



DISSEMINATION OF IPT IN TURKEY

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Conflict of Interest

- NONE

The beginning...

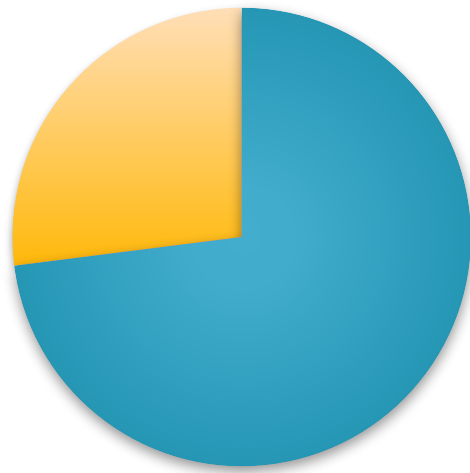
- IPT trainings have started in Turkey in 2012.



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- Since then, 641 professionals have been trained in different settings.
 - There have been 9 Level A trainings, 5 modular trainings and various symposia and shorter trainings during national congresses.

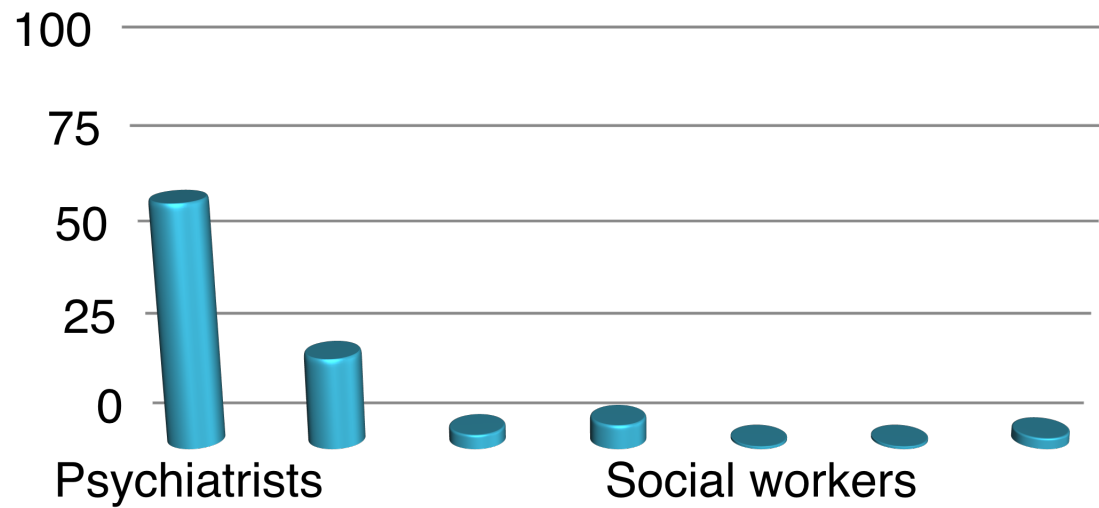
What were our aims?

- To evaluate IPT dissemination in Turkey and IPT practice of professionals
- All 641 professionals were traced and sent the survey. **97 responses** were received.

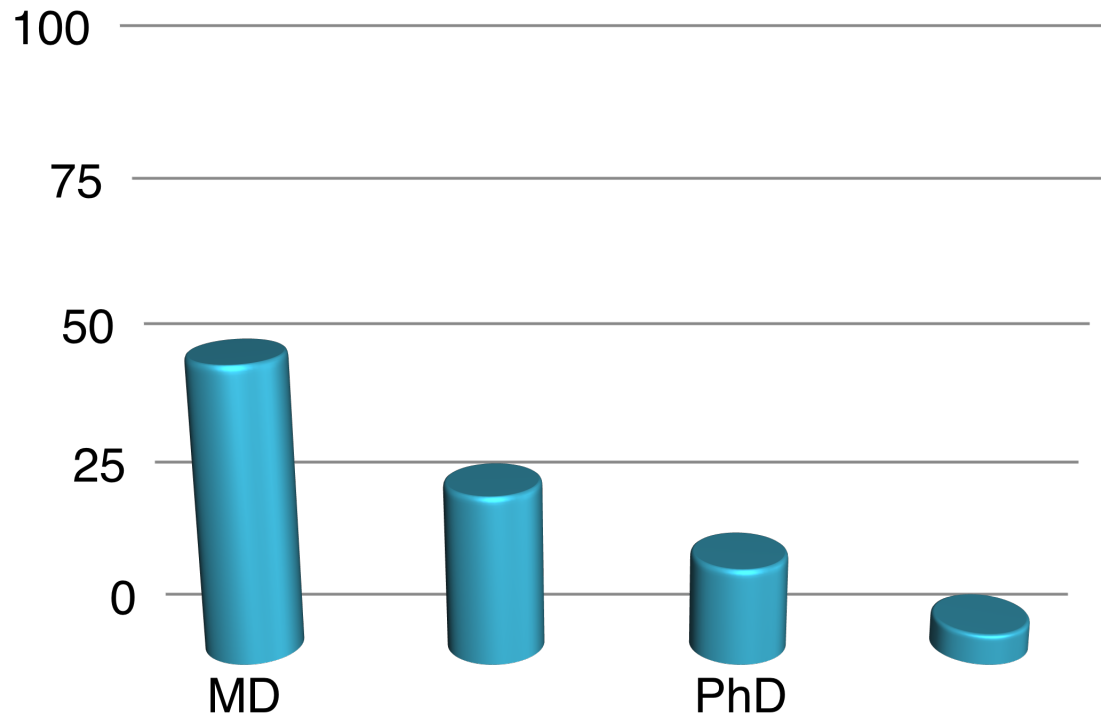


● Female
● Male

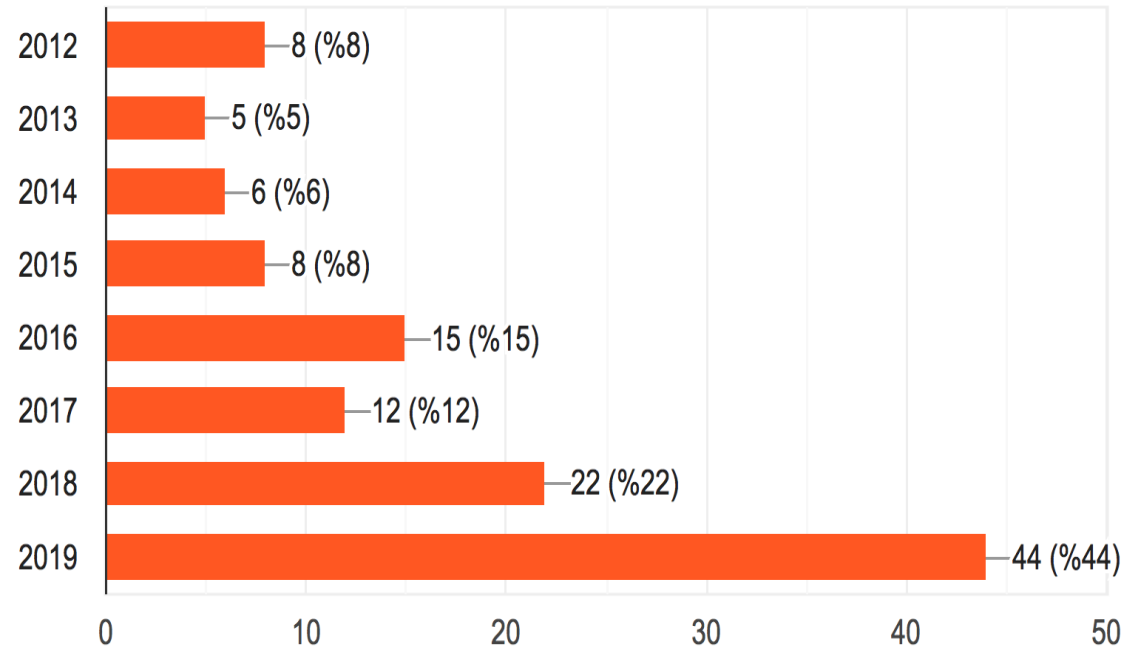
Mean age:34



Education status

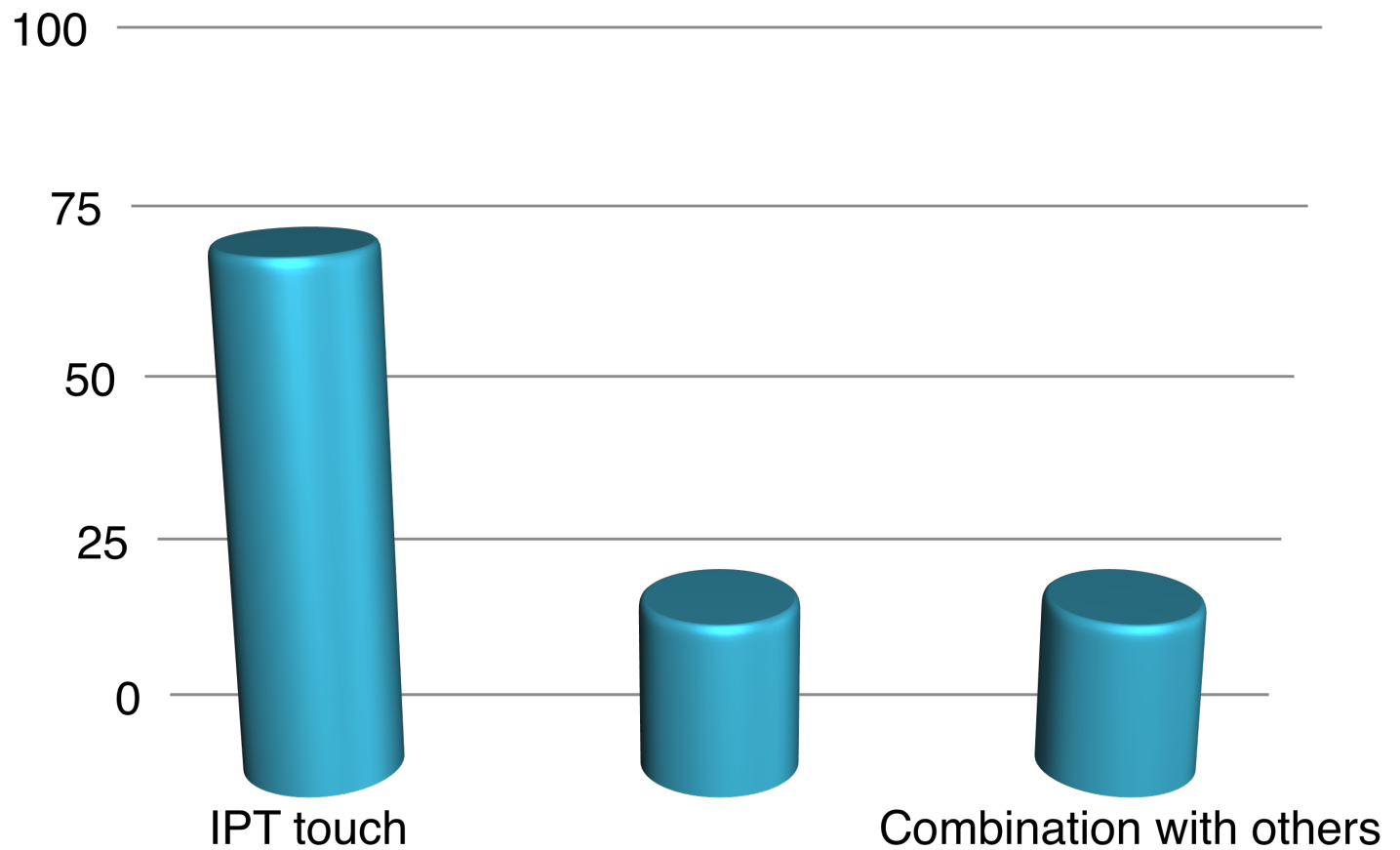


Which year did you have IPT training?

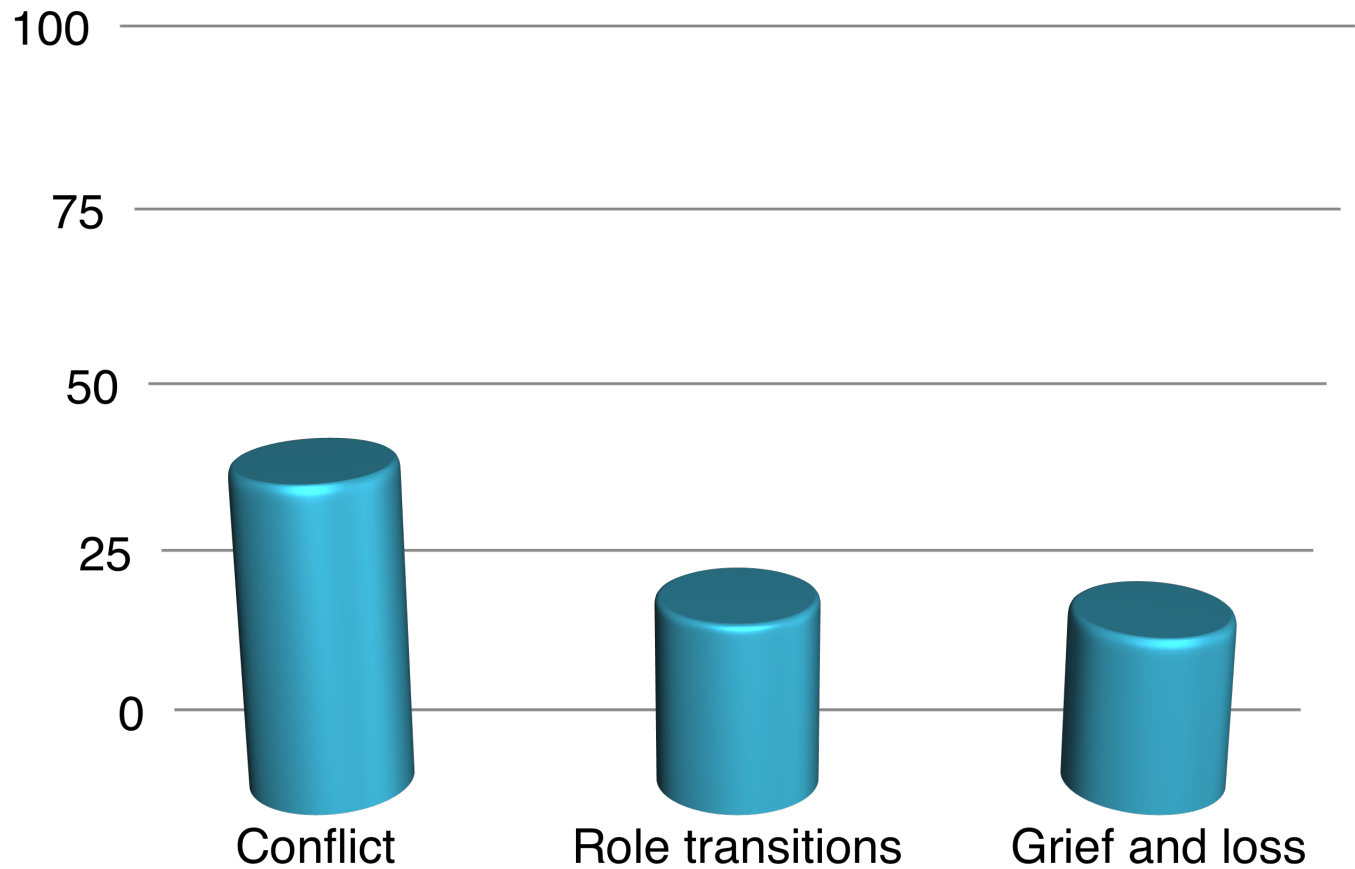


The dissemination is even higher in 2019

How do you use IPT in your practice?



Which problem areas do you use IPT?





What is the perceived difference of IPT from other therapeutic techniques?

- Politeness and shared meaning in therapeutic relationship
- Interpersonal and emotional focus
- Ease of applicability and effectiveness

What is your motivation for IPT trainings?

- The emotional focus of therapy
- Importance given to interpersonal relations
- ‘Appropriateness of technique for our daily lives and our culture’
- Apparent benefits for the patients

Conclusions

- Results of this survey on the dissemination of IPT and the effects of trainings may be thought as promising.
- IPT trainings are ongoing and increasing numbers of mental health professionals are using IPT today in Turkey.