




Emotional Health & Counselling Service



Interpersonal Psychotherapy Workshop (IPT)

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

-  1. improve interpersonal relationships
-  2. enhance social support
-  3. ultimately alleviate depressive symptoms





Researches indicated that IPT is:

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


 **27 JUN & 4 JUL, 2026**
(SATURDAYS)

 **9:30 AM – 5:30 PM**
(9:15 AM REGISTRATION)

 **Hybrid**
Onsite: Kwun Tong or Wan Chai (TBC)
Online: Zoom live

 **Early Bird Price: HK\$2,800**
(Deadline: 15/5/2026)
Regular Price: HK\$3,100

 **Medium: Cantonese**
complimented with English materials

 **Accreditation:**
HKPS, CME, OT & HKSWA are in progress

Target Audience


Psychiatrists, Nurses, Social Workers, Teachers, Mental Health Helping Professionals, their students, and anyone interested in learning practical approaches.


Content

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

To become an international Society of Interpersonal Psychotherapy (ISIPT) Certified Therapist

Hold terminal degree or valid clinical license in field

 100% attendance in IPT Workshop

 Complete at least 3 cases of supervision by an ISIPT-certified supervisor

★ ISIPT-Certified Therapist ★




Speaker : Dr. Joseph Chung

Associate Consultant,
Department of Psychiatry, Pamela Youde Nethersole Eastern Hospital

- International Society of Interpersonal Psychotherapy (ISIPT) Vice-President & President-Elect
- Certified Trainer & Supervisor
- (Only Chinese Trainer in IPT as of 2026)

Register now



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 <http://ucep.org.hk>

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