Training Institute

Interpersonal and Social Rhythm Therapy for Bipolar Disorder

Program Code: MC84

This two-day course will provide basic training in IPSRT, as well as advanced coursework on applications of IPSRT to new populations/settings. Teaching will be conducted in didactic and small group settings. Training will focus on direct clinical application of IPSRT.

Saturday, November 8 and Sunday, November 9, 2014
Thomas E. Starzl Biomedical Science Tower South
Room S120
University of Pittsburgh
Pittsburgh, Pennsylvania

Course Directors:
Ellen Frank, PhD
Holly A. Swartz, MD

Sponsored By:
Western Psychiatric Institute and Clinic
  Depression and Manic Depression Prevention Program
  Mental Health Conference Planning
University of Pittsburgh School of Medicine
  Center for Continuing Education in the Health Sciences
Introduction:

Interpersonal and Social Rhythm Therapy (IPSRT) is an innovative, evidence-based psychotherapy for individuals suffering from bipolar disorder. Developed by Ellen Frank and colleagues at the University of Pittsburgh, this treatment’s capacity to improve both acute and long-term outcomes has generated considerable excitement for both clinicians and patients across the globe. It is easily co-administered with pharmacotherapy and can be delivered by mental health practitioners from a wide range of professional disciplines. IPSRT combines a behavioral approach to increasing the regularity of daily routines (social rhythms) with an interpersonal approach to coping with the stresses of bipolar illness itself, with interpersonal life stress and with social role problems.

Who Should Attend:

Psychiatrists, psychologists, social workers, counselors, nurses, and other mental health professionals who work with patients suffering from bipolar disorder or related mood disorders.

Educational Objectives:

At the conclusion of the program, participants should be able to:

- Explain the principles of interpersonal and social rhythm therapy
- Provide patients suffering from bipolar disorder and related mood disorders with a rationale and set of strategies for improving their social rhythm stability.

Prerequisites:

This is two-track training institute: the first day will consist of a basic, introductory course and assumes no prior knowledge of interpersonal and social rhythm therapy. Familiarity with the signs, symptoms, and course of bipolar disorder, however, is required. Prior clinical experience treating individuals suffering from bipolar disorder is strongly recommended. The second day will include continued basic instruction for those new to IPSRT and instruction in advanced applications of IPSRT for those already familiar with the basics of the treatment in small group settings.

An optional registration for the second day only is available for those already experienced in IPSRT.

Conference participants are encouraged to read Treating Bipolar Disorder: A Clinician’s Guide To Interpersonal and Social Rhythm Therapy by Ellen Frank, PhD.

To order the book, please go to www.guilford.com, www.amazon.com, or www.barnesandnoble.com
The Center for Continuing Education and the sponsoring department do not certify that, through participation in this program, participants are competent to perform certain procedures or skills.

**Course Directors:**

**Ellen Frank, PhD**  
Distinguished Professor of Psychiatry and Professor of Psychology  
University of Pittsburgh School of Medicine  
Director, Depression and Manic Depression Prevention Program  
Western Psychiatric Institute and Clinic  
Pittsburgh, Pennsylvania

**Holly A. Swartz, MD**  
Associate Professor of Psychiatry  
University of Pittsburgh School of Medicine  
Depression and Manic Depression Prevention Program  
Western Psychiatric Institute and Clinic  
Pittsburgh, Pennsylvania
Training Institute Agenda

Saturday, November 8

8:00 a.m.  Registration

9:00 a.m.  Overview of IPSRT and Circadian Rhythms

10:30 a.m.  BREAK

10:45 a.m.  Initiating IPSRT:
   a) the treatment contract,
   b) taking the illness history,
   c) educating the patient about the illness,
   d) completing the Interpersonal Inventory

12:30 p.m.  LUNCH

1:30 p.m.  Role-plays of history taking and educating the patient about the illness

2:00 p.m.  Using the Social Rhythm Metric (SRM) to guide the behavioral part of the intervention:
   a) initiating the SRM
   b) interpreting SRM's,
   c) enhancing SRM completion

3:00 p.m.  BREAK

3:15 p.m.  Role-play initiating the SRM

4:00 p.m.  Interpersonal Problem Areas in IPSRT
   a) grief for the lost healthy self
   b) grief for a significant other
   c) role transitions
   d) role disputes
   e) interpersonal deficits

5:00 p.m.  Adjournment
**Sunday, November 9**

Participants should select ONE Workshop for the morning and ONE Workshop for the afternoon based on their interests and skill level. There will be 15 minute breaks at 10:30 am and 3:00 pm for the morning and afternoon Workshops, respectively.

9:00 a.m. – 12:00 p.m. **Workshops** (select one)

**Workshop 1** Basic IPSRT Skills Practice: Participants will watch IPSRT videos and participate in interactive role plays in a small group setting to consolidate and refine their IPSRT skills.

**Workshop 2** IPSRT for Adolescents: Adaptation of IPSRT for adolescents and young adults with bipolar disorder.

**Workshop 3** IPSRT for Bipolar II Disorder: Clinical applications of IPSRT for the treatment of individuals with bipolar II disorder

12:00 p.m. – 1:00 p.m. **LUNCH**

1:00 p.m. - 4:00 p.m. **Workshops** (select one)

**Workshop 4** Challenges in IPSRT: Participants will discuss and explore in a small group setting common challenges encountered in the practice of IPSRT

**Workshop 5** IPSRT for Adolescents: Adaptation of IPSRT for adolescents and young adults with bipolar disorder *(This is a repeat of Workshop 2)*

**Workshop 6** Group IPSRT: Participants will learn about group IPSRT as developed for an inpatient psychiatric hospital setting as well as outpatient applications.

4:00 p.m. **Adjournment**
Location:

Thomas E. Starzl Biomedical Science Tower South
Room S120
University of Pittsburgh
Pittsburgh, Pennsylvania

Directions:

Thomas E. Starzl Biomedical Science Tower South
200 Lothrop St., Pittsburgh, PA 15213

Via the PA Turnpike and Interstate 376: Take exit 57, Pittsburgh/Monroeville, to Interstate 376 West. Follow the interstate to Exit 7A, Oakland (Bates Street). Follow Bates Street to the first stoplight. Take a left onto the Boulevard of the Allies. At the first stoplight, take a right onto Halket Street. Follow Halket to the next stoplight, and take a right on to Forbes Avenue. Follow Forbes to Atwood Street; turn left onto Atwood. Follow Atwood to the next stoplight (Fifth Ave.) and turn left, then immediately get into the far right lane. Turn right onto Lothrop Street. Near the top of the hill there are signs for Presbyterian Hospital Garage on the left. This garage is open for public use. Take the elevators to level “D.” The elevators will open into the Biomedical Science Tower Lobby and the room is off the lobby.

Via Interstates 79/279 from the North: Take Interstate 79 south to Interstate 279 south (two miles south of Wexford/Route 910). Near downtown, take exit 8A to Interstate 579, and follow signs to Interstate 376 east via the Boulevard of the Allies. Take Forbes Avenue/Oakland exit left; do not continue on Interstate 376 east. Bear right onto the Forbes Avenue access ramp, and follow Forbes to Atwood Street; turn left onto Atwood Street. Follow Atwood to the next stoplight (Fifth Ave.) and turn left, then immediately get into the far right lane. Turn right onto Lothrop Street. Near the top of the hill there are signs for Presby Garage on the left. This garage is open for public use. Take the elevators to level “D.” The elevators will open into the Biomedical Science Tower Lobby and the room is off the lobby.

Via Interstates 79/279 from the South: Take Interstate 79 north to Exit 59A. Take Interstate 279 North, following signs to Interstate 376 east. Take 376 east and exit at Forbes Avenue/Oakland (Exit 5). Follow Forbes to Atwood Street. Turn left onto Atwood Street. Follow Atwood to the next stoplight (Fifth Ave.) and turn left, then immediately get into the far right lane. Turn right onto Lothrop Street. Near the top of the hill there are signs for Presby Garage on the left. This garage is open for public use. Take the elevators to level “D.” The elevators will open into the Biomedical Science Tower Lobby and the room is off the lobby.
Hotel Accommodations:

Wyndham Pittsburgh University Center  
100 Lytton Avenue  
Pittsburgh PA 15213  
Phone: (412) 682-6200  
Hotel Website: www.wyndhampittsburghuniversitycenter.com  
$135 plus tax (group rate)  
Reference Code: IPSRT Training

A block of rooms has been reserved at the Wyndham Pittsburgh University Center Hotel which is a few blocks away from the Thomas E. Starzl Biomedical Science Tower. When calling for reservations, please identify yourself as being with the IPSRT Training to benefit from these reduced rates. Attendees will need to contact the Wyndham prior to October 24 to reserve a room.

Upon request, the shuttle for the hotel will provide transportation to the Thomas E. Starzl Biomedical Science Tower South where the training will take place.

Special Needs  
We encourage participation by all individuals. If you have a disability, advance notification of any special needs will help us to better serve you. Please notify us of your needs at least two weeks in advance of the program by calling Nancy Mundy at (412) 204-9090.

The University of Pittsburgh is an affirmative action, equal opportunity institution.
Registration Information:

Registration is limited to first 50 participants.

An optional registration for the second day only is available for those already experienced in IPSRT.

Tuition:
Physicians, Psychologists, Social Workers, and Allied Health Professionals
$460........... (before October 24, 2014)
Day 2 only: $250

$555......... (after October 24, 2014)
Day 2 only: $300

Graduate Students and Psychiatric Residents
$180........... (before October 24, 2014)
Day 2 only: $100

$230......... (after October 24, 2014)
Day 2 only: $125

WPIC Employees
$410.......... (before October 24, 2014)
Day 2 only: $225

$460......... (after October 24, 2014)
Day 2 only: $250

Tuition includes:
· Registration and course materials
· Refreshments and lunch each day
· Continuing education credit

Post-Institute Supervision
Faculty will facilitate arrangements for individual IPSRT supervision following the training on a fee-for-service basis for interested participants.

Full tuition must be submitted at the time of registration. A $35 administrative fee will be deducted from all refunds for cancellations. **No refunds can be issued once the program has begun. Please return the registration form and tuition by October 24, 2014 to take advantage of the lowest tuition rate.**

Please make your check payable to OERP/WPIC and send it with the registration form to:  
ATTN: Nancy Mundy
OERP/WPIC
3811 O'Hara Street
Room 322, Champion Commons
Pittsburgh, PA 15213
Telephone:(412) 204-9090
FAX: (412) 204-9110
E-mail: mundynl@upmc.edu
www.wpic.pitt.edu/oerp
Continuing Education Credit:

Physicians
The University of Pittsburgh School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Pittsburgh School of Medicine designates this live activity for a maximum of 12.0 AMA PRA Category 1 Credits™. Each physician should claim only the credit commensurate with the extent of their participation in the activity.

Psychologists
Western Psychiatric Institute and Clinic is approved by the American Psychological Association to offer continuing education for psychologists. Western Psychiatric Institute and Clinic maintains responsibility for this program and its content. This program is being offered for 12.0 continuing education credits.

Certified Alcohol and Drug Counselors/Certified Co-Occurring Disorders Professional: CADC/CCDP
The Office of Education and Regional Programming, Western Psychiatric Institute and Clinic is certified by the Pennsylvania Certification Board (PCB) to provide Certified Alcohol and Drug Counselor (CADC) and Certified Co-occurring Disorders Professional (CCDP) continuing education credits. This program is being offered for 12.0 continuing education credits.

Counselors
Western Psychiatric Institute and Clinic is an NBCC-Approved Continuing Education Provider (ACEP™) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. This program is being offered for 6.0 continuing education credits.

Certified Psychiatric Rehabilitation Practitioners: CPRP
A total of 12.0 credit hours can be applied to training hours for the Certified Psychiatric Rehabilitation Practitioner

Licensed/Clinical Social Workers, Licensed Professional Counselors, Licensed Marriage and Family Therapists: LSW/LCSW/LPC/LMFT
This program is offered for 12.0 hours of social work continuing education through co-sponsorship of the University of Pittsburgh’s School of Social Work, a Council on Social Work Education-accredited school and, therefore, a PA pre-approved provider of social work continuing education. These credit hours satisfy requirements for LSW/LCSW, LPC and LMFT biennial license renewal. For information on social work continuing education call (412) 624-3711.

Educators: ACT 48
Western Psychiatric Institute and Clinic is recognized by the Pennsylvania Department of Education to offer continuing Education Credits under Act 48 guidelines. WPIC adheres to the Act 48 guidelines

Other Health Care Professionals
Nurses and other health care professionals are awarded 1.2 Continuing Education Units (CEU's). One CEU is equal to 10 contact hours. Nurses: For attending this program you will receive a Certificate of Attendance confirming 12 hours of continuing education. These hours may be considered eligible for completing the 30 hours of continuing education required for biannual nursing re-licensure in Pennsylvania. Peer Specialists: This program fulfills requirements for Certified Peer Specialist continuing education.
Registration Form:
Interpersonal and Social Rhythm Therapy for Bipolar Disorder
Course Code: MC84
November 8 and 9, 2014
(Please type or print; photocopy for additional registrants; Telephone registrations cannot be accepted.)
Register by October 24, 2014 for lowest tuition rate.

Non-UPMC staff can register online at classes.upmc.com (search for IPSRT).

Social Security Number (Last five digits only): __________
First Name: _______ Last Name: _______
Degree(s) to be noted on name badge (e.g. MD, PhD)
Institutional Affiliation: 
Address: 
Address 2: 
City: _______ State: _______ Zip: _______
County: _______
Day Telephone: _______
E-Mail Address: _______

For Continuing Education purposes, please check if you are:

☐ CAC ☐ CCRP ☐ NBCC Counselor ☐ Peer Specialist
☐ Nurse ☐ Psychologist ☐ Physician/MD ☐ Social Worker (LSW/LCSW/LPC/LMFT)

☐ I will only attend Day 2 of the training.

Please select a morning Workshop for Sunday November 9 (select one):

☐ Workshop 1: Basic Skills  ☐ Workshop 2: Adolescents  ☐ Workshop 3: Bipolar II

Please select an afternoon Workshop for Sunday November 9 (select one):

☐ Workshop 4: Common Challenges  ☐ Workshop 5: Adolescents  ☐ Workshop 6: Group

Method of Payment:
Tuition amount $___________
☐ Check (Payable to OERP/WPIC) Check# ___________

☐ VISA ☐ MasterCard ☐ AMEX ☐ Discover ☐ UPMC Account

To be completed by Credit Card Users ONLY:
Card Number: 
Expiration Date: 
Signature: 
Security Code (three digits in back of card): 

To be completed for UPMC account transfers ONLY:
Business Unit: Account #: 
Administrator's Name: 
Administrator's Signature: 

Send your fee with this form to:

ATTN: Nancy Mundy
OERP/WPIC
3811 O’Hara Street
Room 322, Champion Commons
Pittsburgh, PA 15213
Telephone: (412) 204-9090
FAX: (412) 204-9110
E-mail: mundynl@upmc.edu
www.wpic.pitt.edu/oerp