



Interpersonal Psychotherapy: A Clinician's Guide

Michael Robertson, Scott Stuart

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Interpersonal Psychotherapy (IPT) is a treatment that helps to reduce psychological symptoms by intervening in relationship difficulties. This book highlights common clinical issues and covers an extensive range of interpersonal problems and psychopathology for which IPT is applicable. It draws on theoretical and research aspects in order to inform the therapist's clinical choices in conducting IPT and other focal and structured psychotherapies in general.

Interpersonal Psychotherapy - A Clinician's Guide provides a comprehensive manual for experienced therapists and those undergoing specific IPT training. Undergraduate and graduate psychologists beginning studies in this field will also find this a user-friendly guide to IPT.

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