



**SGH
PGAHI**

POSTGRADUATE
ALLIED HEALTH INSTITUTE

Introduction to Interpersonal Psychotherapy

7 March 2025

Introduction

Interpersonal Psychotherapy (IPT) is a time-limited, focused and evidence-based approach originally developed to treat major depression in the 1970's by a psychiatrist, Dr Gerard Klerman, and a social worker, Dr Myrna Weismann. It has since been adapted for use as a transdiagnostic approach for the treatment of various mental health conditions with positive outcomes. It focuses on relationships and commonly encountered life stressors of loss, change, and conflict with the overall goals to improve interpersonal relationships and social functioning. This introductory course will allow participants to be equipped with IPT techniques and tools which can also be incorporated into any counselling intervention or therapy model.

Course Objectives

By the end of the training, participants will be able to:

- Understand the IPT model and its principles
- Learn about IPT tools and techniques as well as their applications

Target Audience

Healthcare Professionals and Paracounsellors

Course Outline

- Introduction and Theoretical Origins
- Assessment and Initial Sessions
- Techniques
- Problem Areas
- Concluding Treatment

Quick Links

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Course Details

Date : 7 March 2025

Duration : 1 Day

Time : 9.00 am – 5.00 pm

Venue : **Academia, Singapore General Hospital**

Fee : **S\$540** (SingHealth)

S\$600 (Regular)

(inclusive of prevailing GST)

Teaching Faculty

Low Hui Ching, Master Medical Social Worker, SGH

Hui Ching holds a Master of Arts in Clinical Psychology with an emphasis in Marriage and Family Therapy, Pepperdine University as well as a Graduate Diploma in Psychotherapy (Distinction) with specialization in Cognitive Behavioural Therapy and Bachelor of Social Science (Hons in Social Work), National University of Singapore. She has over two decades of experience in providing counselling, psychotherapy and marriage and family therapy. She uses evidence-based and integrative approaches in helping patients and their families affected by various mental health and relationship issues. Her clinical areas of interests include stress management, anxiety, depression and eating disorders. She is a certified IPT therapist with the International Society of IPT and a certified therapist, supervisor and trainer with the IPT Institute.

Registration

To register (Internet access is required), scan the QR code or click on the web link. Registration closes on **6 February 2025, Thursday**.



<https://form.gov.sg/666661118bd2691311829c52>

Upon registration, you agree to PGAHI [Terms & Conditions](#).