This is to announce a multi-level training institute on “Interpersonal and Social Rhythm Therapy for Bipolar Disorder (MC43)” that is scheduled to take place April 2-3, 2011 at the Thomas E. Starzl Biomedical Science Tower on the University of Pittsburgh campus.

Interpersonal and Social Rhythm Therapy is an empirically supported psychotherapeutic approach to the treatment of bipolar disorder. This innovative approach to the management of bipolar disorder was developed by Ellen Frank and colleagues at the University of Pittsburgh and has now been shown to be effective in preventing relapse of mania and depression and in treating acute episodes of bipolar depression. It combines a behavioral approach to increasing the regularity of daily routines (social rhythms) with an interpersonal approach to coping with the stresses of bipolar illness itself, with interpersonal life stress and with social role problems. This approach has now been expanded to include an individual therapy for adolescents with bipolar disorder and group therapy models for inpatient, intensive outpatient (day-hospital) and standard outpatient treatment.

The first day of the training institute will consist of an overview of the treatment and assumes no prior knowledge of interpersonal and social rhythm therapy. On the second day we will provide continued introductory training for those who are new to IPSRT and advanced training for those who are familiar with the basic IPSRT strategies and tactics and who want to learn more about recent adaptations and to refine their IPSRT skills.

Details can be found on the website, [http://www.wpic.pitt.edu/oerp/conferences](http://www.wpic.pitt.edu/oerp/conferences)

For additional information or to receive a brochure, please contact Kyessa L. Brian at briankl@upmc.edu or (412) 802-6905.

For a complete list of all our programs, please visit our website at [www.wpic.pitt.edu/oerp](http://www.wpic.pitt.edu/oerp)