

# **Clinician's Guide to Interpersonal and Social Rhythm Therapy: A Comprehensive Guide to Intervention for Chronically Mentally Ill Adults**

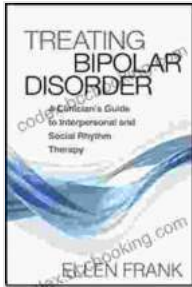
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Interpersonal and Social Rhythm Therapy (IPSRT) is an evidence-based treatment for chronically mentally ill adults. It is a structured, manualized therapy that targets the interpersonal and social rhythm disturbances that are common in this population.

IPSRT has been shown to be effective in reducing symptoms of depression, anxiety, and psychosis; improving social functioning; and increasing adherence to medication.

**Treating Bipolar Disorder: A Clinician's Guide to Interpersonal and Social Rhythm Therapy (Guides to**



## Individualized Evidence-Based Treatment) by Ellen Frank

★★★★☆ 4.7 out of 5

Language : English  
File size : 5909 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 212 pages  
Screen Reader : Supported



This clinician's guide provides a comprehensive overview of IPSRT, including its theoretical underpinnings, clinical application, evidence base, treatment manual, and training.

### Interpersonal and Social Rhythm Therapy

IPSRT is based on the premise that interpersonal and social rhythm disturbances are key factors in the development and maintenance of chronic mental illness.

**Interpersonal disturbances** refer to problems in relationships with others, such as conflict, isolation, and lack of social support.

**Social rhythm disturbances** refer to disruptions in daily routines, such as sleep-wake cycles, eating patterns, and social activities.

IPSRT aims to address these disturbances by helping clients to:

- Improve their interpersonal skills
- Develop a more regular social rhythm

- Build a supportive social network

## **Clinical Application**

IPSRT is typically delivered in a group setting, with sessions lasting 90 minutes to 2 hours. The group is led by two therapists, one of whom is a licensed mental health professional and the other of whom is a peer support specialist.

The group meets once a week for 12 to 16 weeks. During the first few sessions, the therapists focus on psychoeducation, helping clients to understand the relationship between interpersonal and social rhythm disturbances and their mental health symptoms.

As the group progresses, the therapists begin to teach clients skills for improving their interpersonal and social rhythm functioning. These skills include:

- Communication skills
- Problem-solving skills
- Social skills
- Time management skills

The therapists also help clients to develop a personalized treatment plan that includes goals for improving their interpersonal and social rhythm functioning.

## **Evidence Base**

IPSRT has been shown to be effective in reducing symptoms of depression, anxiety, and psychosis; improving social functioning; and increasing adherence to medication.

A meta-analysis of 12 randomized controlled trials found that IPSRT was significantly more effective than control conditions in reducing symptoms of depression (Hedges'  $g = 0.36$ ) and anxiety (Hedges'  $g = 0.27$ ).

Another meta-analysis of 10 randomized controlled trials found that IPSRT was significantly more effective than control conditions in improving social functioning (Hedges'  $g = 0.41$ ).

IPSRT has also been shown to be effective in increasing adherence to medication. A study of 105 patients with schizophrenia found that those who received IPSRT were significantly more likely to adhere to their medication regimen than those who received treatment as usual (76% vs. 47%).

## **Treatment Manual**

The IPSRT treatment manual is a step-by-step guide for delivering the therapy. The manual includes detailed instructions for each session, as well as handouts and worksheets for clients.

The treatment manual is available for Free Download from the IPSRT website.

## **Training**

Training in IPSRT is available through the IPSRT Institute. The training program is designed for mental health professionals who want to learn how

to deliver IPSRT to their clients.

The training program consists of two parts: a didactic training and a practicum. The didactic training provides an overview of the IPSRT model, its evidence base, and the treatment manual.

The practicum provides an opportunity for participants to practice delivering IPSRT under the supervision of an experienced therapist.

## **Resources**

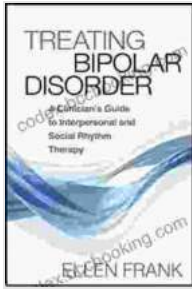
- IPSRT website
- IPSRT training program
- Meta-analysis of the effectiveness of IPSRT for depression
- Meta-analysis of the effectiveness of IPSRT for social functioning

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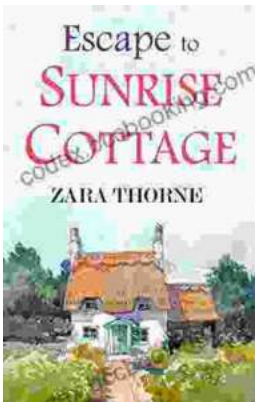
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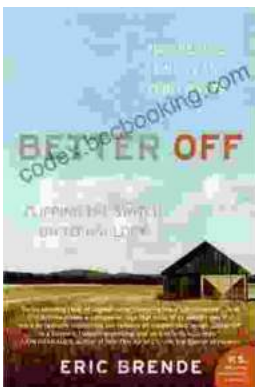
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