

Society for  
Interpersonal  
Theory and  
Research

# SITAR Newsletter

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## President's Message

Greetings from SITAR! I am pleased to say that 2001 is off to a busy start for our growing society. We have successfully transitioned into the New Year with over 50 dues-paying members. Thanks to all of you who have joined. We will work hard to put your dues to good use.

Here's an update on SITAR activities. First, you will see that the Call for Papers for our 4<sup>th</sup> Annual Meeting is included with this newsletter. In addition, information on our meeting, Montreal accommodations, and meeting registration materials are also included. Second,

we have pursued some contacts overseas and have begun to share information and dialogue with groups focusing on interpersonal theory and research across the Atlantic. See page three for a report by George Ikkos on interpersonal psychotherapy in the United Kingdom. Third, Ken Locke, Jamie Nekich, and Chris Wagner have been working on our redesigned and updated new website. We expect it to be fully functional



within the next month. If you'd like to check out a beta-version and provide feedback and comments, you can find it at <http://www.vcu.edu/sitar>. Fourth, our period of grandfathering for new members has now ended. Enclosed you will find a new member application form. Please consider passing it along to someone you know who might be interested in SITAR.

On behalf of the Executive Council I want to thank you for your support, and we look forward to seeing you in Montreal!

Aaron Pincus

## Join Us In Beautiful Montreal, May 18-19, 2001

SITAR's fourth annual meeting will take place May 18-19, 2001, in beautiful Montreal, Quebec, Canada. The city is geographically as close to the European coast as to Vancouver, and in look and feel it combines some of the finest aspects of the two continents. Its North American skyline of glass and concrete rises above churches and monuments in a medley of European styles. Montreal is the

second largest French-speaking metropolis outside France, but only two-thirds of the city's residents are of French extraction; the other third represent many languages and ethnic groups from all over the world.

### Dining

Discover why Montreal is known as one of the world's leading gastronomic centers. In Montreal, fine

food is one of life's more popular delights. With more than 4,000 restaurants serving up the national cuisine of some 80 countries, Montreal offers a unique tour of the gastronomic pleasures of the world. Montrealers and visitors alike are spoiled with a variety of different foods as well as settings, including sidewalk cafes, bistros, and intimate restaurants.

[continued on page 3]

# Interpersonal Therapy in the UK by George Ikkos

The first Interpersonal Therapy (IPT) development meeting in the United Kingdom (UK) took place at the Royal College of Physicians, Edinburgh, Scotland, on September 25, 2000. The event was organized by Dr. Roslyn Law, a clinical psychologist, and Dr. Chris Freeman, a consulting psychotherapist, of Lothian Primary Care NHS Trust. Twenty participants agreed to form the UK IPT Network. They came from a wide variety of locations within the UK, including England, Scotland, and Wales. The network now has 27 members, and more colleagues are being recruited.



Organizationally, we have created a mailing list, and there was agreement that a website is needed to foster communication about developments in IPT in such areas as training, research, and conferences. Funding is now being sought for this endeavor. A further meeting has been agreed to take place on March 5, 2001. The event will be hosted by Dr. Helen Birchall,

Ms. Lesley McGrain, Ms. Lesley Meadows, and colleagues in Leicester, England.

Much time was spent discussing training and supervision in IPT. The majority view was that the network would not be seeking accreditation structures. There was preference for IPT to be conceived as "add on" training for health professional with full training in relevant disciplines (e.g., mental health social work, community psychiatric nursing, psychology, psychiatry) and/or full training in other forms of psychotherapy (e.g., psychodynamic/ psychoanalytic, behavioral/cognitive, systemic/family therapy).

Three levels of competence in IPT were suggested, depending on exposure to teaching, supervision, and clinical cases. Prof. Christopher Fairburn, of Oxford University, recommended group supervision on an intense and regular, but not necessarily frequent, basis. There was agreement to create a list of practitioners and supervisors. Dr. Elizabeth Martin and Mr. Paul Crowe and colleagues will be hosting a two-day meeting and workshop on supervision on June 27-28, 2001, in Sunderland, England. Dr. John

Markowitz has been invited to teach at this event.

The IPT development meeting was followed on September 26, 2000, by the Second UK IPT Conference. Prof. Christopher Fairburn and Dr. Anthony Bateman gave stimulating talks on "IPT in Eating Disorders," and "IPT and Psychotherapy Integration," respectively. Introductory courses have been run in a variety of sites in the UK, including London, Leicester, Sunderland, and Edinburgh.

"This is an exciting moment in the development of interpersonal therapy in the UK."

This is an exciting moment in the development of interpersonal therapy in the UK. Accumulating evidence for efficacy of IPT in clinical practice, increasing acceptance of evidence-based psychotherapy practice by psychotherapists, and the increasing emphasis on evidence-based service purchasing, are combining to create an unstoppable momentum. Members of the UK IPT Network are keen to collaborate with colleagues internationally to build on this momentum, both in clinical practice and research.

[For additional information about IPT in the UK, contact Dr. Ikkos via e-mail: [ikkos@doctors.org.uk](mailto:ikkos@doctors.org.uk)]

## A Report From the Website Subcommittee

Please visit our new website at <http://www.vcu.edu/sitar>. The new site, which is still in development, boasts a new look and new content. There you will find the latest information about membership, conferences, publications on interpersonal topics, news, and links to related sites.

Dr. Jamie Nekich of the University of Idaho, Department of Psychology, graciously donated her time

Visit our new website:  
<http://www.vcu.edu/sitar>

and effort to develop the new site. She was helped (ever-so-slightly) by the crack SITAR web subcommittee, Ken Locke, and Chris Wagner.

Now that the site has been moved, Ken and Chris will be picking up the slack by continually updating and renewing content. Of course, the most important ingredient in keeping the site dynamic is your input. We strongly encourage you to send us recommendations for changes and additions to the site, which may be e-mailed to Chris: [ccwagner@vcu.edu](mailto:ccwagner@vcu.edu).

## Montreal (cont.)

### *Some Attractions*

Downtown is both the heart of Montreal and one of the most vibrant areas of the city. Find splendid examples of gracious Victorian architecture. Art and theme museums and charming green spaces dot the area. Fabulous shopping is only footsteps away on Sainte-Catherine Street and Sherbrooke Street. Aficionados of boutiques, art galleries and nightlife will want to explore Crescent, Bishop, de la Montagne, and Peel Streets.

Located between the river and the city center is Old Montreal, originally founded as a walled city in the seventeenth century. The neighborhood continues to reflect by-gone eras. Its museums, boutiques, sidewalk cafés, clubs, and public places are alive with activities all year long.

A favorite place of Montrealers is the Montreal Botanical Garden, one of the largest botanical gardens in the world. Visitors can explore 10 exhibition greenhouses and more than 30 outdoor gar-



dens and experience the colors and fragrances of the world. The Chinese and Japanese Gardens are particularly charming to the senses.

### *Easy Access*

Montreal is less than a day's drive or a one to two-hour flight from most major cities in the Northeastern parts of the US and Canada. The two airports offer direct

flights and non-stop flights to over 130 destinations around the world. The closest airport to the downtown area is Dorval which handles most of the regularly scheduled flights. Buses and taxis provide quick, efficient shuttle service between the airports and the downtown area. A taxi ride from Dorval to the downtown will cost \$25-30CA (approximately \$17-20US). Via Rail offers regular service to Eastern and Western Canada. Amtrak provides daily service to New York and Washington.

### *Getting Around Town*

Clean, safe, and comfortable, the underground subway system called the METRO is an economical way to reach many of Greater Montreal's attractions. Special one or three-day passes for public transit are available which can be used on both busses and the metro.

### *Money*

One very appealing reason to come to Montreal is the favorable exchange rate. At the present time the Canadian dollar is valued at \$US.67; plan that each American dollar is worth about 1/3 more in Montreal. So come to Montreal for SITAR and then stay awhile longer to enjoy the charms of this cosmopolitan city.

### *Accommodations*

The designated hotel for SITAR is the Delta Montreal located at 476 President Kennedy Avenue. The Delta Montreal is a very comfortable hotel in the downtown area. The rooms are spacious, and many have balconies. The hotel has the usual amenities (exercise facilities, pool). When making a reservation, inform the reservation clerk that you are reserving as part of the SITAR group. This will ensure that you obtain the favorable room rate and that SITAR receives credit for the reservation. This is necessary to

keep the cost of the meeting low. The nightly room rate is \$159CA (or approximately \$107US) plus taxes for a single or a double. Reservations can be made by web at [reservat@istar.ca](mailto:reservat@istar.ca) or toll-free from Canada and the US at 1-877-286-1986. The cut-off date for the block of rooms held at the hotel by SITAR is April 1, 2001. Reservations received after that date will be subject to full rate on availability basis. The middle of May is the beginning of the high tourist season in Montreal; so it is highly recommended that you book by April 1. When arriving in Montreal, note that you are going to the Delta

"One very appealing reason to come to Montreal is the favorable exchange rate."

Montreal, as there are two Delta hotels in the downtown core.

Inexpensive rooms can be reserved at Royal Victoria College, a McGill University undergraduate residence. This facility is located about 3 blocks from the Delta Montreal. These single rooms are utilitarian; cost: \$39.50CA per night (approx. \$27US/night) plus taxes. Bathrooms are shared. The address is 3425 University, Montreal. Reservations can be made by calling 514-398-6367 or sending a fax to 514-398-6770 or sending e-mail to [rosetta.vannelli@mcgill.ca](mailto:rosetta.vannelli@mcgill.ca). Early reservation is recommended to ensure availability.

### *Registration*

Advanced registration for the meeting is \$125US for members, \$150US for nonmembers, and \$110US for students. This cost covers the meetings for the two days of the conference, continental breakfast each day, lunch each day, and dinner on Friday night.

# Society for Interpersonal Theory and Research

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### SITAR: Mission, Aims, and Activities

The Society is an international, multidisciplinary, scientific association devoted to interpersonal theory and research. By encouraging systematic theory and empirical research, it seeks to clarify the processes and mechanisms of interpersonal interactions that explain interpersonal and intrapersonal phenomena of normal and abnormal psychology.

The goals of the Society are (1) to encourage the development of this research, (2) to foster the communication, understanding, and application of research findings, and (3) to enhance the scientific and social value of this research.

The activities of the Society include: (1) regular meetings for the communication of current research ideas, methods, and findings; (2) discussion of work in progress; (3) maintenance of an inventory of data and data-gathering resources available for use by members of the Society; and (4) facilitation of collaborative research.

### Results of Membership Drive

As of January 15, 2001, SITAR had 54 paid members. Our membership drive brought in nearly \$1400, which will allow us to run our office, print and mail newsletters, maintain a web site, and offer additional membership benefits during 2001. If you aren't already a paid member, complete the membership application enclosed with this newsletter and send it to us right away.

### Business, Business, Business

SITAR is now registered as a nonprofit corporation in the State of California (see enclosed). Our applications for tax exempt status from the Internal Revenue Service and California's Franchise Tax Board are under review. For more information contact Steve Strack: [snstrack@aol.com](mailto:snstrack@aol.com)

## A Selection of Recent Publications by SITAR Members

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- Heck, S.A. & Pincus, A.L. (2001). Agency and communion in the structure of parental representations. *Journal of Personality Assessment*, *76*, 180-184.
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- Locke, K.D., & Nekich, J. (2000). Agency and communion in naturalistic social comparison. *Personality and Social Psychology Bulletin*, *26*, 864-874.
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[See our web site for a more complete listing. Send information about recent publications to Michael Gurtman: [gurtman@uwp.edu](mailto:gurtman@uwp.edu)]