

Interpersonal and Social Rhythm Therapy Resources

Therapy manuals:

Frank, E. (2005). [*Treating Bipolar Disorder: A Clinician's Guide to Interpersonal and Social Rhythm Therapy*](#). New York, NY: Guilford Press.

Swartz HA (2024). [*Social Rhythm Therapy for Bipolar Disorders Workbook*](#). California: New Harbinger Publications.

Clinician training resources:

You can visit [IPSRT.org](https://ipsrt.org) to access free IPSRT training

If you are interested in becoming certified in IPSRT (as a therapist, supervisor, or trainer) you can do so through the [International Society of Interpersonal Psychotherapy \(ISIPT\)](#)

Interested individuals can send queries to ipsrt@gmail.com or check ISIPT site for more information

[ISIPT Certification Requirements](#)

[Therapist Added Qualifications \(AQ\) Certification-IPSRT](#)

IPSRT is considered an adaptation of Interpersonal psychotherapy (IPT). Although IPT is used primarily for unipolar depression, those who wish to practice IPSRT must also develop competence in IPT. You can [access free interactive IPT training here](#)

Some individuals choose to utilize only the Social Rhythm Therapy (SRT) component of IPSRT, but there are no current pathways to certification in SRT alone, without the IPT modules.

Additional resources:

Selection of worksheets are available to [download for free here](#)