



Casebook of Interpersonal Psychotherapy

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Interpersonal psychotherapy (IPT), an empirically validated treatment for depression and other disorders, is becoming more frequently used to treat a range of psychiatric diagnoses. Based on evidence that interpersonal problems contribute to the onset of psychiatric disorders, IPT helps patients to change interpersonal behavior in order to improve psychosocial functioning and relieve symptoms. IPT both relieves psychiatric symptoms and helps to build social skills.

Bringing together experts who have treated patients with and conducted clinical research on IPT, the *Casebook of Interpersonal Psychotherapy* responds to the growing need for a foundational text to supplement the available manuals on IPT. The *Casebook* provides a wealth of real life treatment material, and illustrates the use of IPT in the hands of expert psychotherapists treating patients with a range of conditions and complications in different IPT treatment formats. The detailed cases give a sense of how IPT proceeds and how it works. Chapter authors describe specific adaptations of IPT for patients with particular disorders, including mood disorders, anxiety disorders, eating disorders, and personality disorders. The book also covers different contexts in which IPT may be practiced, including group therapy, inpatient settings, and telephone therapy. The *Casebook of Interpersonal Psychotherapy* is an invaluable resource for psychiatrists, psychologists, social workers, psychiatric nurses, and other mental health professionals interested in psychotherapy.

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