**IPT UK Business Meeting Minutes**

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| **Date** | Friday 13 May 2016 11.30am-1pm |
| **Location** | Room 1.60 Franklin-Wilkins Building Kings College London, Waterloo Campus |
| **Attendees** | Roslyn Law, Liz Robinson, Flora Blackwood, Philip McGarry, Paul Wilkinson, Louise Deacon, Mike Day, Lorraine Manley |
| **Apologies** | Marie Wardle, Julia Fox-Clinch, Matthias Schwannauer, Julia Weatherley, Zee Cassam, Debbie Whight |

1. **Minutes from previous meeting**

Accepted without changes

1. **Training Committee Feedback**
2. Following Susan Howard’s retirement invitations for nominations to be Chair of the Training Committee have opened. There will be 1 month for nominations followed by a 2 week voting period which will be open to all members of IPT UK.
3. An agreement has been made to create a central template for IPT UK certificates to ensure continuity across the UK. All course leads are to send their templates to FB to amalgamate. In addition, all portfolios must be considered by 2 qualified supervisors before trainees can be accredited.
4. All course paperwork will be reviewed at the next TC meeting in November to ascertain what different trainers use.
5. FB will review past TC minutes to establish all decisions made with a view to creating a single statement for members on decisions passed at TC meetings.
6. All Scottish courses are to become post graduate diplomas which will run out of the University of Edinburgh. The TC will review the paperwork shortly.
7. The BPS has put forward an internal proposal to organize a new course accreditation system to support the needs of the emerging psychological therapies workforce. The TC anticipate feedback shortly and will review to formulate an IPTUK response. Externally validated course accreditation is required for CYP IAPT courses and is in line with prior discussions in IPTUK regarding making the course accreditation process more substantive and transparent. HEE has stated that this level of accreditation will be required for continued funding within CYP IAPT. In addition, an adult IAPT Accreditation Council is being set up, following the CYP IAPT model, and it is anticipated that this will endorse similar standards, which will have implications for funding for adult IAPT training courses.
8. **IAPT Update**
9. **Training numbers**

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| **Area** | **Places** |
| London | 20 for adult trainees and 7 supervisors in 2016 |
| West Midlands | 16 began training in January 2016 |
| NE | 12 trainees and 4 supervisors check dates |

The Leeds based IAPT training has been re-commissioned but dates are still TBC.

1. **National perspective**

RL has been invited to join three more committees (IAPT Education and Training Group, IAPT Workforce and the Clinical Psychologist’s Board) on which she will seek to expand training opportunities and numbers.

1. **Psychological therapies workforce**

The committee discussed the implications and consequences of opening IPT training to practitioners with limited prior training e.g. PWPs. It was noted that:

* There are currently few career development opportunities for PWPs, resulting in a high turnover in these posts.
* IPC training could potentially act as a preliminary training, which would invest in this workforce and could be used to act as a screening opportunity for candidates who wish to continue on to IPT training
* All candidates for full IPT training would be required to have a HI or equivalent contract to prevent misuse of IPT in LI settings. RL is meeting with Michael Warroll to discuss his experience of CBT training with candidates who have limited previous training to try and learn more this. RL will feedback to the committee.
* Not taking partially trained practitioners e.g. PWPs, trainees etc limits IPTUK’s contribution to and influence on the expanding psychological therapies workforce.
* This is already an reality in CYP IAPT as a wide spectrum of trainees access these courses, some of whom have limited mental health training.

Further integration of IPT training into Clin Psych training, as currently happens in Surrey and Edinburgh and is under discussion in London, was also raised as an option. This requires a well-integrated and expanded workforce of qualified supervisors.

Invitations to apply for IPT training could be targeted using the IAPT Fingertips tool. which identified which modalities are provided in each IAPT service across the country. RL will share the link to this tool

**CYP IAPT**

The inequities between CYP IAPT and general IPT training were discussed. CYP IAPT trainees attend 15 teaching days and an additional module covering core skills. As a result, their training is far more in depth. Despite this investment CYP IAPT trainees often face significant job insecurity and there has been a year on year decrease in funding (11% increase in demand year in year since 2011 and no equivalent increase in funding = decreased funding in practice). One significant contributing factor has been the significant success of CYP IAPT in promoting greater awareness of mental health needs in CYP and families. This awareness, and consequent increase in service use, has outstretched service funding and transformation.

The CYP IAPT curriculum has been expanded by 4 days to include Family Based IPT (for 7-12s) and Group IPT-AST as a preventative intervention for adolescents with elevated depressive symptomatology. All students will attend the extra teaching days but linked casework will not be compulsory for all trainees. Casework will reflect the clinical populations seen. To support this expansion and the required training for IPT-A supervisors, AFC will deliver 2 days training each with Laura Dietz on FB-IPT, and Jami Young on IPT- AST and subsequent supervised casework.

1. **Regional Reports**

**IPTUK North West Region**

The North West Group held its six monthly meeting on 10th March 2016. As usual the meeting was hosted by and held at the Primary Care Resource Centre in Knowsley. 16 members attended.

The meeting began with news items and updates on training courses. Sam Fitzpatrick then presented a paper on Mentalisation and IPT and led an interesting discussion.

Ideas for CPD in future meetings were discussed. At the next meeting Pauline Gordon will lead a discussion of cases illustrating work with the Sensitivity focal area.

General interest was expressed in the ECR-R workshop to be held at the University of Surrey IPT Centre and it was agreed that we would explore the possibility of holding this workshop in the North perhaps in association with Yorkshire and Humberside.

A number of trainees in the area have recently qualified as IPT practitioners.

A pilot CYP-IAPT course with four trainees commenced in January 2016. This is validated by the University of Manchester. Jamie Barsky is the IPT-A Programme Lead.

**Ireland**

No information supplied.

**East Anglia**

No information from whole region only

**Cambridge and West Suffolk**

There is no official grouping here but Cambridge has 2 supervisors and 2 practitioners and West Suffolk has 4. PW to get in touch with Julia Weatherley regarding creating more of a network across the region. Julia is developing work with older adults at the moment. Viktoria Cestaro is working in CYP IAPT in the Norfolk/Suffolk region.

**North East**

As usual there remains a consistent and steady interest in IPT in the North East. The bimonthly regional meetings are well attended with the educational aspect of this is well received. The details of this are in the table below. It was good to see that when the meetings were planned for 2016 we had to set up a waiting list for the following years educational programme. This is the first time this has happened and is an indication of the interest, enthusiasm of the staff and value placed on the meetings. We have altered times and days of this meeting to give everyone a fair chance at attending the days.

There was an IAPT IPT Practitioner course in March 2016 with 8 places allocated but 7 places were taken. This was due to recent service changes in IAPT and staff could not be released for training. All trainees have got started with their casework.

The CYP IAPT IPT A training course started at University of Northumbria in January 2016, 10 places had been taken. This is progressing well and all have got casework well underway.

The IPT supervisors course commenced in October 2015 with 5 trainees who are progressing well with their casework. . The next supervisors course will run in October 2016.

The next practitioners course is scheduled for September 2016 ; 6 places have been commissioned.

There will be an advanced practitioner training planned for October 2016.

**DURHAM REGIONAL MEETINGS**

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| **Date** | **Time** | **Presentation** | **Facilitator** |
| Monday 1std February 2016 | 9 -10.30am | Use of mentalization in IPT | Heather Field |
| Tuesday 5th April 2016 | 3 -4.30pm | IPT for PTSD | Liz Robinson |
| Wednesday 1st  June 2016 | 9 -10.30am | Raising the profile of IPT in primary care | Najma Allybocus |
| Monday 8th August 2016 | 3 -4.30pm | IPT for groups | Richard Duggins/Liz Robinson |
| Tuesday 25h October 2016 | 9 -10.30am | Making the transition from practitioner to supervisor | Tracy- Burns |
| Wednesday 14thth December 2016 | 3 -4.30pm | IPT A – case example | Catherine Edmunds |

**Surrey/Sussex**

The centre continues to provide supervision to people who are either practising IPT therapists or are conducting their practitioner/supervisor/group training.

IPT Centre Supervisor meeting 15th March 2016

This was attended by local supervisors, CPD was provided for on IPT for PTSD. An additional CPD/inter-rater reliability exercise was carried out whereby an IPT session audio was co-rated by attendees and scores compared.

Staff news

Dr Linda Morison (who is in the clinical psychology doctorate team) has taken over from Dr Kate Gleeson as the lead support for IPT related research.

Dr Katrina Wynne has been appointed for one day a week to provide supervision and other input to the centre.

Upcoming training

CPD day 20 May 2016 at Surrey: Use of the ‘Experiences in Close Relationships’ questionnaire to inform IPT interventions.

Level A training in Wales 31 Oct- 4 Nov

Level A training at Surrey 10-14 October 2016

Supervisor training at Surrey 18-21 October 2016

Group training at Surrey 16-18 November 2016

**Northern Ireland**

A Level A training course took place in November and was attended by 12 people. These included social workers, nurses and a psychiatrist. All have continued on with their training and are receiving supervision from Philip, Liz and Lorraine. They are holding together well and is 1 already onto their 3rd case. There was a follow up day in February and another planned for a few weeks’ time. Philip is keen to investigate whether there is more capacity to help them do more IPT in their day jobs.

The next step is to try and repeat this and it looks positive. Trusts seem to have bought in to the IPT concept having attended 1 taster day for general promotion and another aimed specifically at clinical psychologists.

Momentum is gathering!

**West Midlands**

Current Practitioner Level B Training

Cohort 4 commenced their training in September 2015 – to run for 12 months. 10 people attended the IPT Practitioner training. 7 were funded by Health Education West Midlands and 4 were self-funded. 7 people are nearing completion of their IPTUK accreditation.

Cohort 5 commenced their training in January 2016 – to run for 12 months. 10 people with funded places from Health Education West Midlands plus 1 self-funded place. All 11 are now working towards their IPTUK accreditation.

Current Advanced/Supervisor Level D Training

Advanced/Supervision training commenced in October 2015. 6 funded places from Health Education West Midlands. All are working towards their Level D in IPT Supervision.

Additional top-up half day training is also offered throughout the year where all levels can attend to enhance their skills in IPT. Please refer to the schedule of training being delivered in 2016.

2016/17 Funding

Funding for 2016/17 has been agreed with Health Education England, West Midlands for 18 funded places at practitioner level and 6 places at supervision level. Practitioner level training will commence in September 2016 and Supervision level in December 2016. Advertising has begun.

Educational Network Meetings

23rd November 2015 – discussions on IPT top up training, the refugee crisis and working with interpreters, adult bullying

14th March 2016 – included a lecture on Perinatal Depression and IPT by Dr Rahul Chandavarkar, Psychiatrist in Liaison Psychiatry.

9th May 2016 – will include a presentation on Eating Disorders and IPT by Lisa Gass, IPT Therapist, IPT Supervisor and Eating Disorder specialist.

8th November – topic yet to be confirmed

Workshops

2 one day workshops will be held in Buxton on 10th June and Stafford on 13th June 2016. These are advertised on the IPTUK website.

IPT West Midlands Training Team

Marie Wardle – Programme Director for IPT West Midlands.

Heather Morgan - Assistant trainer and supervisor

Tina Garamszegi - Assistant trainer and supervisor

Lorraine Manley - Assistant trainer and supervisor

Dr Adnan Sharaf - psychiatrist who delivers additional/advanced training in pharmacology in conjunction with IPT practice and ad-hoc training.

Dr Rahul Chandavarkar – specialises in Liaison Psychiatry including perinatal and substance use.

All training and Educational Network meetings are now held at The Learning Centre, St George’s Hospital, Corporation Street, Stafford. ST16 3AG

**South West**

Julia Fox-Clinch remains IPT Rep SW

1.Ipt peer group monthly as on IPTUK website at the Brownhill Centre

2. Monthly Conference call update. Our next conference call will take place on Thursday, 21 July 2016 at 08.30 hrs

Julia has kindly agreed to offer a CPD event in Cheltenham on 22 September 2016, from 10.00 to 15.00 hrs.

The topics covered are:

CPD event “Attachment theory and using the ECR” (feedback from attendees of the Surrey CPD event) AND IPT-G

**Scotland**

No information supplied

**London**

Basic practitioner training and follow up for IPT is delivered twice a year and for IPT-A once a year at AFC. 20 places have been commissioned by HENCEL for adult IAPT practitioner training in June and October 2016.

Two CYP IAPT cohorts are completing training through AFC this year. One (n=16) is completing training in London and one (n=6) is completing training Norfolk. Viktoria Cestaro is co-delivering and shadowing the Norfolk training and providing supervision to complete training as an IPT-A trainer.

Additional outreach/start-up training has been delivered nationally by AFC: in 2016

* IPT-A training in Lewisham CAMHS (n=5) to ensure the team support their CYP IAPT trainee. Bob Pritchard shadowed this training as a first step towards becoming an IPT-A trainer.
* IPT-A practitioner training in CYP IAPT for Manchester University (n=4). Jamie Barsky shadowed the training as first step towards becoming an IPT-A trainer.

RL has been asked to consult on developments in adolescent mental health services in Finland. An IPC model is being developed and will be evaluated in an RCT. RL will deliver training in Helsinki in August 2016 and 2017 to support this development.

RL and colleagues at AFC, UCL and University of Edinburgh are completing a funding bid for a national trial of IPT-A and CBT for depression in adolescents in services with therapist who have completed CYP IAPT training. 4-6 services across England will be invited to participate in the trial.

AFC now delivers an expanded programme of CPD training:

Feb 2016

IPT, CBT and EMDT (n=90) – one-day conference: presented by John Markowitz, Nick Grey and Maeve Crowley

IPT for PTSD Workshop (n=45) – presented by John Markowitz

April 2016

Supervising the supervisor (n= 20) workshop presented by Roslyn Law

June

FBIPT (n=25) – presented by Laura Dietz

July

IPT-AST (n=25) – presented by Jami Young

September

IPT for Bipolar Disorder – presented by Ellen Frank (Sept 2016)

London Network meeting – The London meeting continues to meet quarterly. The meeting is small but enthusiastic. Bob Pritchard, Yvonne Hemmings and Ellen convene and organise these meetings. RL presented on IPT for PTSD in April. Future dates TBC and will be posted on the IPTUK website. Non London based therapists are welcome to attend.

1. **Treasurer’s Report**

Met with accountant Caroline Bannister in February 2016.

Can check accounts up to 31.7.15 (before IPT UK became limited company). Known as a “support group” this will not be likely to have tax liability then as we were not trading.

For tax purposes the year end for IPT UK is 31.8.16 – the end of August thereafter.

LR will get accounts to accountant by September 2016. The accountant will then prepare the accounts and provide a report. There will be a submission to Companies House and HMRC. The accounts will be prepared in October and will therefore be presented at the November 2016 IPT UK meeting. The accountant will conduct an account check for the process.

The accountant also will write to the Inland Revenue with a request for exemption from tax (corporation tax exemption” as IPT UK are not trading. If this is granted (and she thinks it will be) the exemption is carried forward for 10 years.

The 2 directors for IPT UK (LR and RL) will need to sign a form to declare they are not taking any income from the Company – which ensures this keeps their own personal tax affairs separate.

The fees for the whole process is £240 (which includes the £60 account check)

Balance in IPT UK account before ISIPT Conference: **£9414**

Income since Feb 2015: **£66673.17**

Expenditure since 3.3.15: **£56,928.51**

Balance @ 11.5.16: £**17802.73**

Ongoing costs: Administrator £6656 exclude on costs

Payroll costs: £72

Accountancy fees: £240

1. **Date of next meeting**

Friday 11 November 11:30am-1pm