



Continuing Professional Development Lecture: Introduction to Interpersonal Psychotherapy

29 May 2024

Synopsis

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.

At the end of this talk, the participants will be able to gain an understanding on:

- The Theories Supporting IPT
- The Targets of IPT
- The Tactics and Techniques of IPT

Target Audience

Healthcare Professionals and Paracounsellors

Registration

To register (Internet access is required), scan the QR code or click on the web link. Registration closes on **9 May 2024, Thursday**.



<https://form.gov.sg/65f10680e8f4b92af5ed930a>

Zoom Capacity: 500

This lecture will be conducted via [Zoom Cloud Meetings](#) app. For ease of accessing the lecture, please download/update Zoom Cloud Meetings app. Details of the lecture meeting link will be sent to the successful registrants nearer the lecture date.

Lecture Details

Date	:	29 May 2024, Wednesday
Duration	:	60 minutes
Time	:	6.00 pm – 7.00 pm
Fee	:	Complimentary
Platform	:	Zoom Cloud Meetings

Speaker

Ms Low Hui Ching
Master Medical Social Worker
Medical Social Services
Singapore General Hospital



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.

Quick Links

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