

The Psychotherapy Center of Albert-Prévost Mental Health Hospital (HSMAP), affiliated with the *Centre intégré universitaire de santé et de services sociaux du Nord-de-l'Île-de-Montréal* (CIUSSSNIM)

Is proud to provide healthcare professionals with a continuing education program in psychotherapy

Interpersonal Psychotherapy: A Non-Exposure Psychotherapy for PTSD

In-Person
format

English
only

Friday, February 20, 2026
8:30 am–4:30 pm



 Hôpital du Sacré-Cœur de Montréal, CIUSSSNIM
Emilie Gamelin Auditorium
5400, boulevard Gouin Ouest
Montréal (Québec) H4J 1C5

Program accredited by the Ordre des psychologues
du Québec (OPQ) RA07381-25
6 hours of training

Centre intégré
universitaire de santé
et de services sociaux
du Nord-de-
l'Île-de-Montréal

Québec 

AFFILIATED WITH
Université 
de Montréal

Program description

As new models for understanding and treating depression — including pharmacological approaches — emerged during the 1970s, Dr. Gerald L. Klerman and Dr. Myrna M. Weissman developed Interpersonal Psychotherapy (IPT), which is primarily based on attachment theory. This psychotherapy emphasizes the connection between stressful social and interpersonal situations and the onset of a depressive episode.

IPT categorizes interpersonal problems into four distinct domains: interpersonal conflicts, role transitions, complicated grief, and interpersonal sensitivity. Its aim is to reduce symptoms and improve communication as well as support from the social network.

Over the past decades, IPT has experienced significant growth. Empirical data demonstrates its effectiveness in treating depression and has led to its inclusion in international practice guidelines. It is now used with various age groups, and adaptations have been made for different psychiatric disorders, including post-traumatic stress disorder (PTSD).

PTSD is a debilitating condition that often follows a chronic course. The predominant approach for treating this condition remains cognitive-behavioral therapy, which is primarily focused on exposure to traumatic memories. However, this approach may not be suitable for all patients. Dr. John Markowitz has developed an adaptation of IPT that offers an alternative to the fear extinction model — a therapy that is not based on exposure.

During this training, you will have the opportunity to review the core principles of IPT and learn about its adaptation for post-traumatic stress disorder.

This training activity is intended for mental health professionals (physicians, psychologists, social workers, nurses, occupational therapists, etc.). No prior knowledge of IPT is required.

Guest speaker



John Markowitz, M.D. is Professor of Clinical Psychiatry at Columbia University Vagelos College of Physicians & Surgeons and Research Psychiatrist at New York State Psychiatric Institute.

For decades he has conducted outcome research on psychotherapies and pharmacotherapies for mood disorders, borderline personality disorder, and posttraumatic stress disorder. He has written and tested manuals for interpersonal psychotherapy (IPT) and brief supportive psychotherapy (BSP).

Summary of the workshop

- Introduction and quick review of the evidence-based treatments for posttraumatic stress disorder, their strengths and limitations.
- Review of the basics of interpersonal psychotherapy (IPT) as a mood and life event-focused psychotherapy.
- Adaptation of IPT for PTSD, a life event-based disorder.
- Evidence supporting IPT as a non-exposure treatment for PTSD.
- Case discussions and potential role plays: participants are invited to bring PTSD treatment cases.

Presentation objectives

- Improve understanding of PTSD and its treatments.
- Demonstrate IPT as an affect-focused, non-exposure treatment for PTSD.
- Deepen understanding of IPT as a time-limited psychotherapy.

Schedule



Registration

To register please use the following links:

<https://lepointdevente.com/billets/d03260220001>

Registration fees

	Before February 1st	After February 1st
Doctor	\$250 CAD	\$285 CAD
Professionnal	\$175 CAD	\$200 CAD
Student/resident	\$105 CAD	\$125 CAD

Fees include snacks, coffee and lunch.

Miscellaneous information

A receipt and an official certificate of continuing education will be sent to each participant after the conference.

If you have any questions regarding the conference, the program or the registration process, please get in touch with us at: centrepsychopap.colloque@gmail.com

Organizing committee

— Dr Benjamin Simard

— Dre Thu Van Dao

— Dr Thanh Lan Ngo

Access

Car

The main entrance to the visitor parking lot is located near the main entrance of the Hospital (5400 Gouin Boulevard West).

Rates → 0 to 120 minutes – free

121 to 240 minutes – \$6 (single exit)

241 minutes to 24 hours (multiple entries and exits) – \$10

Lost ticket – \$10

Public Transportation

Bus 64 → Grenet (Serves the northern part of the borough and passes near the hospital)

Bus 69 → Gouin (Runs along Gouin Boulevard and stops nearby)

Bus 117 → O'Brien (Connects several residential neighborhoods to the hospital)

Bus 468 → Express Pierrefonds/Gouin

(An express line ideal for fast travel from the west of the island)

Metro and train

Metro → Orange line
(Côte-Vertu or Henri-Bourassa station)

You can combine the metro with a bus ride to reach the hospital.

Exo commuter train →
Gare De La Concorde

Located about a 24-minute walk from the hospital, this can be an option if you are coming from Laval or the surrounding areas.

