

# La Teppe

Tain l'Hermitage, 25th January 2012

**Dear Colleagues,**

In the framework of its perinatal psychiatry project, La Teppe Medical Center is endorsing the teaching and the practice of IPT (Interpersonal Psychotherapy) in France. Little known in our country, this approach is particularly well-adapted to perinatal situations.

After organising two introductory workshops in 2009 and 2011, we are proud to announce a unique 6-day workshop sequence on IPT for 2012 : **Pr Scott Stuart** MD (University of Iowa USA), will be here with us in Tain l'Hermitage, France, and will lead workshops at various levels.

These courses will take place just before the International Congress of the Marcé Society in Paris in October 2012, thus attracting, we hope, a number of qualified foreign participants.

Scott Stuart is the President of the International Society of Interpersonal Psychotherapists (ISIPT) and Professor in Psychiatry in Iowa, USA, and one of the forerunners of the use of the IPT approach in the perinatal period. Furthermore, his noteworthy training skills have been highly acclaimed by participants at the workshops in Tain l'Hermitage in previous years.

Please note that all of the workshops will be conducted in English without interpretation, except the workshop on the 30th September 2012 which I will be leading myself, in French. The levels indicated correspond to ISIPT nomenclature.

Pr Stuart uses a well-cultivated communicative approach in English, which is accessible even to those who may feel somewhat 'linguistically challenged'.

**THE WORKSHOPS :**

**Interpersonal Psychotherapy  
2 day workshop for supervisors**

**Level D**

**Pr Scott Stuart**

**Dates: 27 – 28 September 2012 from 9am to 5 pm.**

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**Interpersonal Psychotherapy  
1 day workshop for trainers**

**Level E**

**Pr Scott Stuart**

**Date: Saturday 29 September 2012 from 9am to 5 pm.**

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**An introduction to Interpersonal Psychotherapy**

**Workshop in French by Oguz Omay, MD, La Teppe, France.**

**Date: Sunday 30 September 2012 from 9am to 5 pm.**

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**Interpersonal Psychotherapy for Perinatal Women  
Level A, introduction to IPT**

**Pr Scott Stuart**

**Dates : 1 – 2 October 2012 from 9am to 5 pm.**

### **Practical information:**

All the workshops will take place in La Teppe Medical Center (*Etablissement Médical de La Teppe*) in Tain l'Hermitage, France.

### **Who can attend ?**

No experience in IPT is required to participate in introductory courses (Level A). Participation in the Level D and E courses requires experience with IPT. Completion of Level A, B and C certification in IPT is optimal; candidates may still apply for the Level D and E courses if they have had a seminar in IPT and some clinical experience using IPT. If in doubt, don't hesitate to check this point with the organisers. (S. Stuart or O. Omay)

You may choose to participate in one or several (even all) of these workshops depending on your level and the number of places available.

### **Getting here:**

*By train:* La Teppe is in the South of France, 2hours30 by *fast train (TGV)* from Paris or Paris Charles de Gaulle airport (for the latter, the train station for booking online is *Aéroport Charles de Gaulle TGV*).

There is a railway station at Tain l'Hermitage which is walking distance from the hotel. You can get to this station by local trains (TER) from Lyon or Valence Ville/Centre.

By fast train from Paris (TGV), you arrive at Valence TGV station from where you will need to take a taxi to Tain l'Hermitage (15 min. drive), or arrive at Valence Ville/Centre and take the local train to Tain (10 min train ride). Timetables and booking are available at [www.voyages-sncf.com](http://www.voyages-sncf.com) in English.

*By plane:* closest airport : Lyon (Grenoble or Saint Etienne for low cost flights). From Lyon St Exupery airport, take the tram to Lyon Part Dieu train station and then the Local TER train to Tain l'Hermitage.

*By car:* we are on the main A7 highway. Exit Tain l'Hermitage-Tournon.

### **Hotel:**

Here is a good quality basic hotel where most of the participants will be staying. Book now because places are limited:

#### **Hotel Les Deux Coteaux**

18, rue Joseph Péala

26600 Tain l'Hermitage

France

Tel : +33 (0)4 75 08 33 01

<http://www.hotel-les-2-coteaux-26.com/>

(Be sure to avoid the former non functional internet page of this hotel.)

### **Cost:**

There is no cost for the training. All participants will be asked to pay 10 Euro for each day they attend to cover lunch costs (even if they do not eat with the group), and will be responsible for their own transportation to Tain and for accommodations. The training is completely supported by La Teppe Medical Center with the goal of making the courses as accessible as possible.

The number of places is limited, the groups will be small. Level A training will be offered in priority to participants registered for the Marcé Society International Congress in Paris, 3-5 October 2012. Participants in the Congress are also welcome to attend the other workshops.

### **How to register**

Please e-mail your name, profession and complete institutional address to Oguz Omay [oguz.oday@teppe.org](mailto:oguz.oday@teppe.org)

Add a comment on your level of IPT and how you heard about us.

Your enrolment will be confirmed by mail and you will be guided step by step.

You may participate in more than one workshop if sufficient places are available.

You may also participate in all the workshops.

Looking forward to see you !

#### **Dr Oguz Omay**

Psychiatrist

Perinatal Psychiatry Consultation

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