

Interpersonal Psychotherapy

How Building Healthier Relationships Can Support Long-Term Recovery



What is Interpersonal Psychotherapy?

Interpersonal Psychotherapy is a structured, evidence-based form of psychotherapy that examines the connection between emotional distress and the quality of a person's relationships. By identifying and addressing specific interpersonal problems, such as unresolved grief, ongoing conflict, major life changes, or chronic isolation, clients develop the relational and communication skills needed to sustain lasting recovery.

How It Works: The Four Phases of IPT

- 1) Interpersonal Inventory**
Map current relationships and identify patterns connected to emotional distress.
- 2) Problem Area Focus**
Target one core challenge: grief, role conflict, life transition, or social isolation.
- 3) Communication Analysis**
Examine how communication patterns reinforce emotional distress and relapse risk.
- 4) Interpersonal Skill Building**
Practice direct, effective strategies for navigating relationships and conflict.

Goals of IPT

- Resolve grief, loss, or unprocessed relational pain
- Reduce interpersonal conflict driving emotional distress
- Navigate major life transitions more effectively
- Build direct, honest communication and conflict resolution skills
- Address isolation and rebuild supportive social connections

Therapeutic Benefits

- Reduced depression and emotional dysregulation tied to relationships
- Improved ability to manage conflict without relapse
- Greater resilience through major life changes and role shifts
- Stronger family and social networks that reinforce sobriety
- Reduced relapse risk connected to interpersonal stressors

IPT is Highly Effective For Treating the Following Conditions:

- Substance Use Disorder
- Bipolar Disorder
- Eating Disorders
- Major Depressive Disorder
- PTSD
- Social Anxiety Disorder

Interpersonal Psychotherapy at Burning Tree Ranch

Interpersonal Psychotherapy is often introduced within treatment programs in a condensed format—enough to name the four problem areas but not enough time to work through any of them meaningfully. For chronic relapsers who carry years of damaged relationships, unresolved grief, and ingrained communication patterns, a brief exposure to IPT concepts is not the same as actually doing the work.

Our **long-term, progress-based model** gives clients the time to move through grief, role conflicts, and major life transitions with sustained clinical support. Clients practice new interpersonal skills in real relationship contexts and receive feedback in real time, advancing when they demonstrate genuine behavioral change.



“Every relapse has a relational context. IPT helps clients stop blaming circumstances and start seeing how their patterns in relationships have fueled their addiction, and what to do about it.”

 **Meghan Bohlman, LPC-S, LCDC, EMDR-Trained**
Executive Clinical Director, Burning Tree Ranch



Dual Diagnosis Treatment Using IPT

IPT has shown effectiveness when combined with other evidence-based therapies in a dual diagnosis approach. Mood disorders, trauma, and interpersonal difficulties rarely exist in isolation: unresolved relationship patterns drive emotional distress, emotional distress fuels substance use, and substance use further damages relationships.

At Burning Tree Ranch, we integrate IPT with CBT, EMDR, and group therapy to create individualized dual diagnosis treatment plans that address both the relational and psychological dimensions of chronic relapse, guiding clients and families toward lasting, sustainable sobriety.

Dual Diagnosis Defined:

The presence of **both a substance use disorder and a mental health condition** occurring together. Effective treatment for dual-diagnosis addictions must address both aspects simultaneously.



Have Other Treatment Programs Missed the Deeper Issues?

Burning Tree Ranch is the Nation's only authentic long-term treatment program for chronic relapse. Call us at (866) 287-2877 or visit us online at www.BurningTree.com.

Disclaimer: Burning Tree Ranch aims to enhance the quality of life for individuals battling substance use and mental health disorders through well-researched and professionally reviewed content. Our publications focus on the nature of behavioral health conditions, available treatments, and their outcomes. Reviewed by licensed experts, our material is informative but not a replacement for professional advice, diagnosis, or treatment. Always seek the guidance of a licensed health provider for any medical or clinical concerns.