

Interpersonal Psychotherapy Workshop (IPT)

Interpersonal Psychotherapy (IPT) is an **evidence-based** therapeutic approach that aims to

- improve interpersonal relationships,
- enhance social support, and
- ultimately **alleviate depressive symptoms** through a structured treatment framework.

Researches indicated that IPT is:

- ✓ effective in 10 to 12 weeks (once a week)
- ✓ significantly effective in treating depression.



Speaker : Dr. Joseph Chung

Associate Consultant, Department of Psychiatry, Pamela Youde Nethersole Eastern Hospital
ISIPT Executive Council Member | ISIPT Certified Trainer and Supervisor

Dr Chung has been working in the psychiatric field for over 20 years. He has extensive experience in using both medication treatment and psychosocial interventions to improve adult mental health. He is a certified trainer and supervisor in interpersonal psychotherapy (IPT) by the International Society of Interpersonal Psychotherapy (ISIPT), and a Level D supervisor by IPT Institute. He is the vice-president of IPT-China and a member of the ISIPT Executive Council, ISIPT dissemination committee and ISIPT certification committee. He is an ISIPT coordinator to coordinate IPT development in Africa, Brazil, China, Japan, Switzerland and Turkey. He has published articles and book chapters on IPT.



Format:

Face-to-face

Content:

- Teaching fundamental knowledge of Interpersonal Psychotherapy (IPT)
- Learning basic skills for assessment and application

Medium:

Cantonese

Venue:

Duke of Windsor
Social Services
Building (Wan Chai)

Target Audience:

Psychiatrists, Psychologists,
Mental Health Helping Professionals

Date & Time:

22 Feb & 1 Mar 2025 (Saturdays)
9:30AM— 5:30PM (9:15AM registration)

Price:

\$3,100 | **\$2800** (Early Bird: before 25 Jan)

Register Now →

***This workshop has met HKPS and CME accreditation criteria.**
OT accreditation is in progress.



Please scan the QR code and fill in the Google form to register.

*An email automatically generated by google form will be sent to you if your enrollment form is successfully submitted.

*If you have not received the email mentioned above, please contact us at 2349-3212.

For enquiries, please call 23493212.