatry.

A passionate clinician and patients' advocate, Oguz Omay is involved in perinatal psychiatry since 15 years. Initially taken aback by the fact that very few women found adequate psychiatric care during the perinatal period despite severe episodes, he has organized a grass roots multidisciplinary networking movement in his region. With the contribution of many professionals but also mothers with lived experience, this movement led to the creation of the perinatal psychiatry unit in La Teppe with clinical and teaching activities.

La Teppe Medical Center in Tain l'Hermitage where Oguz Omay still works, an obscure yet beautiful spot on the map, now hosts regular regional, national and international workshops under the auspices of the International Marcé Society and Postpartum Support International, acclaimed by participants from 40 different countries. Most important of all, these teaching and networking activities have transformed the local practices: the way mothers, babies and families access care, the way many major episodes can be now be prevented.

In his efforts to organize better care for mothers, Dr. Omay helped to introduce Interpersonal Psychotherapy (IPT) as one of the best-suited treatment options for perinatal women, both in France and Turkey. He is now an active supervisor and trainer in both countries where he teaches IPT in French, English and Turkish.

Trained by Scott Stuart, Oguz Omay got additional training in IPT and IPSRT by Mike O'Hara, Rebecca Reay, Marc Blom, Simon Patry, Ellen Frank and Holly Swartz. In France, in addition to his own perinatal group, Oguz Omay collaborates closely with Frederic Kochman, Thierry Bottai and Laurent Jacquesy trained in New York and Pittsburgh (CREATIP). The French group is particularly proud to mix harmoniously different sensibilities of IsIPT.

In Turkey, thanks to Nazan Aydin and Haluk Savas, close collaborators of Oguz Omay, there has been a presentation on IPT in every major national psychiatry congress since 2013. In 2015, Dr. Omay has organized many workshops in Turkey and France to further promote the dissemination of IPT, a pace set to continue.

Having been an isolated clinician himself, Oguz Omay cherishes the stimulating contact with researchers and clinicians. He is also very keen on creating a warm environment for profound debates and exchanges, a hallmark of the workshops organized in La Teppe.