

New Techniques & Applications in Interpersonal Psychotherapy

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Targets for Today

- Interpersonal Formulation & Summary
- Role Transitions Timeline
- Dispute Graph

IPT Tools

- Collaborative
- “Out of head, onto paper”
- Opens conversation and facilitates understanding

IPT Formulation & Summary

- Biopsychosocial/Cultural/Spiritual Model
- Strength Based
- Work in Progress
- Develop Collaboratively!!

IPT Formulation & Summary

- Personally meaningful
- Structured
- Explanation of problems and causes
 - ◆ Leads to IPT interventions
 - ◆ Interpersonal problems
 - ◆ Increased social support

IPT Formulation

Biological Factors

Age
Genetics
Gender
Substance Use
Medical Illnesses
Medical Treatments
Diet, Exercise

Social Factors

Intimate Relationships
Social Support
Employment
Education
Health Care System
Means of Communication

Psychological Factors

Attachment
Personality
Temperament
Defense Mechanisms
Trauma History
Stigma

Cultural Factors

Tradition
Family

Unique Individual

Acute Interpersonal Crisis

Interpersonal Dispute
Role Transition
Grief and Loss

Spiritual Factors

Tradition
Social Support

IPT Summary

**Tired,
no sleep,
breastfeeding**

**Change in
friends,
feel alone**

Goals:

- 1) Get help from husband**
- 2) Feel less isolated**

**NO HELP
from
husband**

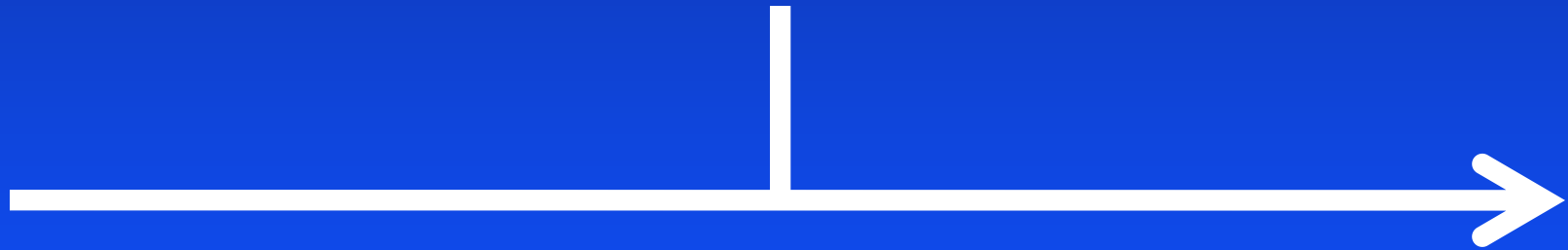
**Problem Solver
Competent
Humor
Love my children**

**I'm bored
and stuck**

Take Home Points

- Personally meaningful conceptualization of problem
- Collaborative
- Facilitates focus and structure in therapy

Role Transitions Timeline



Role Transitions

Goals of Treatment

- Manage the loss of the old role
 - ◆ Facilitation of grieving
- Expression of Affect
- Acquisition of new skills
- Development of new social supports

Timeline Goals

- Help patient organize and tell the story
 - ◆ To you
 - ◆ To others
- Engage social support
- Instill hope

Timeline Prompts

Before, I was...

Now, I am...

Timeline Prompts

When I think of myself now...

To really understand me during this transition, you need to know...

Timeline Prompts



I aspire to be...

Take Home Points

- Help organize a complex story
- Build ability to tell the story
- Engage others – who else can you share this with?



Dispute Graph



Interpersonal Disputes

Goals of Treatment

- Reassess Expectations
- Modify Communication
- Communicate Interpersonal/
Attachment Needs More Graciously
- Act with Integrity
- Learn- Don't Repeat the Same Mistake

Dispute Graph Goals

- Help patient organize and tell their story
 - ◆ To you
 - ◆ To others
- Develop perspective-taking
- Resolve interpersonal problems
- Increase social support

Dispute Graph

Severity
of
Problem

A coordinate system is shown with a vertical y-axis and a horizontal x-axis, both represented by white lines. The y-axis is on the left side, and the x-axis is at the bottom. The text 'Severity of Problem' is positioned to the left of the y-axis, and 'Importance of Relationship' is positioned below the x-axis.

Importance of Relationship

Dispute Graph Questions

- Where would you plot the dispute?
- How would you describe the dispute?
- Where would the other person plot it?

Dispute Graph Questions

- How well does the other person understand?
- How well do you understand the other person?
- What is realistic?
 - ◆ Expectations vs. wishes
- How can you communicate more effectively?
- Do your choices foster integrity and graciousness?

Take Home Points

- IPT Tools
 - ◆ Collaborative
 - ◆ “Out of head onto paper”
 - ◆ Opens dialogue, facilitates deeper understanding
- Adaptive

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