

# Therapist Summary Quick Sheet

## Interpersonal Psychotherapy Acute Crisis (IPT-AC-CV19)

IPT-AC-CV19 is a brief version of 'Interpersonal Psychotherapy', an evidence based treatment derived from Attachment Theory. IPT-AC-CV19 is a time limited, brief, person-centred, 4 session model designed for the management of an acute crisis **promoting attention to relationship based issues in the context of Covid 19**. The main aim of this brief and focused intervention is to help identify the social and interpersonal context, which are associated with the onset of the acute crisis, reduce the symptoms of distress and improve interpersonal functioning during this unprecedented period of social restrictions and in the aftermath.

**Focal Area** Onset of acute crisis all in the context of Covid 19, linked to:

**Grief** Death of a loved one / significant other

**Transitions** Significant life change / transition. e.g. birth of a child, new job, divorce, going to University, medical illness, leaving the army, marriage, immigration, retirement, a new home, graduation etc

**Disputes** Struggles / disagreement with significant other e.g. spouse, child, other family member, friend, co-worker or others which will be happening as we socially isolate and adapt to completely different living circumstances.

### Aims of the 4 session IPT-AC-CV19 intervention are to:

- Give staff an appropriate 4 session model for clients presenting in their services.
- Reduce symptoms of distress – the person is in distress.
- Improve the quality of the person's social and interpersonal functioning which is likely to be mainly through remote means.
  - The client learns to link their distress with their interpersonal contacts and how they have changed through social distancing and perhaps isolation through Covid 19.
  - By increasing understanding of this link the client can improve interpersonal relationships and reduce distress /symptoms through electronic means.

### IPT-AC-CV19:

- Focuses on the 'Here and Now' in the context of a world pandemic.
- Active therapist
- Facilitates positive therapeutic alliance but doesn't interpret it
- Links mood, distress and other symptoms to life events and relationships
- Concentrates on an affectively meaningful problem area

### Who is it for?

- Male / female aged 18+ in acute psychological distress with self-harm / poisoning.
- Episode precipitated by some interpersonal crisis: grief, conflict or transition specifically in the context of Covid 19.
- Patients WITHOUT formal / long-standing mental health diagnosis (other than depression).

### Who is it NOT for?

- Diagnosis Borderline Personality Disorder
- Multiple previous self-harm
- Involved with other mental health service
- Has anticipatory care plan
- Diagnosed learning disability
- Active psychosis
- Overdose unintentioned
- Functionally unable to engage in sessions alcohol / substance abuse
- Pathology is so severe IPT AC contraindicated
- English language difficulty

This adaptation came from: Klerman GL, Weissman MM, Rounsaville BJ, Chevron E. *Interpersonal psychotherapy of depression*. Basic Books; New York: 1984.

This especially adapted version of IPT for acute crisis (IPT-AC-CV19) in the context of Covid 19 has been directly derived from: Weissman, M. M., Markowitz, J. C., and Klerman, G. L (2000). *Comprehensive Guide to Interpersonal Psychotherapy*. New York: Basic Books.

## Interpersonal Psychotherapy Acute Crisis (IPT-AC-CV19)

IPT-AC-CV19 is a **'stand alone'** individual intervention focusing on 'here and now' problems in the realm of the interpersonal life of the individuals leading to acute crisis.

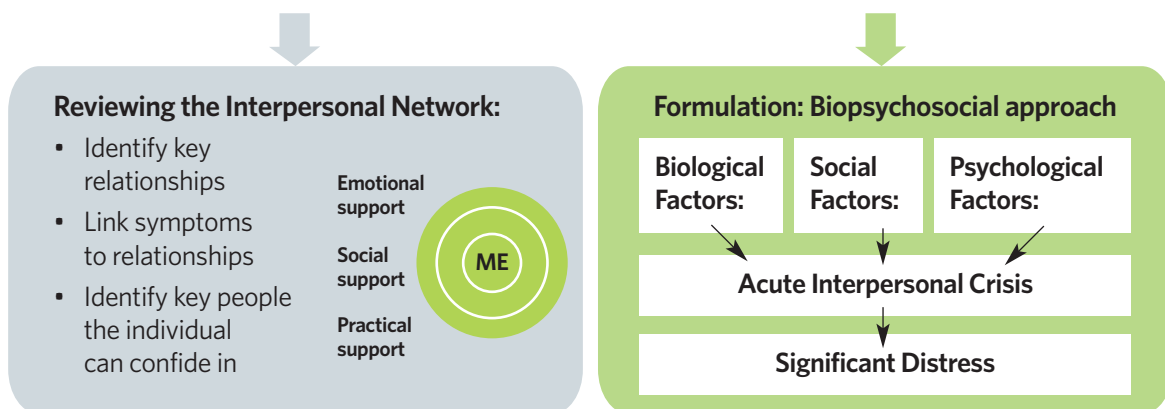
**Format of IPT-AC-CV19**      4 sessions (60 mins)      Tight, explicit contract  
 Once or twice a week      Questionnaires (PHQ-9 and CORE10)

### Assessment

Following an incident of self-harm/poisoning (or suicidal ideation resulting in a crisis assessment), using inclusion/exclusion assess appropriateness for IPT-AC-CV19. Provide Patient Information, consent form and demographics questionnaire. Complete contract.

### 1st Session

**Questionnaires Risk Assessment.** Identify symptoms of distress in an interpersonal context, introduce the "sick role" and Interpersonal Inventory, give psycho-education on IPT-AC-CV19 and symptoms of distress within the context of Covid 19. Formulate problem using the focus areas as a guide. Identify goals.



### 2nd and 3rd Session

**Questionnaires.** Review symptoms interpersonally and continued risk assessment. Assess progress with goals. Application and discussion of techniques and strategies in line with the focus area. Homework tasks to work on goals and how to maintain goals after therapy.

#### Frequently used IPT-AC-CV19 Techniques:

- Communication analysis: which is especially important if communication is through social media or other electronic means.
- Decision analysis
- Role play
- Communication skills building
- Processing affect

### 4th Session

- Acknowledge ending.**
- Reviewing goals and changes interpersonally** - what has been helpful and what hasn't. (Redraw Interpersonal Inventory)
- Prepare for independent progress with outstanding goals. Identify who might help and how they might help given social restrictions or if after lock-down, how the patient may operationalise their support system.
- Early waring signs** and plans for action should relapse occur.
- Onward **referral / signposting** if required.
- Questionnaires.