

Free medical advice on mental health, psychology, personality disorders, relationships, stress, anxiety, depression, emotional abuse, substance abuse, sexual abuse, types of mental illness, etc.


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Psychology Free Online Medical Advice



Answers to more than 500 questions about psychology, mental health and relationships, written by a team of experts appointed by the Commission of the European communities.

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Write a simple question in one sentence (Note: Our answers are not oriented towards somatic - body - medicine):



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The aim of Web4Health is to give good and useful free medical advice, help and self help in the areas of mental health, psychology, personality disorders, relationships, stress, anxiety, depression, emotional abuse, substance abuse, sexual abuse, types of mental illness, etc.

Below is an example from our data base. This example will be automatically replaced about twice an hour.

Interpersonal Psychotherapy (IPT)

Written by: Martin Winkler

First version: 30 Oct 2003. Latest revision: 31 Oct 2003.

Question:

What is Interpersonal Psychotherapy (IPT)? What is Interpersonal Councelling (IPC)

Answer:

IPT = Interpersonal Psychotherapy is a short-term highly-structured type of psychotherapy with a strong focus on one area of interpersonal problems. The basic therapy manual has been developed for depressive disorders, but similar manuals are available for other psychiatric disorders (e.g. eating disorders).

The main idea of this therapy is to look at the social functioning in one of 4 possible areas of life :

- Interpersonal Disputes = conflicts
- Role transitions = marked changes in life
- Grief (e.g. loss of a loved person)
- Interpersonal deficits

The therapy is limited to not more than 12 or 16 one hour sessions.

IPC = Interpersonal Councelling is an even shorter option used in medical settings. The current psychosocial functioning is the main focus of this counselling approach (six short sessions of about 15 to 20 minutes). If you are interested in Interpersonal therapy read more on the webpage of the [International Society for Interpersonal Psychotherapy](#)

[Sources, references](#)

