

Interpersonal Psychotherapy

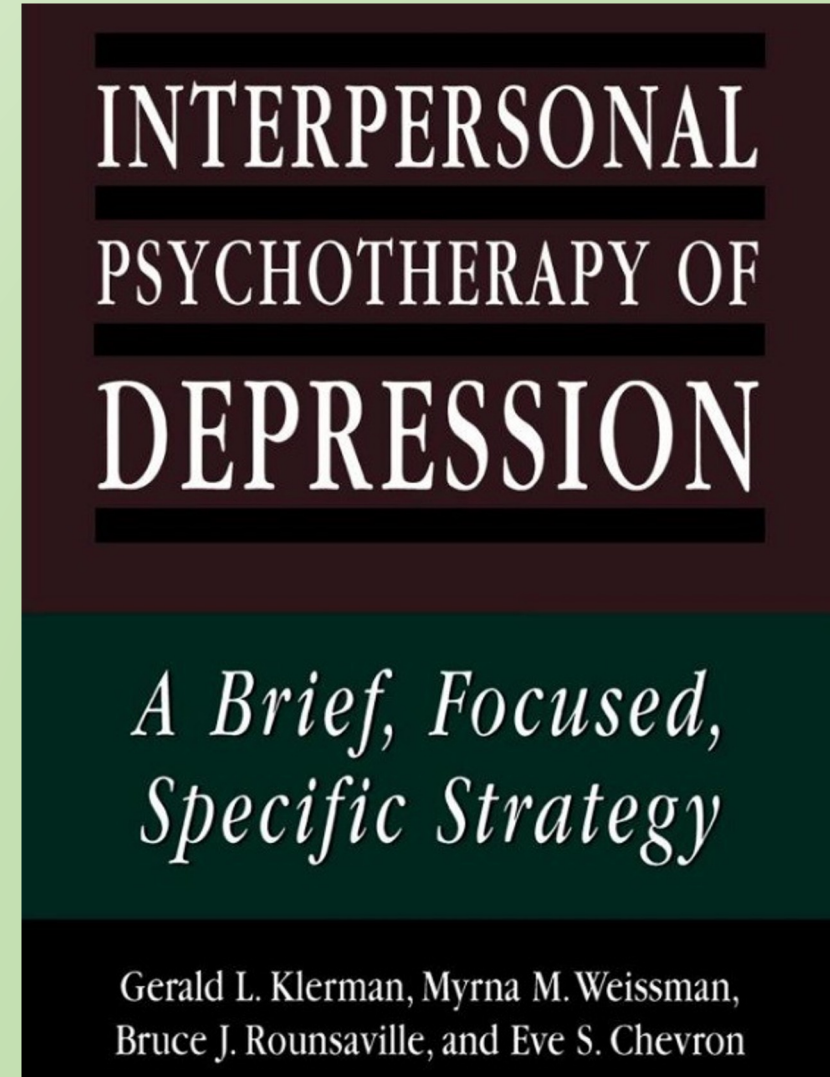
IPT Manuals in English

INTERPERSONAL PSYCHOTHERAPY OF DEPRESSION:

A BRIEF, FOCUSED, SPECIFIC STRATEGY

- Gerald L. Klerman, Myrna M. Weissman, Bruce J. Rounsaville, Eve S. Chevron
- 272 pages
- ISBN-13: 978-1568213507
- ISBN-10: 1568213506
- 1984

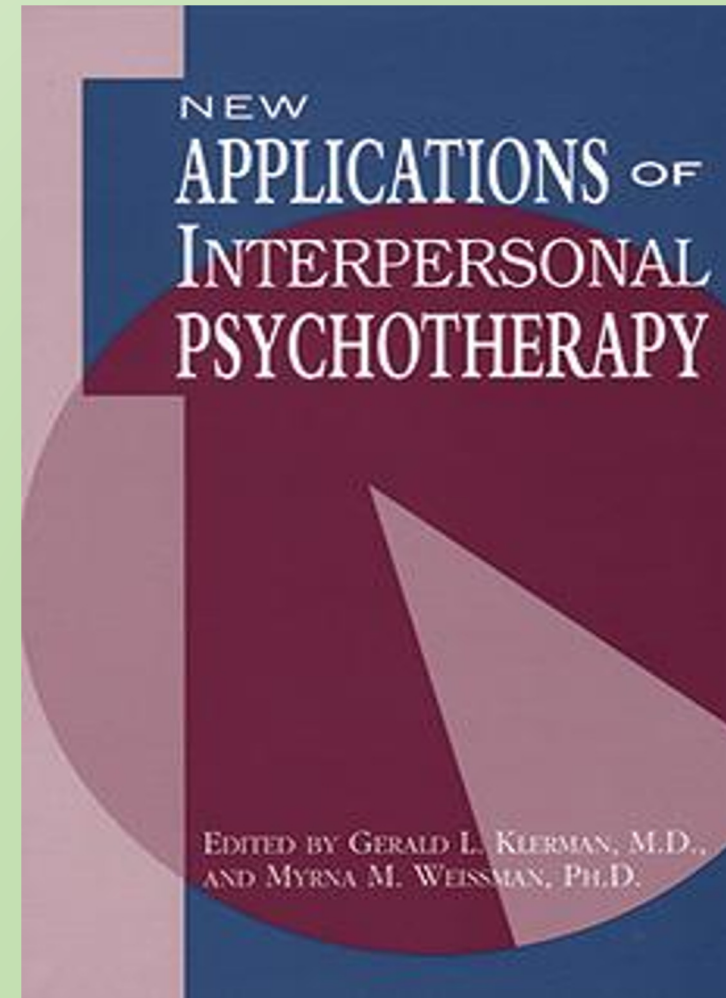
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NEW APPLICATIONS OF INTERPERSONAL PSYCHOTHERAPY

- Gerald L. Klerman, Myrna M. Weissman, Eve S. Chevron
- American Psychiatric Association Publications
- 408 pages
- 1993

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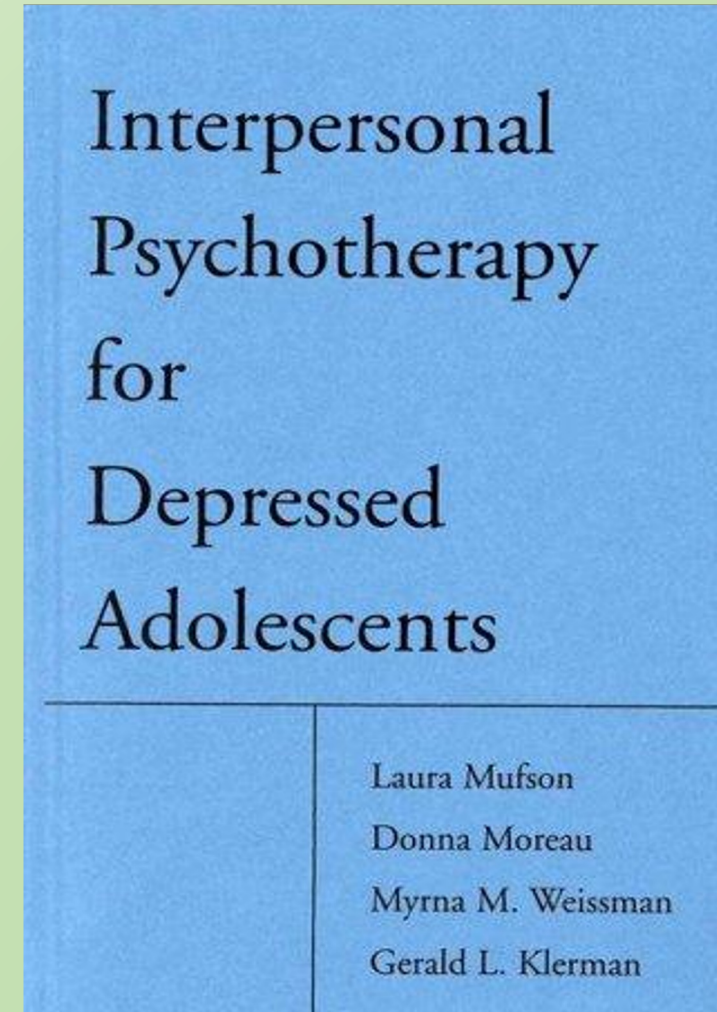


INTERPERSONAL PSYCHOTHERAPY FOR DEPRESSED ADOLESCENTS

- Laura H. Mufson, Kristen Pollack Dorta, Donna Moreau, Myrna M. Weissman
- Guilford Press
- ISBN 9780898626865
- First edition
- 1993

Second edition 2004

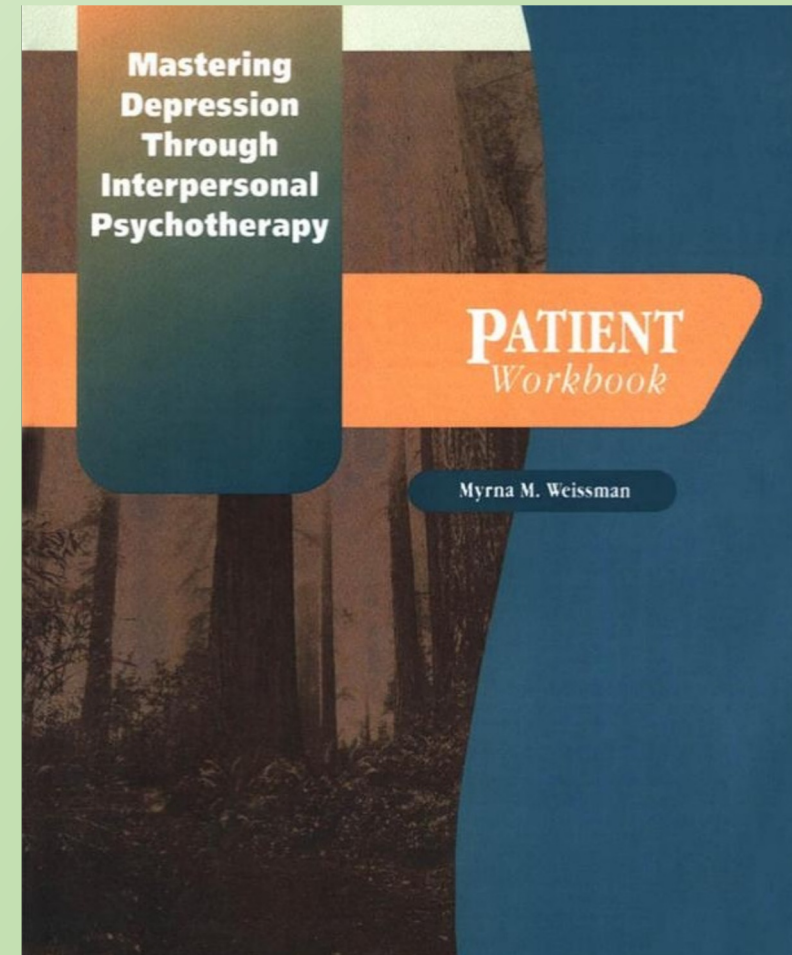
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MASTERING DEPRESSION THROUGH INTERPERSONAL PSYCHOTHERAPY – Patient Workbook

- Myrna W. Weissman
- Graywind Publications
- 78 pages
- ISBN-13: 978-0190465599
- 1995

[Please click here for detailed information](#)



INTERPERSONAL PSYCHOTHERAPY FOR DYSTHYMIC DISORDER

- John Markowitz
- APA Publication
- 198 pages
- ISBN: 978-1-58562-207-8
- 1998

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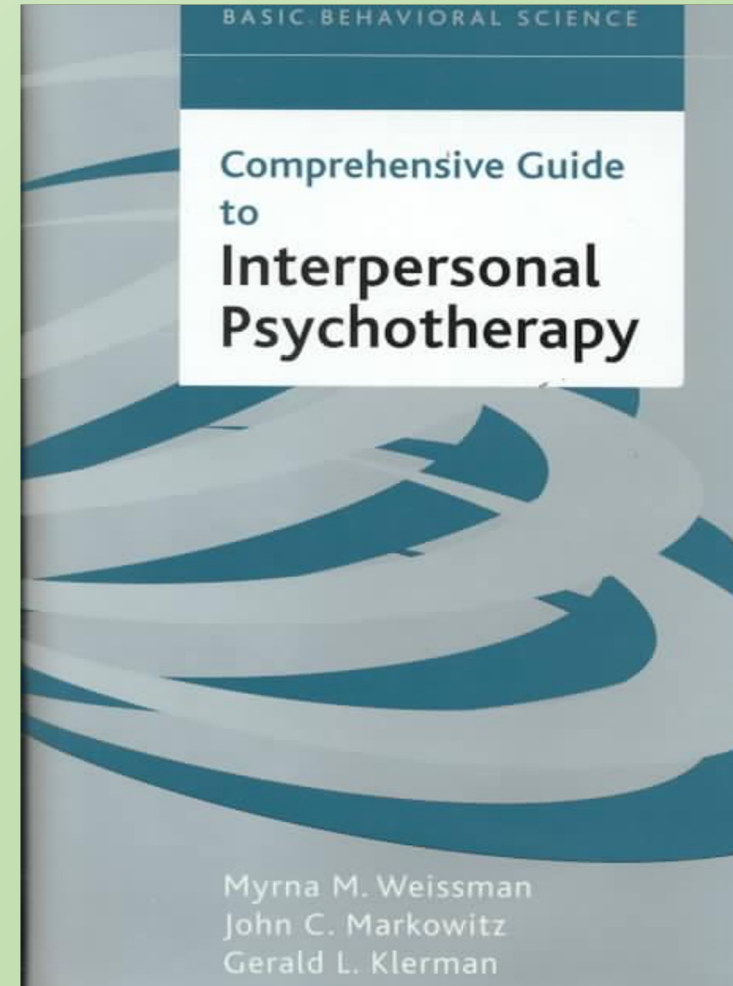
INTERPERSONAL Psychotherapy for Dysthymic Disorder

JOHN C. MARKOWITZ, M.D.

COMPREHENSIVE GUIDE TO INTERPERSONAL PSYCHOTHERAPY

- Myrna M. Weissman, John C. Markowitz, Gerald Klerman
- Basic Books
- 416 pages
- ISBN-13: 978-0465095667
- ISBN-10: 0465095666
- 2000

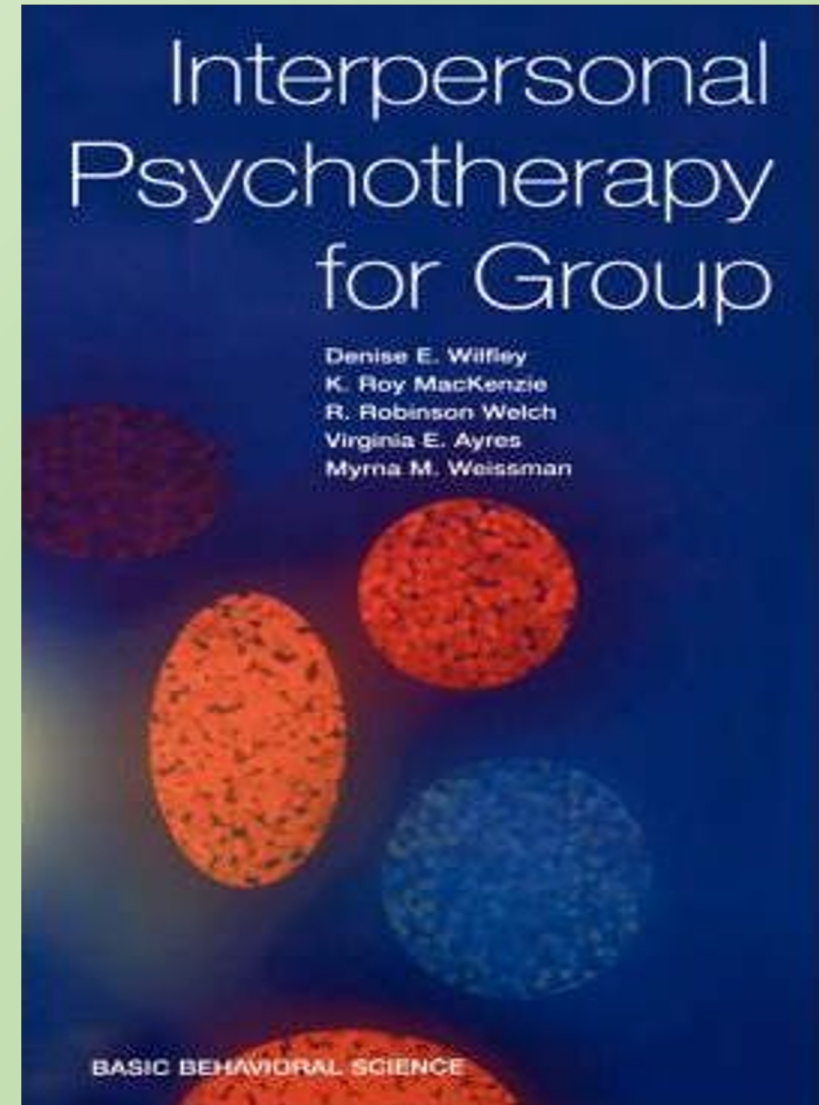
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INTERPERSONAL PSYCHOTHERAPY FOR GROUP

- Denise E. Wilfley, K. Roy MacKenzie, R. Robinson Welch, Virginia E. Ayres, Myrna M. Weissman
- Basic Books
- 256 pages
- ISBN10 0465095690
- ISBN13 9780465095698
- 2000

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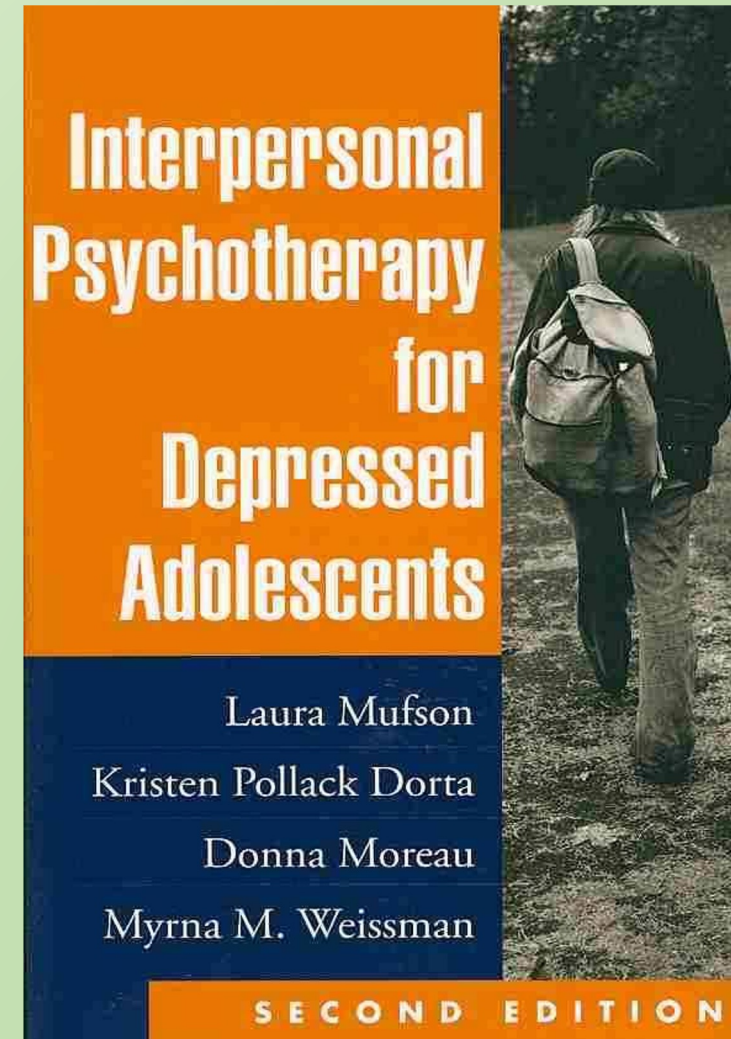


INTERPERSONAL PSYCHOTHERAPY FOR DEPRESSED ADOLESCENTS - SECOND EDITION

- Laura H. Mufson, Kristen Pollack Dorta, Donna Moreau, Myrna M. Weissman
- Guilford Press
- 315 pages
- ISBN 9781609182267
- Second edition
- 2004

(First edition 1993)

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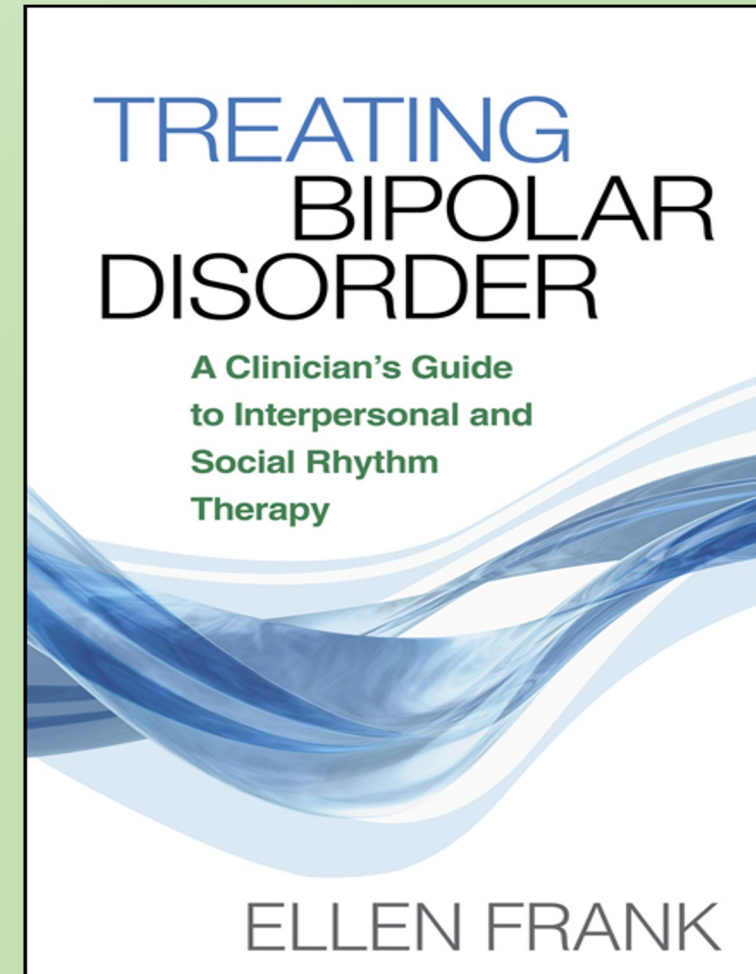


TREATING BIPOLAR DISORDER

A CLINICIAN'S GUIDE TO INTERPERSONAL AND SOCIAL RHYTHM THERAPY

- Ellen Frank
- Guilford Press
- 212 pages
- ISBN: 9781593854652
- 2005

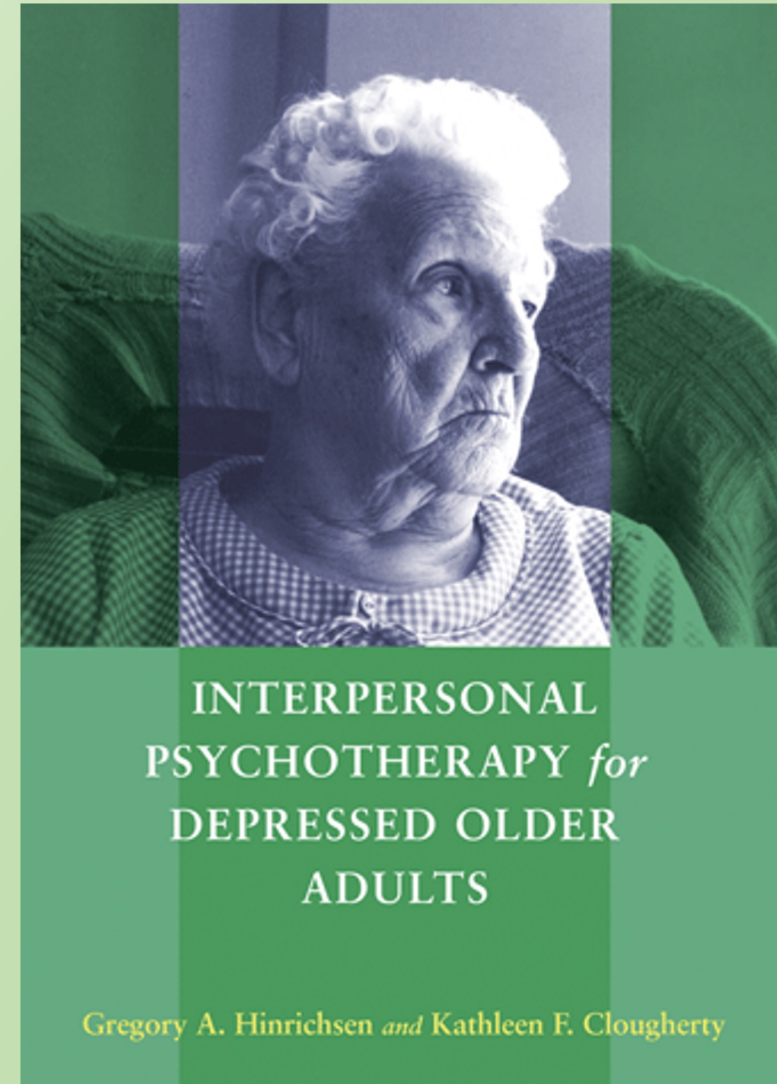
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INTERPERSONAL PSYCHOTHERAPY FOR DEPRESSED OLDER ADULTS

- Gregory A. Hinrichsen, Kathleen F. Clougherty
- APA Books
- Pages: 227
- ISBN: 978-1-59147-361-9
- 2006

[Please click here for detailed information](#)

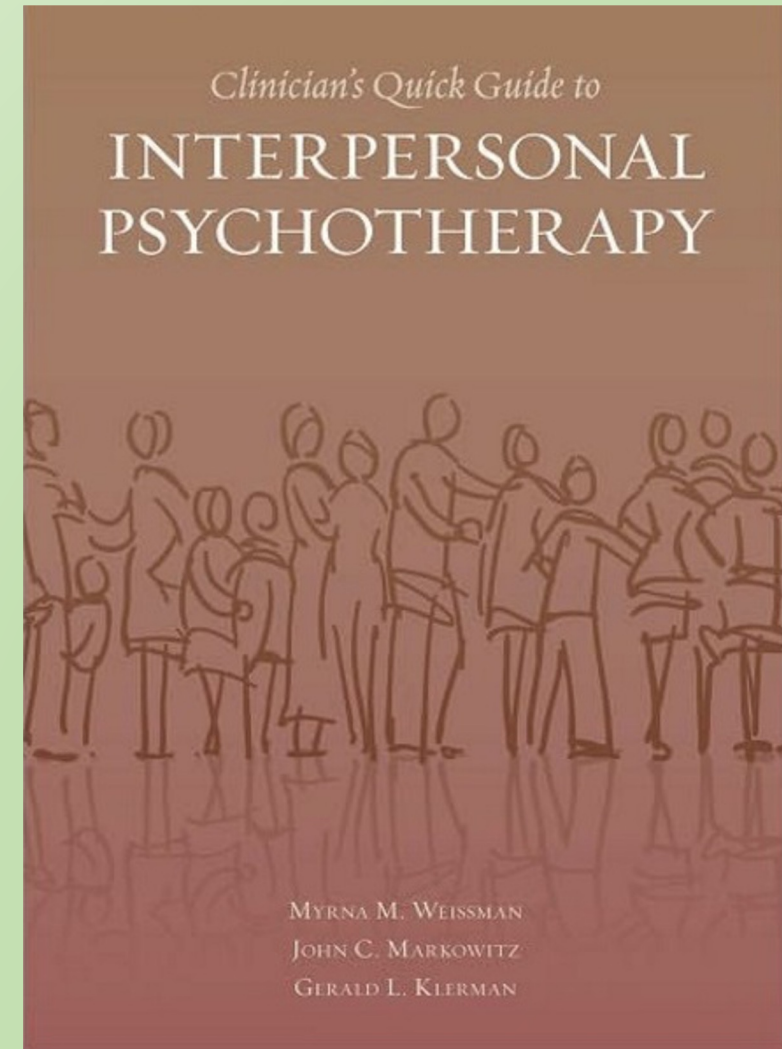


CLINICIAN'S QUICK GUIDE TO INTERPERSONAL PSYCHOTHERAPY

- Myrna Weissman, John Markowitz, Gerald L. Klerman
- Oxford University Press
- 208 pages
- ISBN: 9780195309416
- 2007

(updated and expanded edition in 2017)

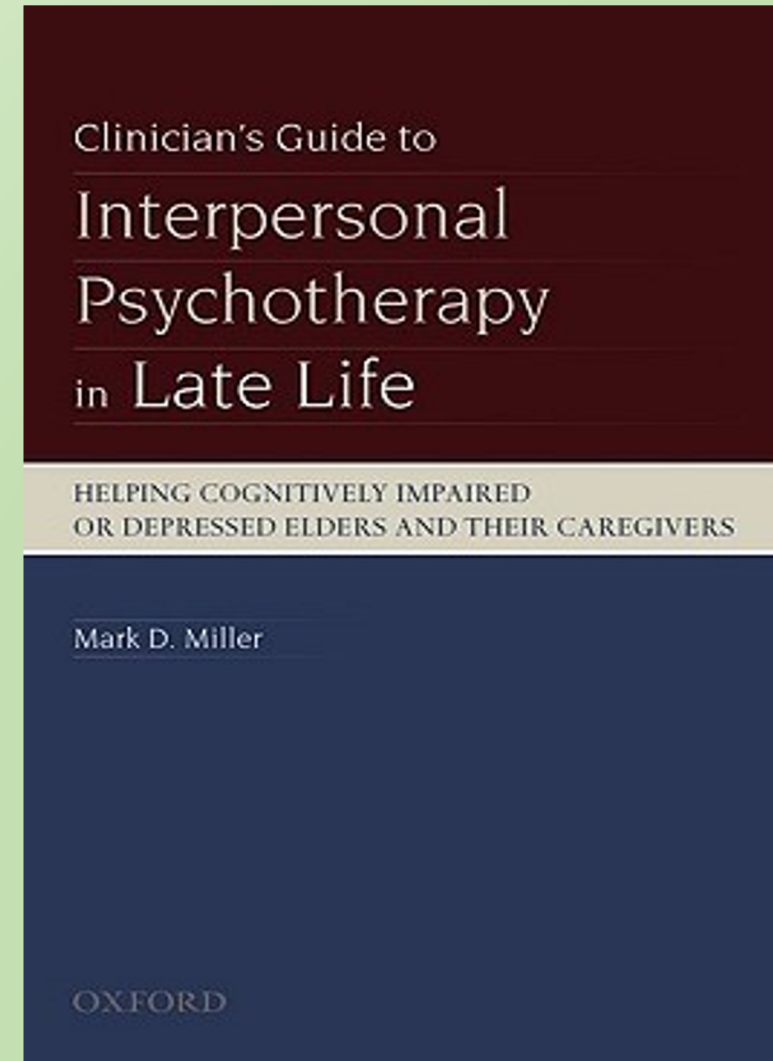
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CLINICIAN'S GUIDE TO IPT IN LATE LIFE

- Mark Miller
- Oxford University Press
- 198 pages
- ISBN 0195382242
- 2009

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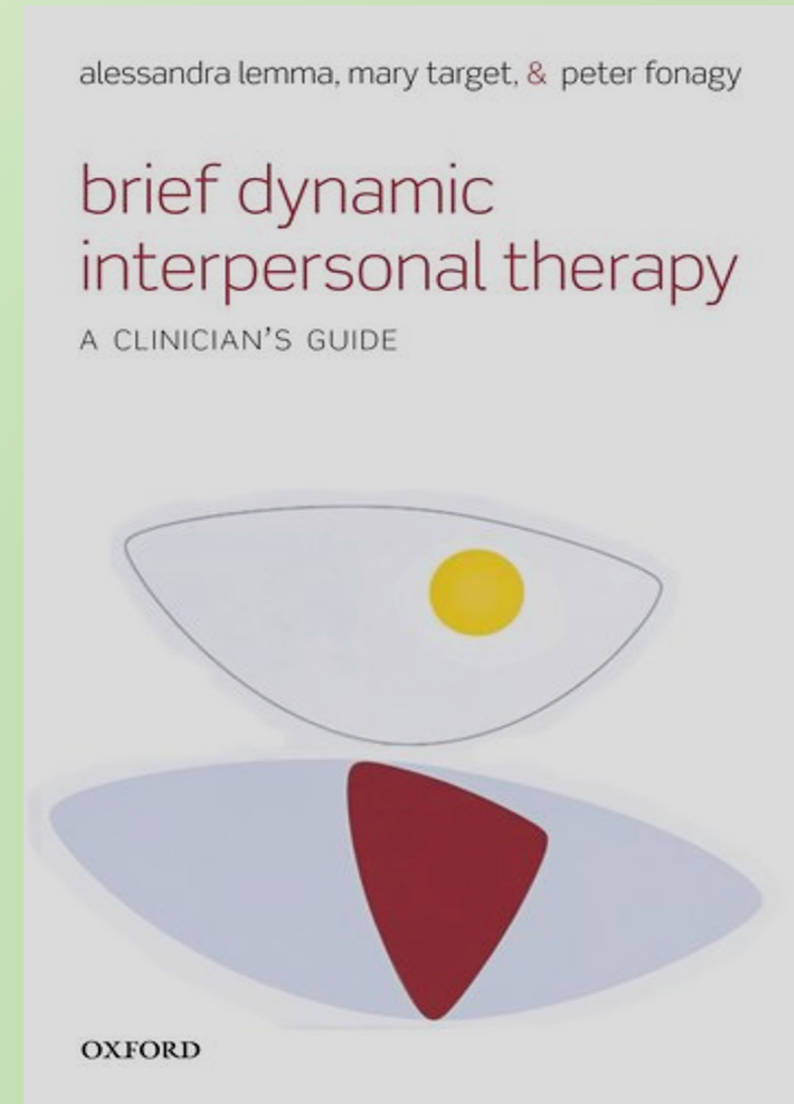


BRIEF DYNAMIC INTERPERSONAL THERAPY

- Alessandra Lemma, Mary Target, Peter Fonagy
- Oxford University Press
- 2011
- 288 pages
- ISBN: 9780199602452

Please note that this is not an IPT book but a different approach
Included in this list in order to help you identify it

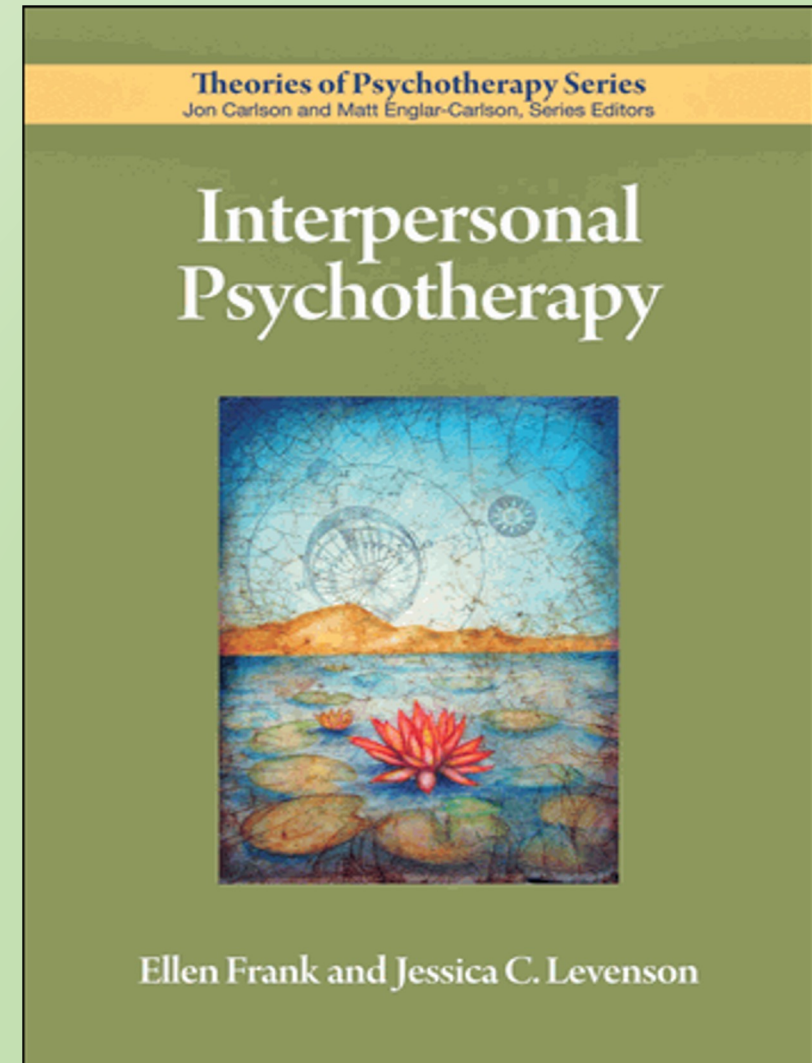
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INTERPERSONAL PSYCHOTHERAPY

- Ellen Frank, Jessica C. Levenson
- American Psychiatric Association Press
- 154 pages
- ISBN 978-1-4338-0851-7
- 2011

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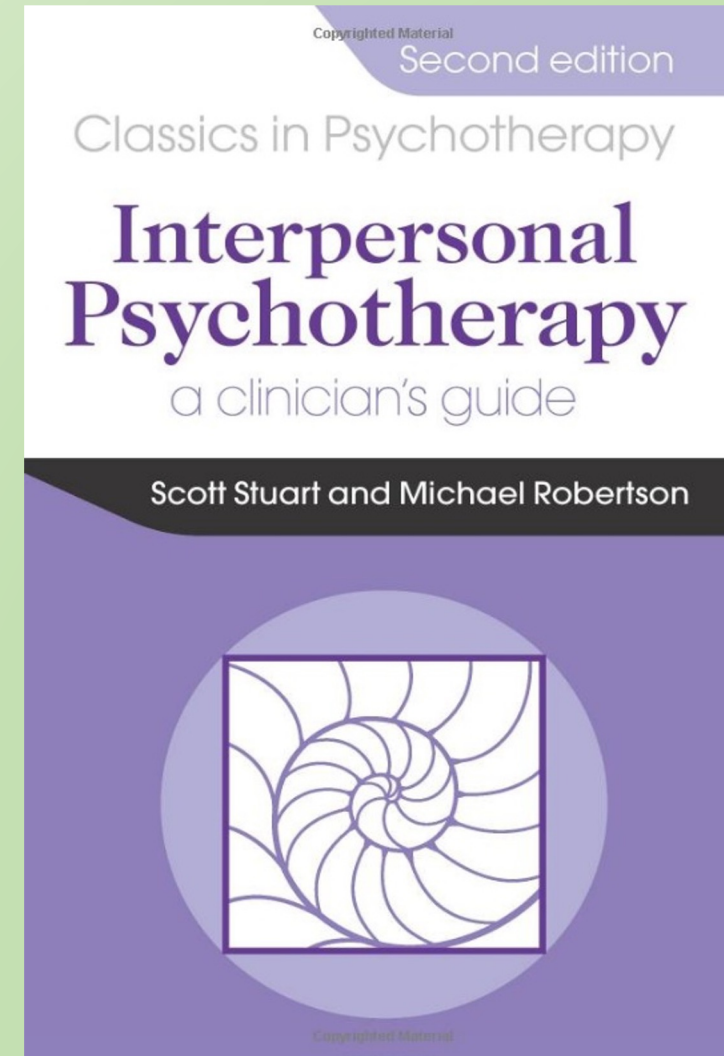
INTERPERSONAL PSYCHOTHERAPY A CLINICIAN'S GUIDE

Second Edition

- Scott Stuart, Michael Robertson
- CRC Press
- 320 pages
- ISBN-13: 978-1444137545
- ISBN-10: 1444137549
- 2012

(First Edition 2003)

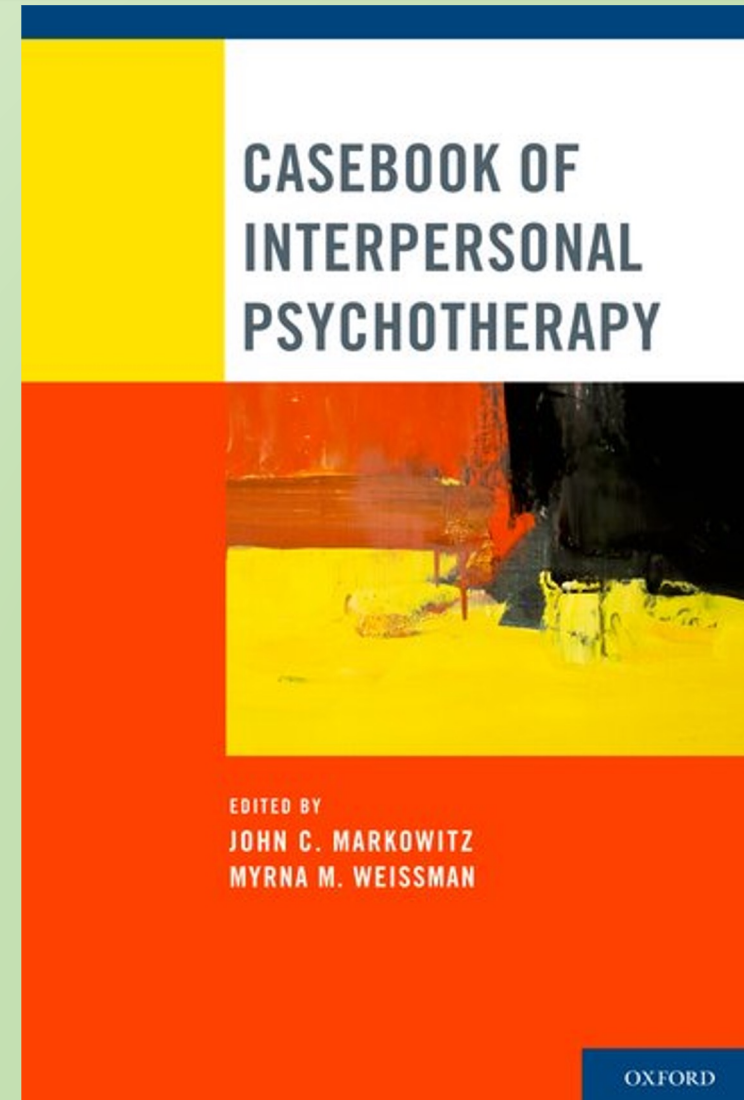
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CASEBOOK OF INTERPERSONAL PSYCHOTHERAPY

- John C. Markowitz, Myrna M. Weissman
- Oxford University Press
- 504 Pages
- ISBN: 9780199746903
- 2012

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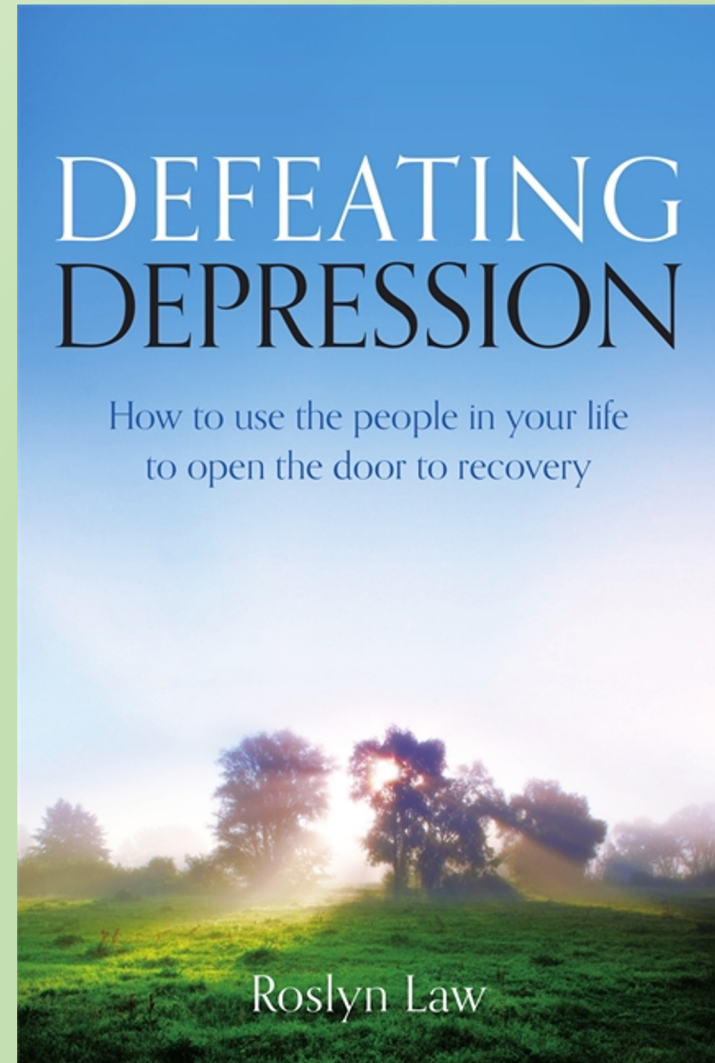


DEFEATING DEPRESSION:

HOW TO USE THE PEOPLE IN YOUR LIFE TO OPEN THE DOOR TO RECOVERY

- Roslyn Law
- Robinson, UK
- 544 Pages
- ISBN: 978-1-84901-712-1
- 2013

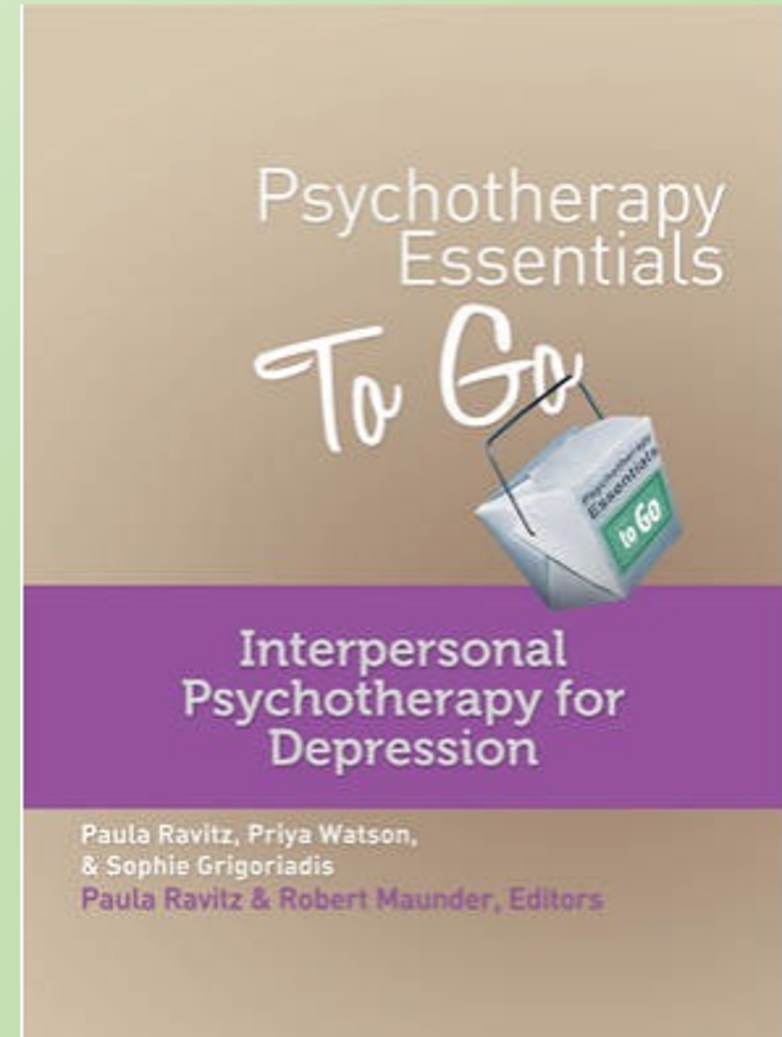
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PSYCHOTHERAPY ESSENTIALS TO GO : IPT FOR DEPRESSION

- Paula Ravitz, Sophie Grigoriadis, Priya Watson
- Norton. With DVD
- 160 Pages
- ISBN: 978-0-393-70829-5
- 2013

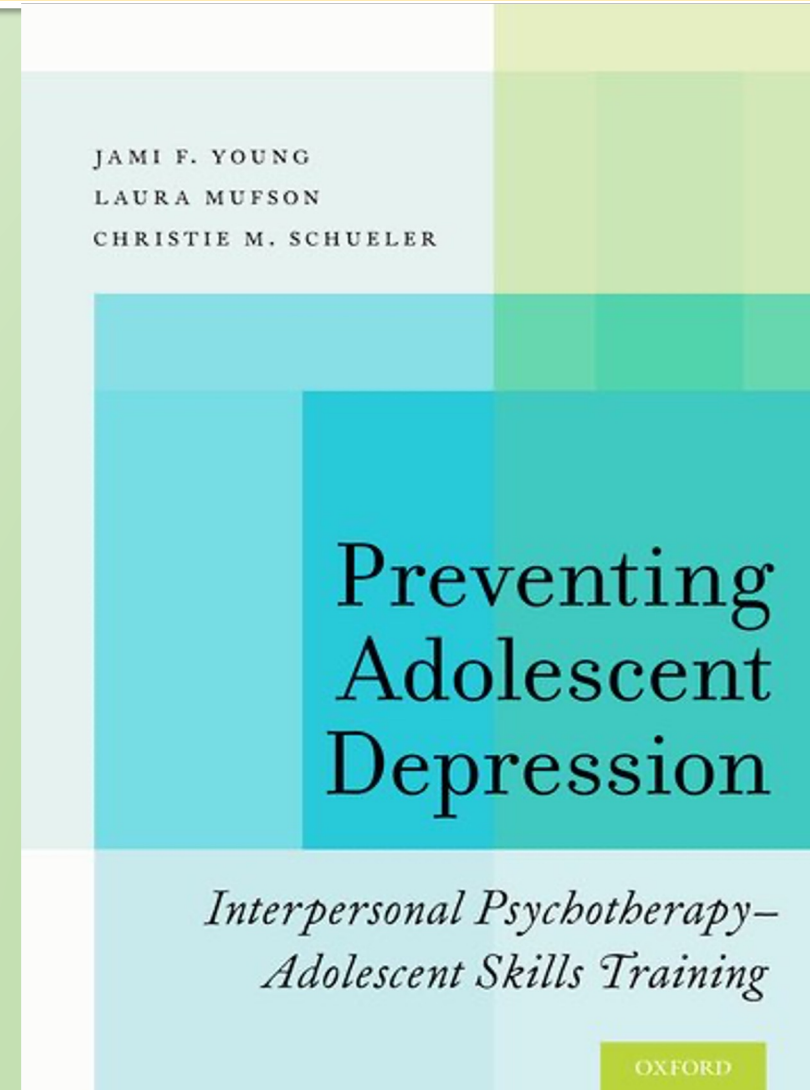
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PREVENTING ADOLESCENT DEPRESSION

- Jami F. Young, Laura Mufson, and Christie M. Schueler
- Oxford University Press
- 256 Pages
- ISBN: 9780190243180
- 2016

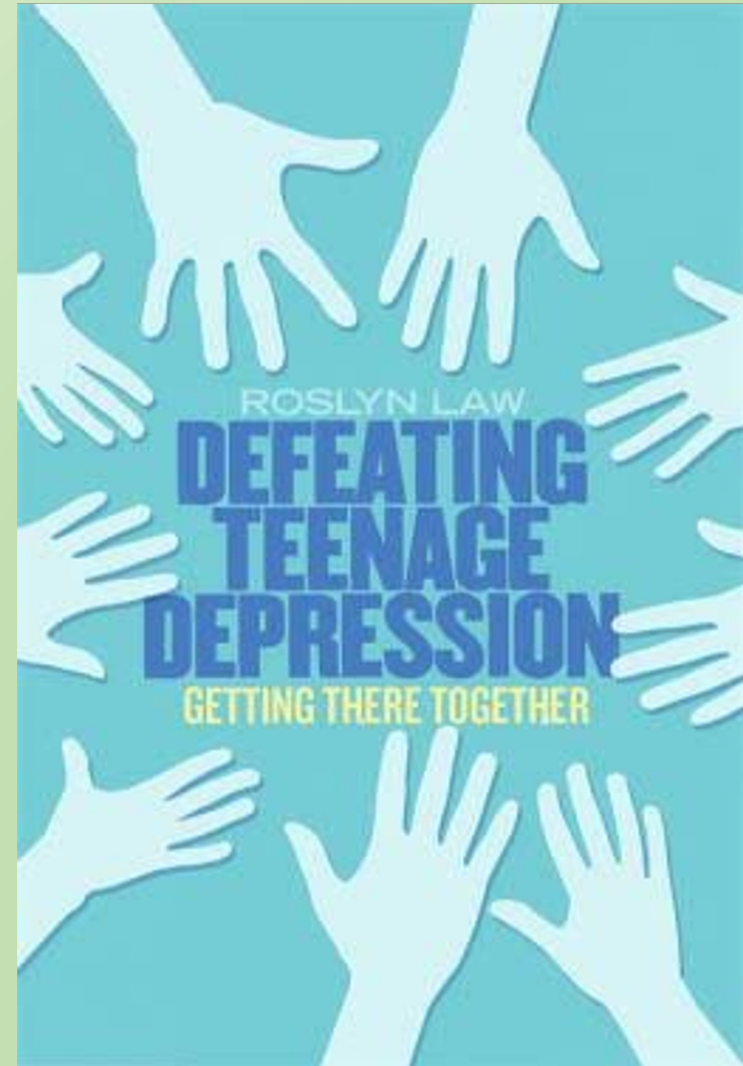
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DEFEATING TEENAGE DEPRESSION: GETTING THERE TOGETHER

- Roslyn Law
- Little, Brown Book Group Limited
- 384 pages
- ISBN: 9781472120250
- 2016

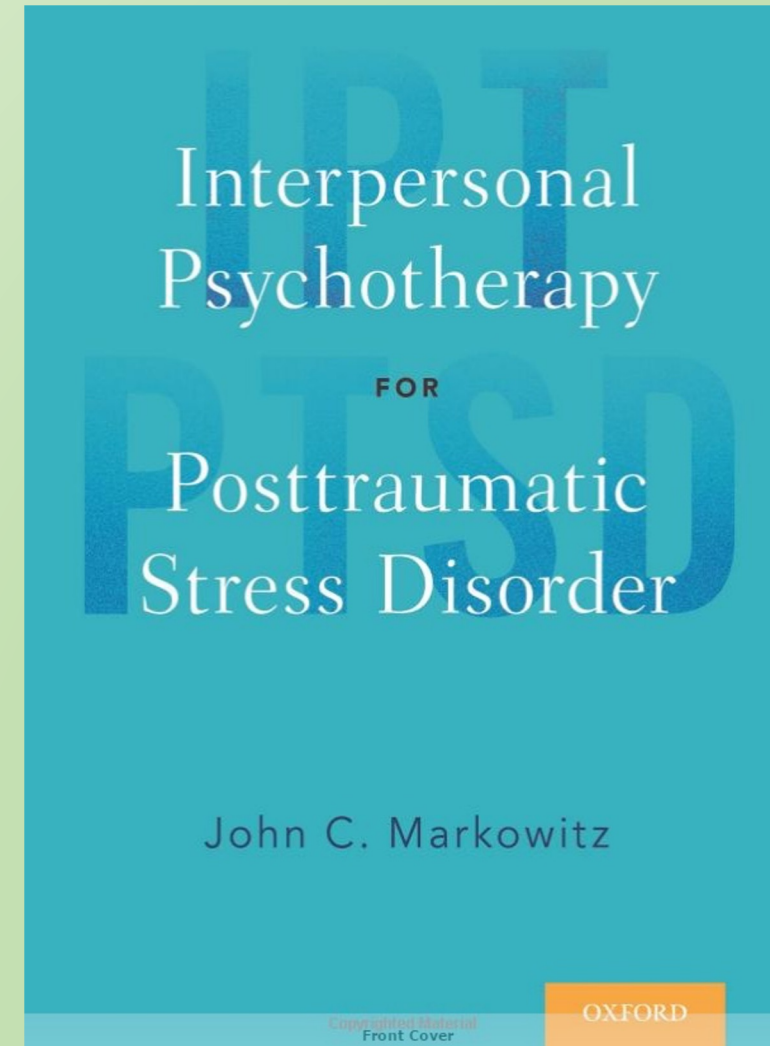
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INTERPERSONAL PSYCHOTHERAPY FOR PTSD

- John Markowitz
- Oxford University Press
- 184 Pages
- ISBN: 9780190465599
- 2016

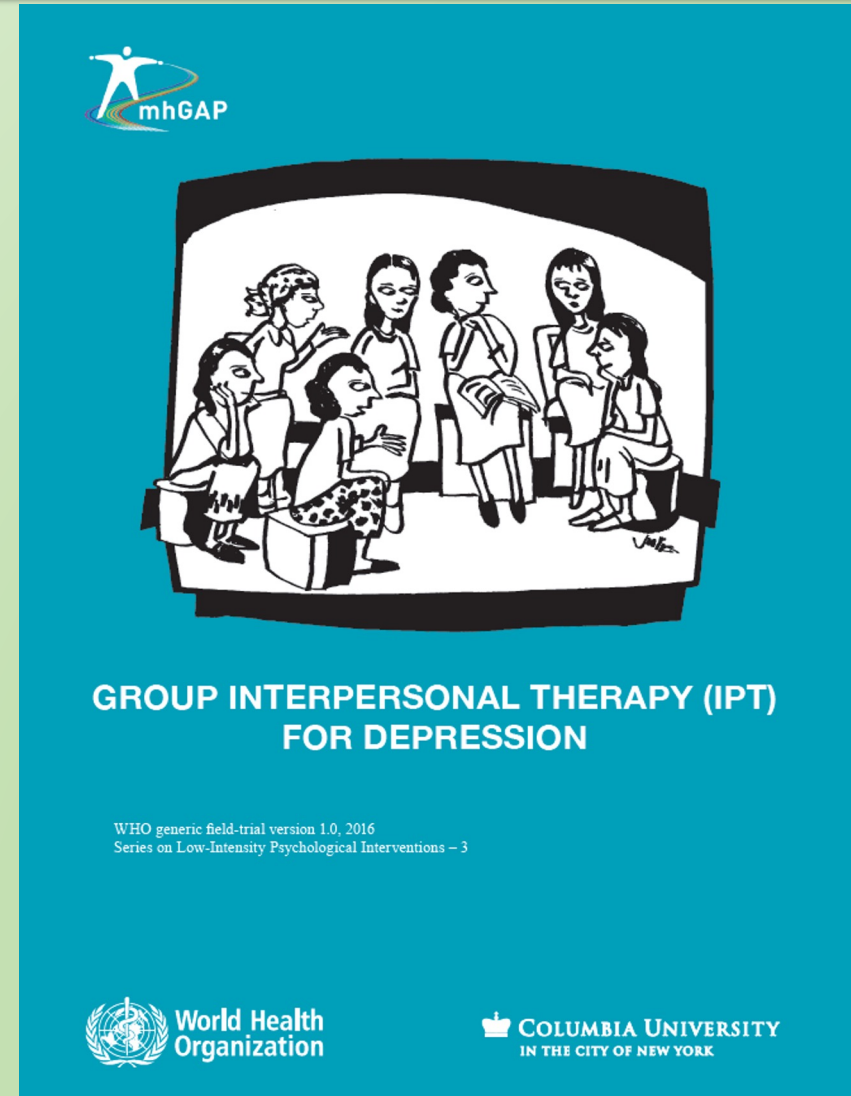
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GROUP INTERPERSONAL THERAPY (IPT) FOR DEPRESSION

- WHO Free Download
- Series on Low-Intensity Psychological Interventions – 3
- 100 Pages
- 2016

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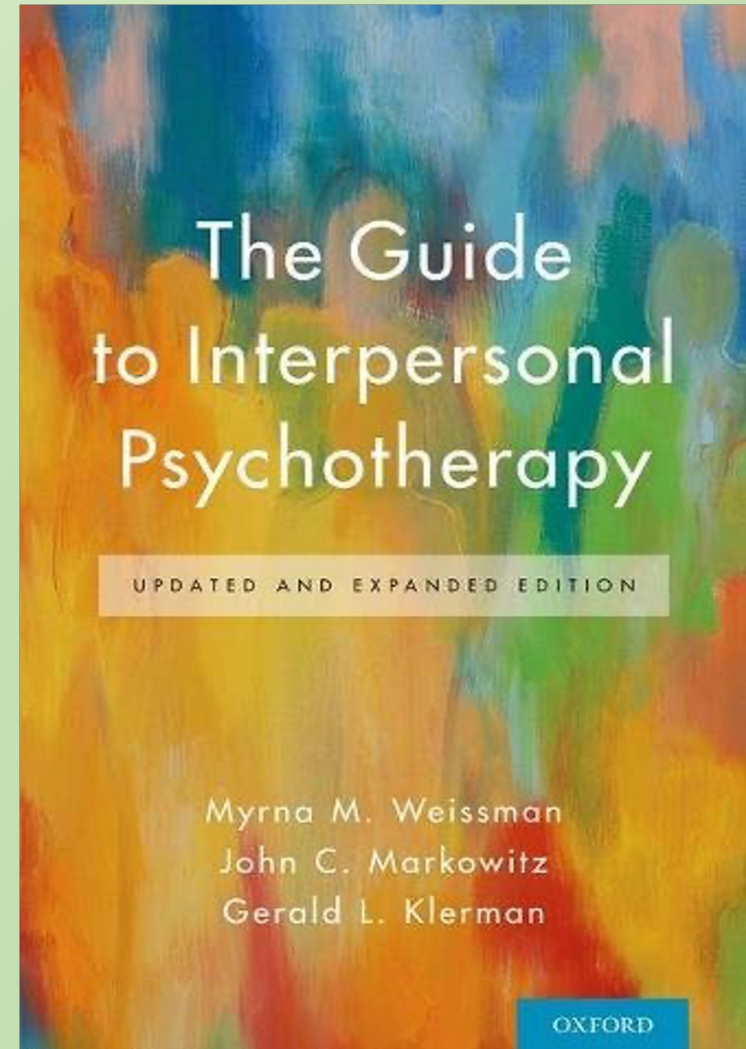
THE GUIDE TO INTERPERSONAL PSYCHOTHERAPY

(UPDATED AND EXPANDED)

- Weissman MM, Markowitz JM, Klerman GL.
- Oxford Press
- ISBN-10: 019066259X
- ISBN-13: 978-0190662592
- 296 Pages
- 2017

Updated from 2007, initial version

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Interpersonal Psychotherapy for Perinatal Depression: A Guide For Treatment of Depression During Pregnancy and the Postpartum Period

- Margaret Spinelli
- Createspace Independent Publishing Platform
- 64 pages
- ISBN10 1544924038
- ISBN13 9781544924038
- 2017

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INTERPERSONAL PSYCHOTHERAPY
FOR PERINATAL DEPRESSION

Margaret Spinelli MD

INTERPERSONAL COUNSELING FOR PRIMARY CARE (IPC)

- Myrna Weissman, Helen Verdeli
- WHO Free Download
- Series on Low-Intensity Psychological Interventions
- To be published online soon !

12/16/16 by MWR
Incorporating LT & RS comments 11/28/2016
LN revision of 12/16/16

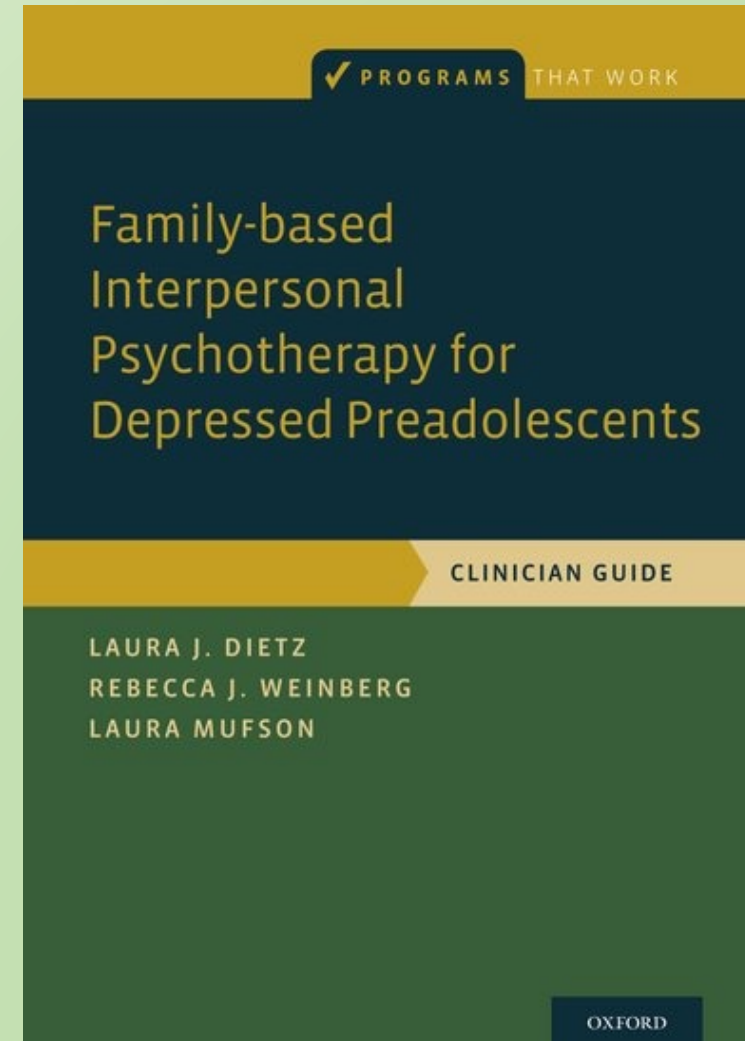
INTERPERSONAL COUNSELING FOR PRIMARY CARE

FAMILY BASED INTERPERSONAL PSYCHOTHERAPY (FB-IPT)

For depressed preadolescents

- Dietz L, Weinberg RJ, Mufson L
- Oxford University Press
- Series « Programs that work »
- 336 Pages
- ISBN: 9780190640033
- May 2018

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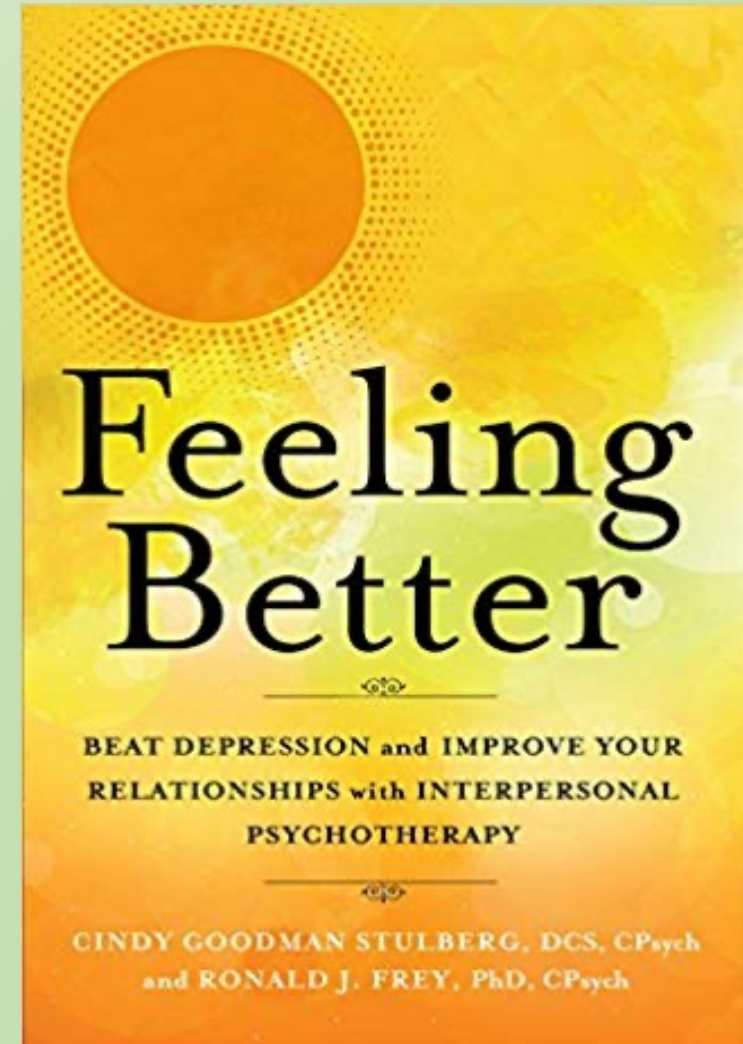


FEELING BETTER

Beat Depression and Improve Your Relationships with Interpersonal Therapy

- Goodman Stulberg C, Frey RJ
- New World Library
- 352Pages
- ISBN: 9781608685684
- November 2018

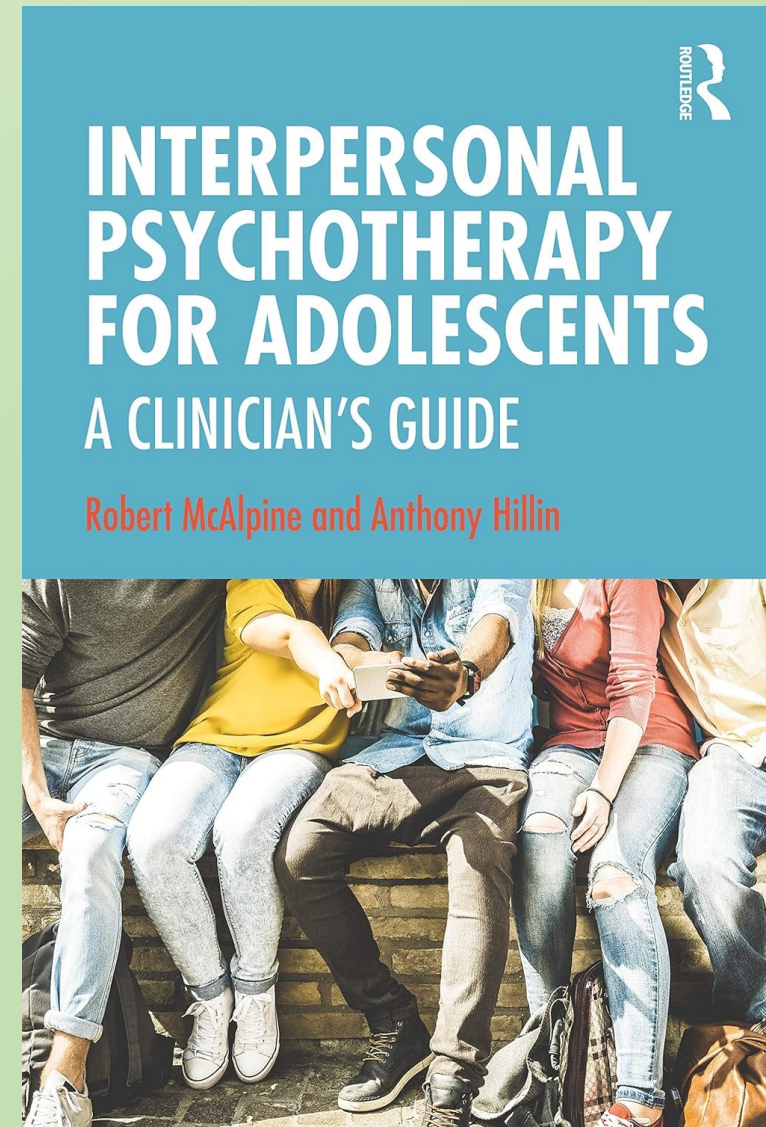
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INTERPERSONAL PSYCHOTHERAPY FOR ADOLESCENTS: *A CLINICIAN'S GUIDE*

- Robert McAlpine, Anthony Hillin
- Routledge
- 366 Pages
- ISBN-13: 978-1482227178
- ISBN-10: 1482227177
- December 2020

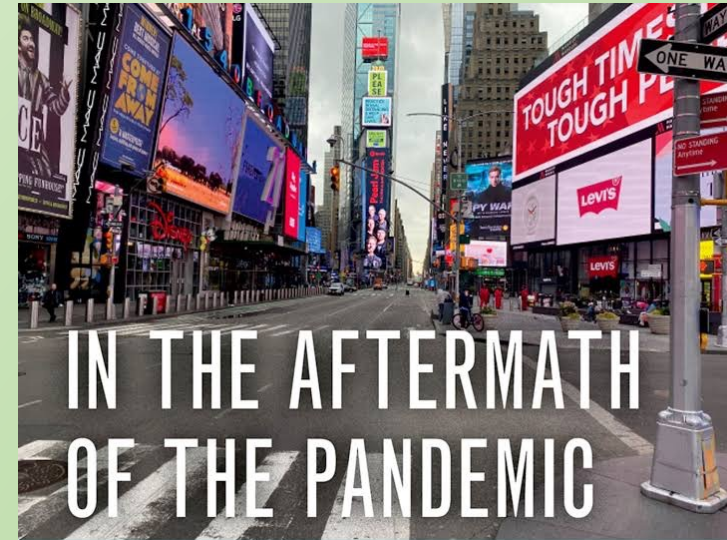
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IN THE AFTERMATH OF THE PANDEMIC: Interpersonal Psychotherapy for Anxiety, Depression and PTSD

- John C. Markowitz
- Oxford University Press
- 144 Pages
- ISBN-13: 978-0197554500
- ISBN-10: 0197554504
- February 2021

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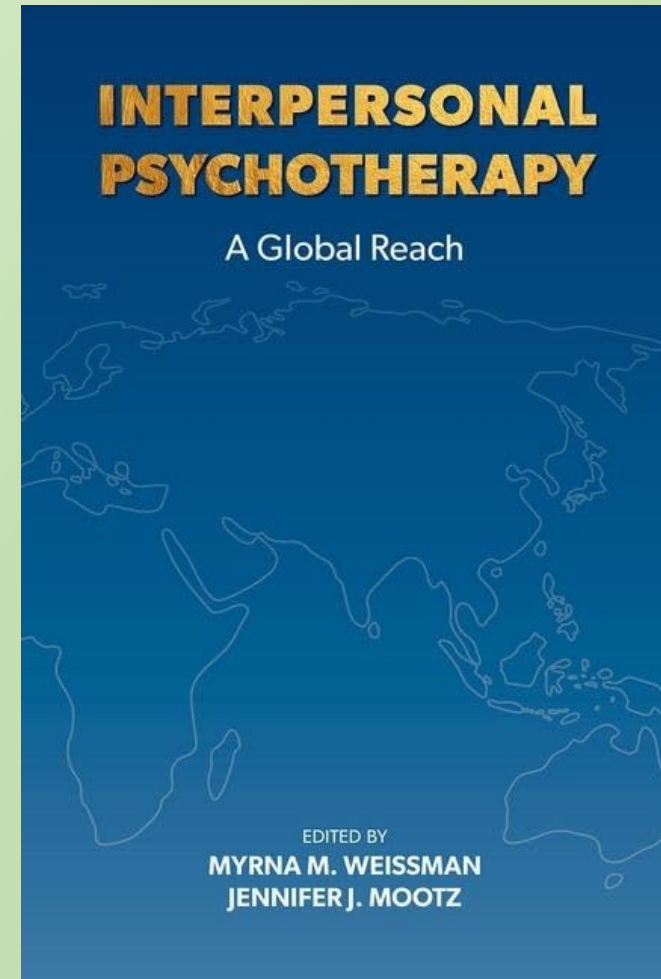
Interpersonal
Psychotherapy
for Anxiety,
Depression,
and PTSD

JOHN C. MARKOWITZ

INTERPERSONAL PSYCHOTHERAPY: A GLOBAL REACH

- Myrna Weissman(ed), Jennifer Mootz(ed)
- Oxford University Press
- 552 Pages
- ISBN-13: 978-0197652084
- ISBN-10: 0197652085
- May 2024

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TRANSLATIONS OF BOOKS

Interpersonal Psychotherapy of Depression (Klerman, Weissman et al. 1984; 1997)	Spanish, German, Italian, Japanese
Il Trattamento Psicologico della Depressione nell'Infezione da HIV - La Psicoterapia Interpersonale (Pergami, Grassi, Markowitz 1999)	Italian
Comprehensive Guide to IPT (Weissman, Markowitz, Klerman 2000, 2009)	Spanish, Japanese, Italian, Korean, Dutch, German
La Psychothérapie Interpersonnelle de la Dépression. (Hovaguimian T, Markowitz JC, 2002)	French
Clinician's Guide IPT (Stuart & Robertson; 2012)	Turkish, Portuguese
Clinician's Quick Guide to IPT (Weissman, Markowitz & Klerman; 2007)	Japanese, Danish, German, Dutch, Portuguese, Spanish, Korean
Treating Bipolar Depression IPSRT (Frank 07)	Italian, Turkish, Japanese
Group IPT (Wilfley et al., 2006)	Japanese
Casebook of IPT (Markowitz & Weissman; 2012)	Japanese
IPT-A (Mufson et al.; 2004; 2011)	Mandarin, Japanese

This document has been prepared by Oguz Omay and Gokben Hizli Sayar
and updated by Beyza Nur Eksi

It has been updated by contributions from many members of the ISIPT listserv

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We would be honored if you use it during your trainings

We would appreciate if you cite your source and help us update this resource :
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Thank you !