

# DISSEMINATION OF IPT IN TURKEY

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# Conflict of Interest

- NONE

# The beginning...

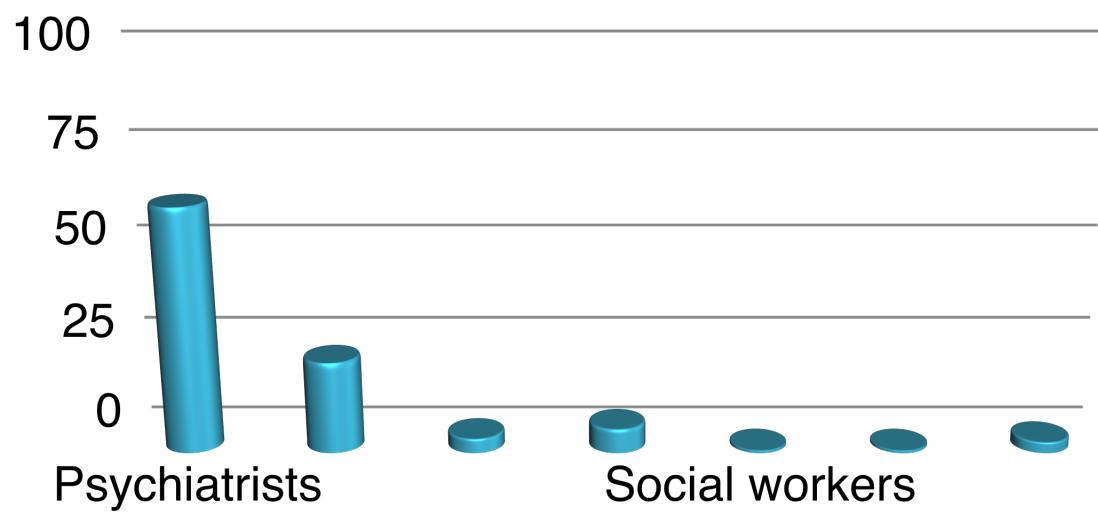
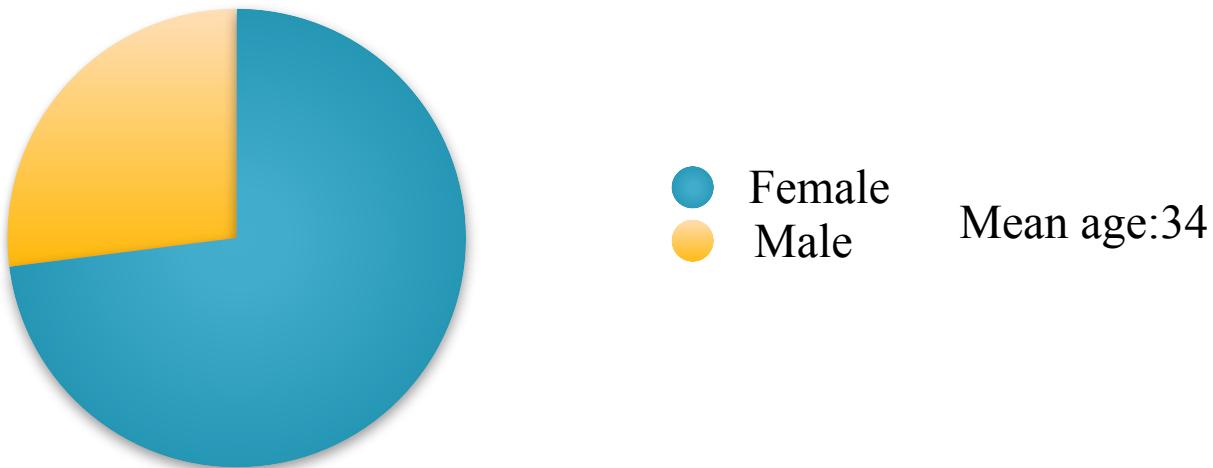
- IPT trainings have started in Turkey in 2012.



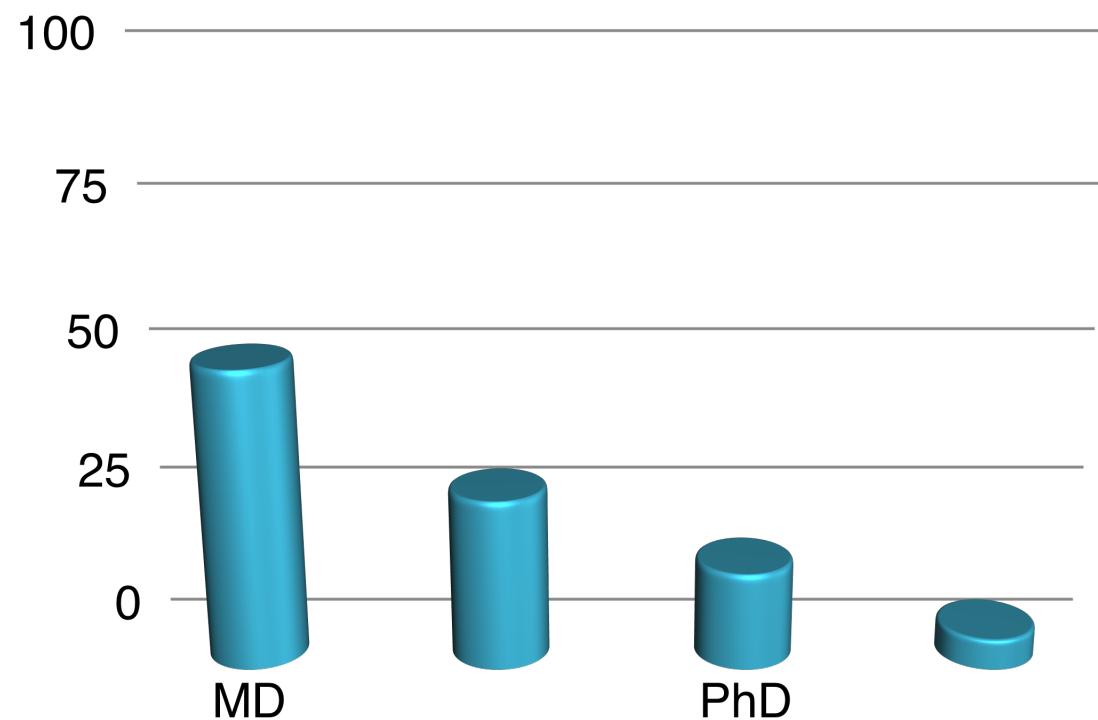
- Since then, 641 professionals have been trained in different settings.
- There have been 9 Level A trainings, 5 modular trainings and various symposia and shorter trainings during national congresses.

# What were our aims?

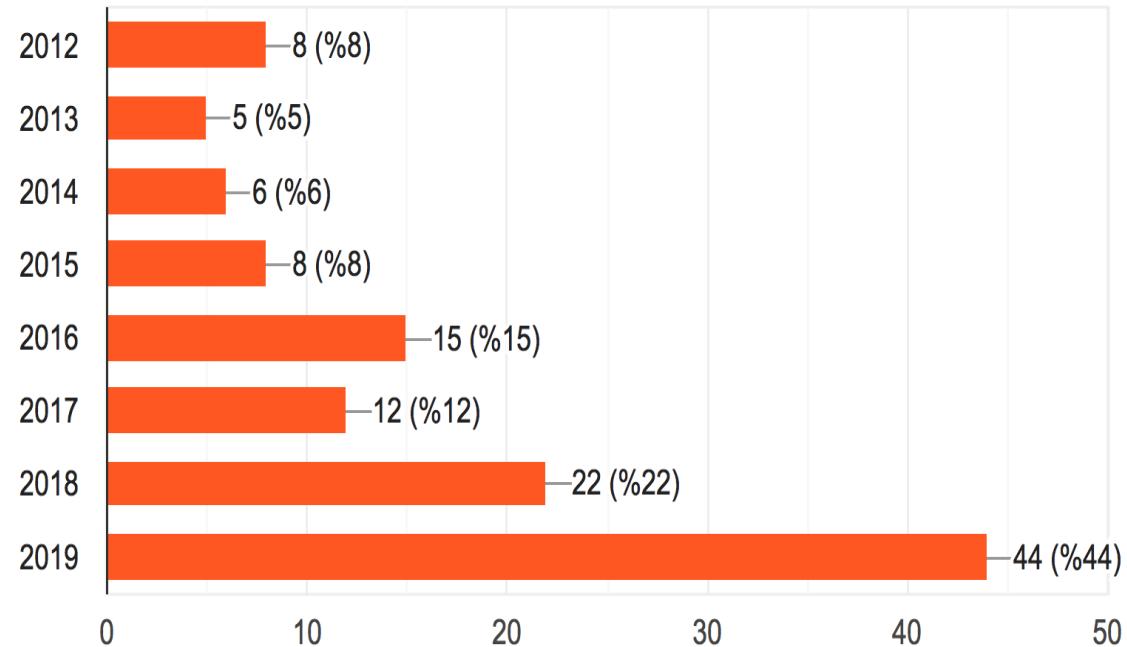
- To evaluate IPT dissemination in Turkey and IPT practice of professionals
- All 641 professionals were traced and sent the survey. **97 responses** were received.



## Education status

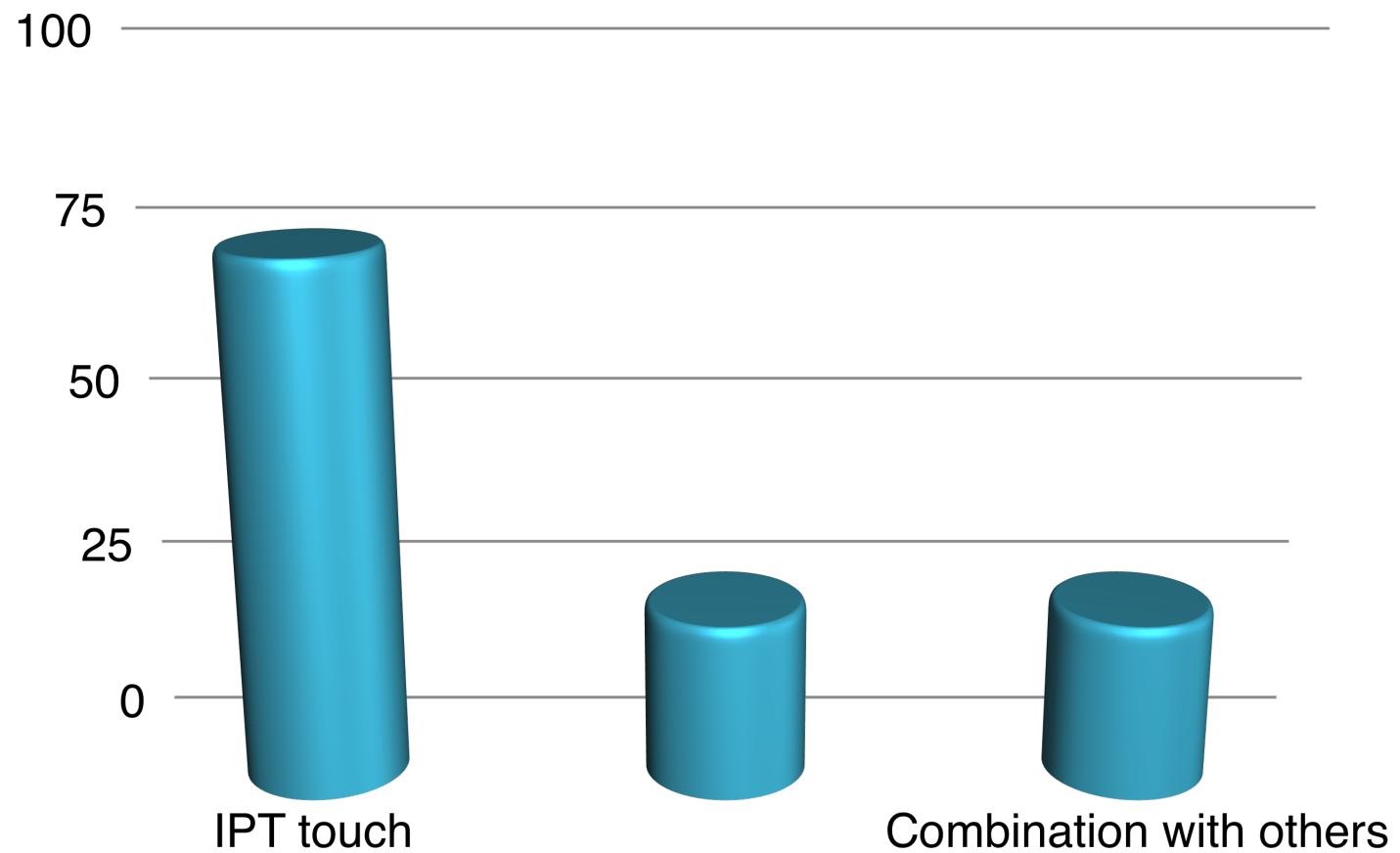


## Which year did you have IPT training?

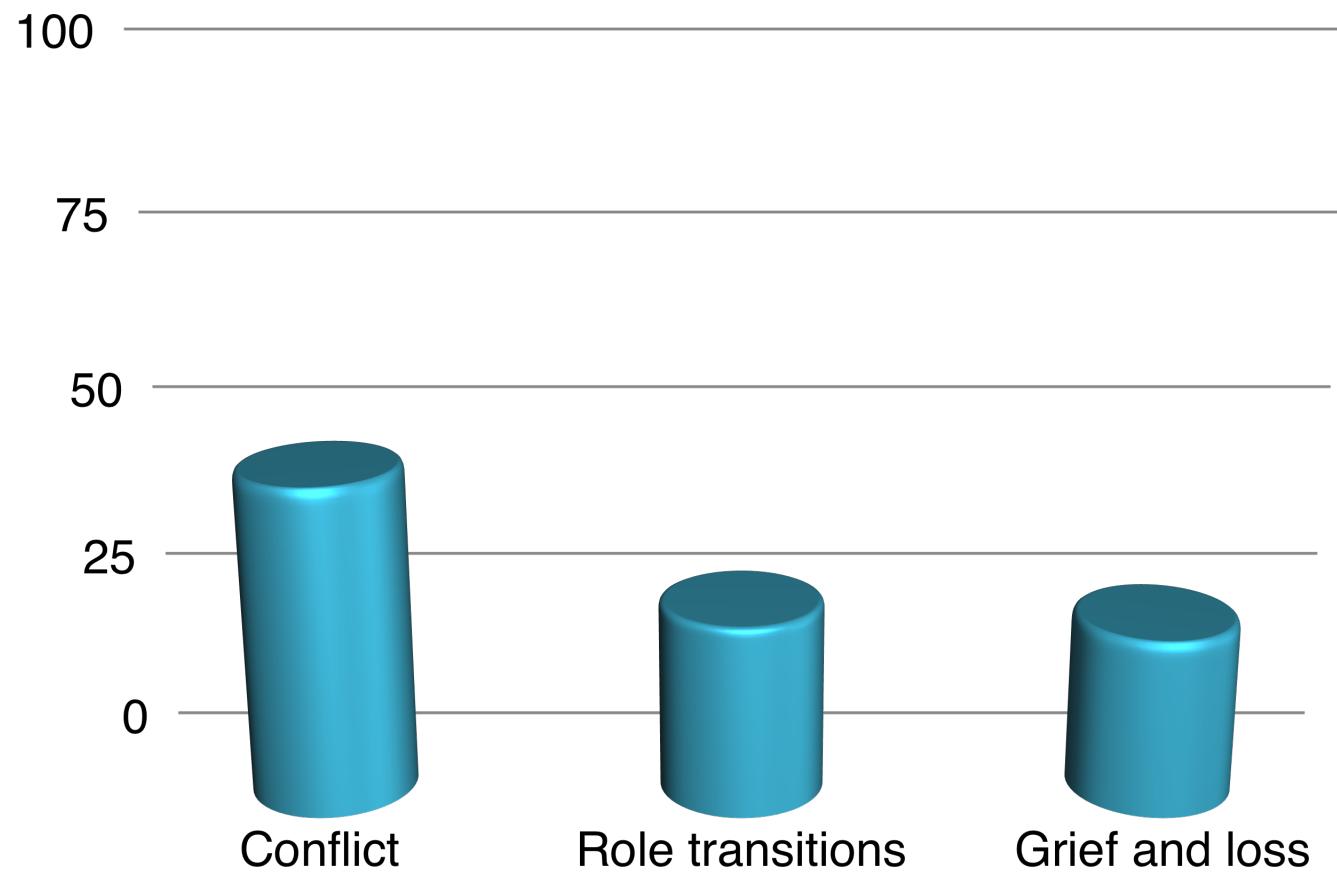


The dissemination is even higher in 2019

# 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.