Objectives

After attending this webinar, participants will:

• Attain a basic understanding of the principles of the Interpersonal Counseling 3-Session protocol (IPC-3).
• Be able to identify how IPC-3 can be used for assessment, triage, and engagement, and consider potential use within the work of serving SOT clients.
• Be able to recognize ways in which IPC-3 has been and can be adapted for different cultural and humanitarian contexts.

Presenters

Helen Verdeli, Ph.D.
Associate Professor of Clinical Psychology
and the Founding Director of the Global Mental Health Lab
Teachers College
Columbia University

Bryan Cheng, Ph.D.
Director of Research
Global Mental Health Lab/Clinical Psychology Program
Teachers College
Columbia University

Jose C. Ponce de León
Mental Health and Psychosocial Support Specialist
HIAS PERU
Mission of the GMH Lab

To reduce the burden of mental illness and increase wellbeing in low-resource, high-need settings globally


- Training and capacity building in evidence-based strategies for ecologically valid and locally acceptable prevention and treatment of mental illness

- Services/consultation (WHO, UNHCR, MOPH Lebanon, academic institutions, etc)
Domains of GMH Lab

- Culturally-adapted therapy for depressed adults and adolescents in LMICs (extreme poverty, violence, etc)
- Task-shifting of psychotherapy (delivered by non-specialists, including peers)
- Implementation in primary care
- Forcibly displaced populations
- Maternal mental health
- Climate change
- Student veterans

GMH Lab: Where We Work

Global Dissemination of Interpersonal Psychotherapy (IPT)

2016:
- Group IPT Manual launched by the WHO, Geneva, October 1st, World Mental Health Day
  *Verdeli, Clougherty and Weissman.

2017:
- Interpersonal Counseling (IPC) for Primary Care, WHO MENA Region
  *Weissman, Verdeli and Khalid Saeed.
IPC-3 Consultant
Site Supervisor
Community Health Worker
Persons experiencing distress

- Attend Training workshop
- Pass Knowledge Test (75%) 2 chances
- Weekly Supervision on 3 cases:
  > 75% Attendance
  > 70% Competency (3rd case)

Competent IPT/IPC Therapist
Co-Supervise with IPC-3 Consultant
What do you show on the outside?
Questions?

Please use the Q&A button to submit questions or comments to the presenters. You may also use the Raise Hand button if you would like to be unmuted to speak your question.

IPC-3 for Assessment, Triage, and Engagement With Forced Migrants
May 31, 2023

Thank you for attending this webinar!

The National Capacity Building Project is a project of the Center for Victims of Torture: www.cvt.org

More resources are available at www.healtorture.org