IPTuk North West Regional Meeting via Zoom

28 January 2021

1pm-2:30pm

Minutes

**Attendees**: Kathryn Denham (NW regional rep); Marie Wardle (IPTuk chair); Rachael Doig (IPTuk administrator)

Claire Buckley; Angela Forrester; Bernadette Hammond; Jennifer Stanford; Jane McCabe; Kate Swindles; Jonathan Waine; Vicky Seagrove; Fatima Karim; Jennie Murphy; David Sim; Rose Cowing; Kathy Hemmings; Rosie Bailey; Janette Webster; Fiona Marshall; Julie Mason; Alison Welsby; Angela Wood; Jeanette Richardson; Melanie Costello; Michelle Swift

Agenda

Welcome from NW rep Kathryn Denham and news that joint NW rep Jane Taylor unable to join us at this month’s meeting.

Kathryn invited introductions from everyone.

Updates and latest news from IPTuk:

Marie Wardle asked for everyone’s help to nominate for the upcoming IPTuk Executive Committee-Marie ran through a reminder of the roles available, who can stand and how to nominate with the closing date for nominations on 8 February 2021. It’s a great opportunity to get involved!

Kathryn ran through some of the highlights from the latest IPTuk newsletter which all members will have received by now so keep yourself updated with the details therein.

**Highlights included:**

* Upcoming dates for IPT Practitioner training; Advanced level training; IPT Practitioner refresher days; IPT Supervisor training.
* Angela Wood also highlighted that NHS England opening more funded training in IAPT modalities including IPT in preparation for expected further demand on therapy services in the aftermath of the pandemic.
* Current training online so very accessible to all-full details on the IPTuk website
* CPD audit which will select 3% of members at random. Rachael confirmed this will be starting soon.
* Great opportunity to attend the International Society of IPT Therapists conference in November 2021 originally to be held in Florida and which will now be held online. Go to their website www.https://interpersonalpsychotherapy.org for details as well as details of how to become a member and get discounts on such events.

Small group exercise

With the help of Rachael, the meeting members divided into smaller groups (breakout rooms) to have the opportunity to chat and catch up with peers on their current IPT practice, especially in the context of changes we have had to deal with since March 2020 and the move to online working for service users and clinicians. This was an opportunity just to have a chat or to talk about positive and not so positive experiences of the last 10 months in practice. Everyone invited back to the bigger group for the final section.

AOB

Attendees invited to speak about any issues they wanted to bring to the meeting today.

* Angela Wood asked Marie Wardle about the change to online training and impact for supervisors when working with their trainees. Marie explained current processes in her own training centre and advised checking with individual training centres linked to your trainees with regards any differences from a supervisor perspective.
* We had a question about whether future CPD will include inviting external speakers to join us and deliver an educational session. All agreed this would be welcomed and Kathryn to look into this for the next planned event. Kathryn asked whether there were any ideas of what members would like for this. Suggestion that the use of IPT with long covid presentations would be welcomed. Vicky Seagrove mentioned a new book being published by J Markowitz in April 2021 “In the Aftermath of the Pandemic: Interpersonal Psychotherapy for Anxiety, Depression and PTSD”.
* **Agreed date for next NW Regional Meeting as Thursday 30 September 2021 1:30pm – 3pm.** At this stage, Kathryn unable to confirm whether the next meeting will be via Zoom or in person and will keep everyone updated nearer the time.
* Thanks to everyone for attending and your patience with Kathryn’s first solo hosting as well as her first “Zoom” hosting!! See you in September.
* Rachael reminded attendees that a feedback form will be circulated via email (thanks in advance for completing) following which your attendance certificates will be released.