

Interpersonal Psychotherapy Certification

Why get Certified as an Interpersonal Psychotherapist?

The publication of efficacy data, the inclusion of Interpersonal Psychotherapy in the American Psychiatric Association Practice Guidelines for the treatment of depression, as well as in the Guidelines for the Treatment of Depression in Primary Care Settings and Guidelines for the Treatment of Eating Disorders. and in the interest in defined, brief treatments, suggest the value to health professionals of training in this method.

Certification with the Academy of Interpersonal Psychotherapy Demonstrates to the Public, Professional Associations, and Regulatory bodies (e.g., College of Physicians and Surgeons) that a health professional has met the minimum training requirements to Practice Interpersonal Psychotherapy as part of their clinical services.

A key component towards becoming a **Certified Interpersonal Psychotherapist**, is ongoing supervision by IPT Institute staff of cases that trainees are treating at their institutions or practices. Trainees are assigned a supervisor with expertise in their area of practice. Trainees submit weekly audiotaped sessions of their therapy sessions. The supervisor reviews these tapes and provides weekly in-depth feedback and guidance during the 45-minute weekly telephone supervision sessions.

Trainees with clinical experience in providing psychotherapy, are required to complete two to three supervised Interpersonal Psychotherapy cases. Recent graduates are required to complete three Interpersonal Psychotherapy cases, one of which is a client demonstrating personality disorder symptoms.

Following the successful completion of the Onsite or Visitor's Interpersonal Training Program and the completion of the required supervised Interpersonal Psychotherapy cases, trainees are eligible to apply to the Academy of Interpersonal Psychotherapy for certification as an Interpersonal Psychotherapist.

The Institute for Interpersonal Psychotherapy follows the criteria for certification developed by the IPT UK (United Kingdom) organization which has been endorsed in principle by ISIPT, International Society for Interpersonal Psychotherapy. For more detailed information please contact us at:

Contact us: info@ipt-institute.com