



THErapy WORKS  
HEALTH CARE CENTRE

# INTERACTIONAL PATTERN ANALYSIS WORKSHOP

IPA SUITE | CEU: 16

**Interactional Pattern Analysis (IPA)**, represents **a revolutionary diagnostic method** in psychotherapy, and introduces a new lens for treatment.

Elevate your therapeutic skills by applying a paradigm shift in how you conduct therapy and treatment





THE THERAPY WORKS  
HEALTH CARE CENTRE

**Therapy Works Health Care Centre** offers therapy and assessment for adults and children of all ages. We offer Cogmed®, an evidence-based program for attention deficit and learning difficulties. We also provide education and training for mental health care practitioners wanting to advance their knowledge of treatment, therapy and assessment. Therapy Works is committed to supporting ongoing lifelong professional learning or continuous professional development for mental health care practitioners.

# INTERACTIONAL PATTERN ANALYSIS (IPA)

was inspired and developed by Charl Vorster and it is a groundbreaking procedure for diagnosis in psychotherapy, altogether different from earlier approaches within the field of mental health. It provides a completely new approach, which is easy to apply and retains the essential uniqueness of the individual, and a very systematic and orderly procedure that takes the “guesswork” out of psychotherapy.

WHY ATTEND?	WHO SHOULD ATTEND?	WHY CHOOSE THIS WORKSHOP?
<p><b>LEARN FROM A THOUGHT LEADER IN IPA</b> Dr Warwick Phipps has contributed extensively to this body of knowledge.</p> <p><b>DEEP THERAPEUTIC INSIGHTS</b> Gain practical therapeutic insights from innovative application of the IPA in therapy.</p> <p><b>SYSTEMIC INTEGRATION</b> Enhance your therapeutic skills by integrating systems thinking with innovative approaches.</p>	<p>This comprehensive workshop is for</p> <ul style="list-style-type: none"><li>• Psychologists or Intern-Psychologists,</li><li>• Registered Counsellors,</li><li>• Psychiatrists or Medical Practitioners,</li><li>• Occupational Therapists, or</li><li>• Social Workers</li></ul> <p>trained in mental health care, treatment, and rehabilitation.</p>	<ul style="list-style-type: none"><li>• World-class faculty</li><li>• Hands-on learning from deep expert</li><li>• Case study exposure from founding thinkers</li><li>• Immediate practical application</li><li>• Consolidate your knowledge and experience at a higher level.</li></ul>

# WHAT IS INTERACTIONAL PATTERN ANALYSIS?

**Interactional Pattern Analysis is a groundbreaking procedure for diagnosis in psychotherapy, altogether different from earlier approaches within the field of mental health.** It provides a completely new approach, which is easy to apply and retains the essential uniqueness of the individual, and a very systematic and orderly procedure that takes the “guesswork” out of psychotherapy.

**The IPA is very different from other traditional approaches,** such as DSM, which tries to fit the individual into predetermined diagnostic categories, thereby stripping them of their unique qualities and resulting in a loss of potentially valuable information needed to help them.

**It was developed by Charl Vorster** (Professor of clinical psychology at the Sefako Makgatho Health

Sciences University and Professor Extraordinary at the North-West University) who established that our mental well-being is directly related to the nature and quality of our relationships or interactions with others.

This is the reason **why after an enjoyable or satisfying interaction we tend to feel better** about ourselves, whereas after an unpleasant or unsatisfying interaction the opposite.

**The IPA has been validated by an extensive doctoral research study** that established that optimally effective interpersonal relationships go hand in hand with high levels of mental well-being (Van Den Bergh, 2008; Vorster, Roos, & Beukes, 2013).

## KEY INSIGHTS

---

It helps to answer various issues that people encounter:

- Why do I keep feeling this way?
  - What is it about this relationship that makes me feel so good?
  - What about this interaction results in me being annoyed, frustrated, or hurt?
  - Why am I misunderstood or not seen by others?
  - Why am I having the same relationship problems over time?
  - Why do I feel so drained and unfulfilled?
  - What can I do to handle conflict better?
- 

The IPA identifies and utilises **the individual’s unique interpersonal communication and interactional style to change how they are relating or interacting** which leads to the resolution their original difficulty. This process is deeply person-centred, empowering, and gives clear structure and direction to therapy.

# WORKSHOP INFORMATION



## FACULTY

---



### **Dr Warwick Phipps**

Founder & Director of Therapy Works  
Clinical Psychologist PhD (Clin Psych), FNGH

Dr Warwick Phipps is an internationally recognised academic, having published multiple papers in peer-reviewed journals. He is a public speaker and subject matter expert on Marital and Family Therapy and the Interactional Approach.

He was a co-trainer with Prof. Vorster, the founder of the Interaction Pattern Analysis, and has co-authored papers and supervised PhD Dissertations on the subject. His approach is to share best practice for rapid application by therapists who attend his training.

## CEU

---

Continuing Education Unit: 16

<b>COST</b>	<b>REGISTRATION</b>	<b>VENUE</b>
<b>R4 795 (per 2-day)</b> Lunch & Refreshments included	Visit our website for more information or to purchase your workshop visit <a href="http://www.therapyworkscentre.com/store/">www.therapyworkscentre.com/store/</a>	<b>37 Albertyn Street</b> Vorna Valley, Midrand, JHB

Actualize your potential as a therapist and redefine psychotherapy with this rich and dynamic Interactional Approach. Leverage multidisciplinary knowledge to navigate the challenges of psychotherapy effortlessly.

*Therapy Works Health Care Centre*