



Global IPT Community Comes Together in Singapore for the IPT Institute's 10th Annual International Clinical Conference

Singapore • May 18–22, 2026



Global IPT Community Gathers in Singapore

More than 60 clinicians, trainers, supervisors, and researchers from across Asia, North America, and Africa gathered in Singapore for five days of learning, innovation, and connection. The conference combined instructor development, Level A training, supervision training, AI demonstrations for deliberate practice, and international dissemination presentations while strengthening relationships across the global IPT community.

Teaching, Training, and Innovation

The conference opened with a full day devoted to instructor development and the teaching of Interpersonal Psychotherapy. Led by Scott Stuart, the program focused on the unique challenges of teaching IPT to clinicians, supervisors, and trainees in both in-person and on-line learning environments. Sessions reviewed presentation skills, methods for increasing participant engagement, experiential learning, deliberate practice, role-playing, and storytelling in training. Particular attention was given to teaching IPT internationally and adapting training approaches across diverse cultures and healthcare systems.

One of the highlights of the day was a presentation by Rich Cowley, an internationally acclaimed magician from the Magic Castle in Los Angeles. In addition to a performance, he led discussions about the ways that language, attention, audience engagement, and narrative structure can create memorable learning experiences and strengthen IPT teaching.

All of the techniques and presentations skills were then incorporated by participants into the IPT Level A training on day two and three of the conference. This approach has proven to be an incredibly effective way to learn, practice, and then immediately utilize new skills and to improve teaching for all IPT Institute International Instructors.



The second and third days of the conference featured a Level A IPT course taught by Scott Stuart, Hui Ching Low, Lauren Stapleton, and Anna Garcia-Lantano. More than 60 clinicians participated, many of whom were receiving formal IPT training for the first time.

Participants' evaluations were extremely positive:

"This course has been an absolute gem! And that was possible thanks to the trainers and their engagement. I learned a tremendous amount about the IPT model... Truly grateful for such a thoughtful, engaging, and clinically powerful course!"

"I really enjoyed the IPT Level A training very much. The structure, the content, and the people involved were all excellent and very supportive. I learned a lot about IPT, and I am planning to continue practicing and training to further develop my skills and understanding."



Supervision, Deliberate Practice, and Artificial Intelligence

Led by Olga Belik and Scott Stuart, the final two days focused on supervision, deliberate practice, developmental models for supervision, and emerging uses of artificial intelligence in Interpersonal Psychotherapy training. Participants explored AI-assisted applications in skills development, deliberate practice, and supervision.

International Dissemination of IPT

The final day also included presentations highlighting the continued international dissemination of Interpersonal Psychotherapy and the growing global network of IPT Institute International clinicians, trainers, and supervisors. Dissemination efforts in China were highlighted by Lujia Zhang and colleagues from the IPT Institute China. Discussants also learned about developments in Australia, the Philippines, and Malaysia. Malaysia's dissemination work has been led by Umi Adzlin and colleagues, and has included yearly courses and follow-up supervision. Singapore's dissemination work, led by Hui Ching Low and colleagues, is a notable example of an integrated national approach to implementation and training. These presentations generated discussion regarding dissemination strategies, barriers to implementation, supervision development, and the cultivation of future trainers.

Building IPT International Community



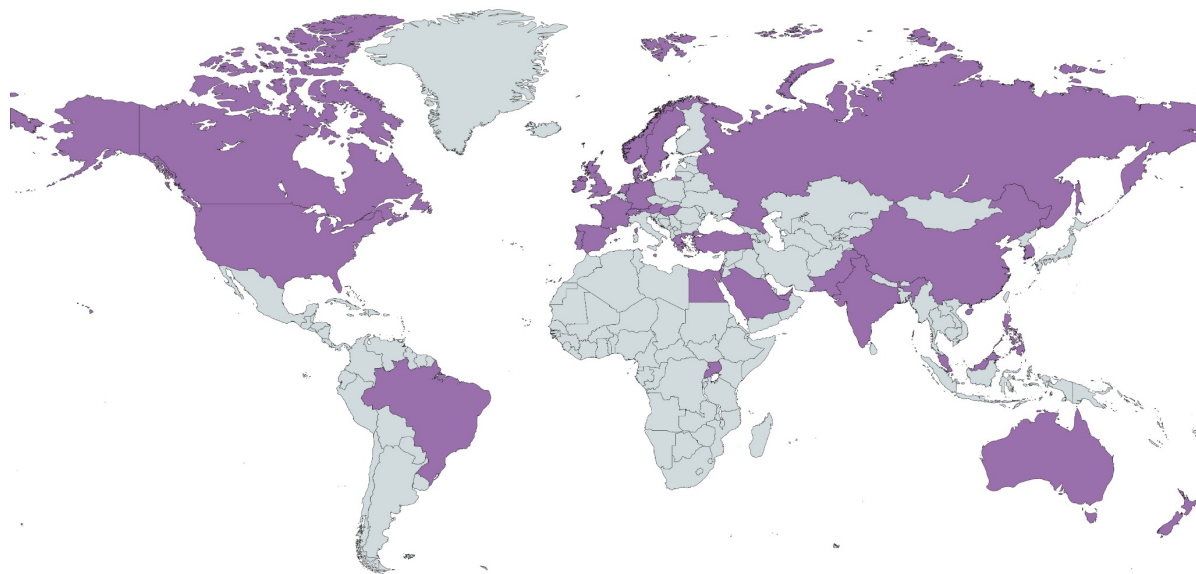
Singapore Botanical Gardens



Singapore Hawker Street Food

Hui Ching Low, the local host, organized several wonderful social activities, including visits to the Singapore Botanic Gardens and Gardens by the Bay, as well as opportunities to experience Singapore's renowned Hawker food culture.

Looking Ahead: Expanding the Global IPT Institute Community



Over the past two decades, the IPT Institute has supported training, supervision, and dissemination efforts across six continents. The map illustrates the growing global reach of Interpersonal Psychotherapy and the international community that continues to expand through collaboration, education, and clinical excellence.

We'll be continuing to expand our global IPT community in 2027 with the expectation that travel will be less complicated around the world, and are expecting broader representation from Europe, the Middle East, Africa, and South America at our next meeting in the spring of 2027. Potential host locations for the next conference include Porto, Portugal; Calgary, Canada; New York City, and Los Angeles, California. We'll have information out as soon as the finalist is chosen, and welcome you to join us in 2027!