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THEORY AND CHARACTERISTICS OF IPT. IPT IN SPAIN

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Gerald Klerman, Myrna Weissman and colleagues (Basic Books, New York, 1984) created IPT as a psychotherapeutic agent, analogous to a psychopharmacological one, antidepressants. With psychodynamic roots, IPT shows cognitive behavioral aspects: therapeutic stance, problem-solving attitude and the encouraging role of the therapist; he/she does not give homework to the patient. IPT overlaps with family therapy, but is mainly individual, although other formats (couple, groups) exist. As an eclectic formalization of procedures often used by psychiatrists, IPT is a semistructured way to guide the patient over a few months. It is user-friendly, comfortable and well-accepted. IPT shows a solid ground based more on empiric knowledge and less on belief systems. So, school faiths should not obstacle IPT to improve with research and even be a model for it in the field. Psychotherapeutic training should include at least the psychodynamic, the cognitiv-behavioral and the interpersonal approach.

I translated the original manual's Part II included in "Psicoterapia Interpersonal" (Elsevier, Barcelona, 1998), the only Spanish IPT textbook in use. In the Comprehensive Guide to IPT (Weissman, Markowitz & Klerman, 2000) I am quoted as its introducer in Spain. Members of the Sociedad Española de Terapia Interpersonal -psychiatrists and psychologists, mainly- have given presentations and imparted courses in Spain and abroad (Portugal, Latin America). Since my seminal 1995 paper "Qué es y donde está la psicoterapia interpersonal" (Revista de Psiquiatría, 6:141-159), a number of Spanish papers have been produced. Spanish research programmes on IPT are still lacking, although promising initiatives have been published in local journals.