



BERKELEY PSYCHOLOGY CLINIC &
CENTER FOR ASSESSMENT
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DEPARTMENT OF PSYCHOLOGY
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Interpersonal Psychotherapy for Depression for Adolescents & Young Adults

Friday 5/31/19 9am-5pm

Berkeley Way West Building (Room 1217)
(Just 2 blocks from Downtown Berkeley BART)

6.5 hours CE

Fee: \$120 (cash or check paid at workshop)

Registration and more information can be found here:

<https://psychology.berkeley.edu/clinics/consultation-trainings>

The training will run from 9:00 am - 5:00 pm, with some short breaks and a lunch break (lunch not provided). Please be on time. You must attend the entire training to receive CE credits. The objectives are below.

OBJECTIVES:

The course will provide participants with the ability to:

1. Explain the basic premise of Interpersonal Psychotherapy for Depressed Adolescents (IPT-A) and how to adapt it to the college students (i.e., young adults).
2. Define the 4 problem areas in IPT-A (role transition, role dispute, grief, interpersonal deficits).
3. Describe the three treatment phases of IPT-A.
4. Practice and use the primary components of IPT-A (i.e., interpersonal inventory, interpersonal formulation, communication analysis, decision analysis, communication skills, role play).

Counseling and Psychological Services, University of California at Berkeley is approved by the American Psychological Association to sponsor continuing education for psychologists. Counseling and Psychological Services, University of California at Berkeley maintains responsibility for this program and its content.

Gabrielle Anderson, Ph.D. served as an Expert Consultant for the Interpersonal Psychotherapy (IPT) training program at the Veterans Administration for five years and has provided clinical supervision for various university-based research studies on IPT at Rutgers, UCLA, and NYU. She was trained in IPT while working as a Project Director and Expert Therapist for psychotherapy studies with depressed adolescents at New York State Psychiatric Institute/Columbia University Medical Center. Dr. Anderson also co-directed the Clinical Psychology Externship for the Child and Adolescent Psychiatric Evaluation Service (CAPES) and served as an Instructor of Clinical Psychology in Psychiatry through the Division of Child Psychiatry at the Columbia University College of Physicians & Surgeons. Additionally, she serves as a Clinical Assistant Professor of Psychology at UC Berkeley to train doctoral students in Interpersonal Psychotherapy (IPT). Dr. Anderson received her undergraduate degree in psychology and Spanish at the University of California, Berkeley. Prior to becoming a psychologist, she spent four years as an inner-city public school teacher through the Teach for America program. Dr. Anderson completed her doctorate in counseling/clinical/school psychology at the University of California, Santa Barbara where she was a U.S. Department of Education Bilingual Fellow and a University of California President's Dissertation Year Fellow. She completed her pre-doctoral internship at Bellevue Hospital Center-New York University School of Medicine in the Cross-Cultural Psychology Specialty Track/Bilingual Treatment Program.