

## **S56-02**

### **INTERPERSONAL PSYCHOTHERAPY IN PORTUGAL**

**J. Gago**

*Departamento Saúde Mental, Faculdade Ciências Médicas, Lisbon, Portugal*

In December of 2007 we create the Portuguese Interpersonal Psychotherapy Society in order to continue the development of this psychotherapy in our country. Before in 2003 it took place two courses of 20 hours each in two hospitals in Lisbon (Hospital S. Francisco Xavier and Hospital Stª Maria) with the partnership of Spanish Interpersonal Psychotherapy Association and colleagues from Madrid (Francisco Aguado and María Dièguez) and Barcelona (Sole Puig and Lecina Fernandez). After those courses a group of psychologists and psychiatrists start to use this psychotherapy in clinical practice in Portugal with the supervision of the colleagues from Spain. This psychotherapy was applied in public and private clinic, for depression, anxiety, grief and cronic physical diseases like diabetes.

We will describe the developments of this psychotherapy in Portugal, the future plans for it spread and the ongoing research studies.

Note: This presentation was included in the proposal we did before for the simposium "Developments in Psychotherapy: Interpersonal Psychoetrapy" propose by Dr. Carlos Góis.