

Interpersonal Skills Group

EMORY
Child & Adolescent
Mood Program

What is IPT-A Skills Training?

IPT-AS is an empirically supported group intervention that teaches teens communication and interpersonal problem-solving skills to help improve their relationships and mood. This is accomplished by first identifying problems in specific relationships (e.g., conflict with parents) and/or patterns that cut across various relationships (e.g., not communicating feelings to others). Using a combination of psychoeducation, relationship assessment, individualized goal setting, communication analysis, interpersonal skill building, decision-analysis, and role-playing, IPT-AS helps teens improve problematic interpersonal interactions and develop more positive and satisfying relationships.

Why focus on Interpersonal Skills?

Relationships with both peers and parents are among the most important factors in a teen's life. Research shows that ineffective interpersonal problem-solving, high levels of conflict in family and friend relationships, and low levels of perceived support increase risk for depression, anxiety, and poor functioning. By focusing on relationships in IPT-AS we address the kinds of difficulties that teens face day-to-day and cause them the greatest distress. Importantly, these skills can be applied across multiple situations and relationships going forward.

What will be learned during IPT-A Skills Group?

Teens will learn how to:

- Improve verbal and non-verbal communication abilities
- Identify problematic behaviors patterns and interactions
- Listen and validate other's perspectives and circumstances
- Generate solutions to manage problems that arise in relationships
- Develop strategies for negotiating, managing conflict, and gaining support from others

Why a group format?

A group setting is the ideal place to work on interpersonal skills. Teens are able to practice newly acquired skills with peers in the group, discuss problems they are having with family and friends, and find support from other group members who have had similar experiences and difficulties.

Who should join?

Teens between the ages of 13-17 who are experiencing difficulties in peer or family relationships, maintaining healthy friendships, managing conflict, communicating effectively, and/or expressing their feelings and needs are encouraged to join.

Treatment includes 2 individual pre-group sessions (45 mins) and 8 weekly group sessions (90 mins). All sessions are held at the Emory Child & Adolescent Clinic located at 12 Executive Park

For more information visit: www.camp-emory.com

To enroll contact: Dr. Allison LoPilato | anmacdo@emory.edu | 404-727-4799

