



Clinician's Quick Guide to Interpersonal Psychotherapy

Myrna Weissman, John Markowitz, Gerald L. Klerman

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The Clinician's Quick Guide to Interpersonal Psychotherapy is a practical guide for busy clinicians who want to learn Interpersonal Psychotherapy (IPT). Initially developed as a treatment for major depression, IPT has proven highly effective as a therapy for a number of other disorders. IPT can be combined with medication, and it is a safe alternative to medication for those individuals who may not be able to take antidepressants. IPT has been shown not only to relieve symptoms but to build social skills as well. Learn how to use IPT to effectively treat depression, as well as other disorders including bipolar disorder, anxiety disorders, eating disorders, and borderline personality disorder. Written by the originators of the treatment, this practical book describes how to approach clinical encounters with patients, how to focus IPT treatment, and ways to handle therapeutic difficulties. The book updates research findings on IPT and addresses its adaptation to different cultures. Complete with clinical examples and sample therapist scripts throughout, this guide foregoes the theoretical and empirical background of IPT, and focuses on teaching you the best way to deliver this effective, time-limited, diagnostically focused, and immensely practical treatment.

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