



The Prospect Model Delivery of Matched Care Interpersonal Psychotherapy Executive Summary

- 1. The Prospect Model (Graham and Irvine 2016) is a matched care model for the provision of the evidence-based 'Interpersonal Psychotherapy'** for people with differing profiles (symptoms, characteristics and level of need) delivered across a range of settings. IPT is a pragmatic, brief, focused intervention that aims to improve wellbeing and reduce symptoms by improving interpersonal functioning, especially help-seeking.
- 2. The model supports recent policy developments in Scotland:** "A Connected Scotland: Tackling social isolation and loneliness and building stronger social connections" (January, 2017); The Scottish Government's Mental Health Strategy 2017 -27; 'A blue print for Scottish General Practice: A strategy for a safe, secure and strong general practice in Scotland' (2015).
- 3. The Prospect Model elements:** low level interventions which are protocol driven interventions aimed at distress; higher intensity interventions which are short-term standardised psychological therapies aimed at more severe lasting illness; and highly specialised interventions which are individually tailored interventions aimed at highly complex/ enduring illness.
- 4. Progress to date includes the development and adaptations of manualised training, and delivery in NHS Lothian, Scotland of:**
 - ❖ IPT (16 sessions) Major Depressive Disorder
 - ❖ IPT-Brief (**IPT-B**: 8 sessions) Major Depressive Disorder in *Primary Care*
 - ❖ Interpersonal Counselling (**IPC**: 6 sessions) face to face and telephone for distress (**23** staff trained so far)
 - ❖ IPT Acute Crisis: (**IPT-AC**: 4 sessions) acute crisis
 - ❖ (M)IPT **AC BPD**: Acute Crisis in those with borderline personality disorder
 - ❖ IPT: Low Level Offending (**IPT LLO**: 12 sessions) for women with depression
 - ❖ IPT General Practice (**IPT GP**) a 10 minute IPT informed GP consultation
 - ❖ IPT Formulation (**IPT-F**) a 20 minute IPT formulation session in Primary Care
 - ❖ Interpersonal learning: (**IPT-L**) a 3 hour workshop for frontline staff
 - ❖ *IPT Judicial: (J:IPT) Intensive one day intervention for acute distress*
- 5. All the adaptations are derived from IPT** (Weissman, M M Markowitz, J and Klerman, G, (2018). The Guide to Interpersonal Psychotherapy of Depression. Oxford University Press) and are supported by a number of national and international clinical and academic collaborators.

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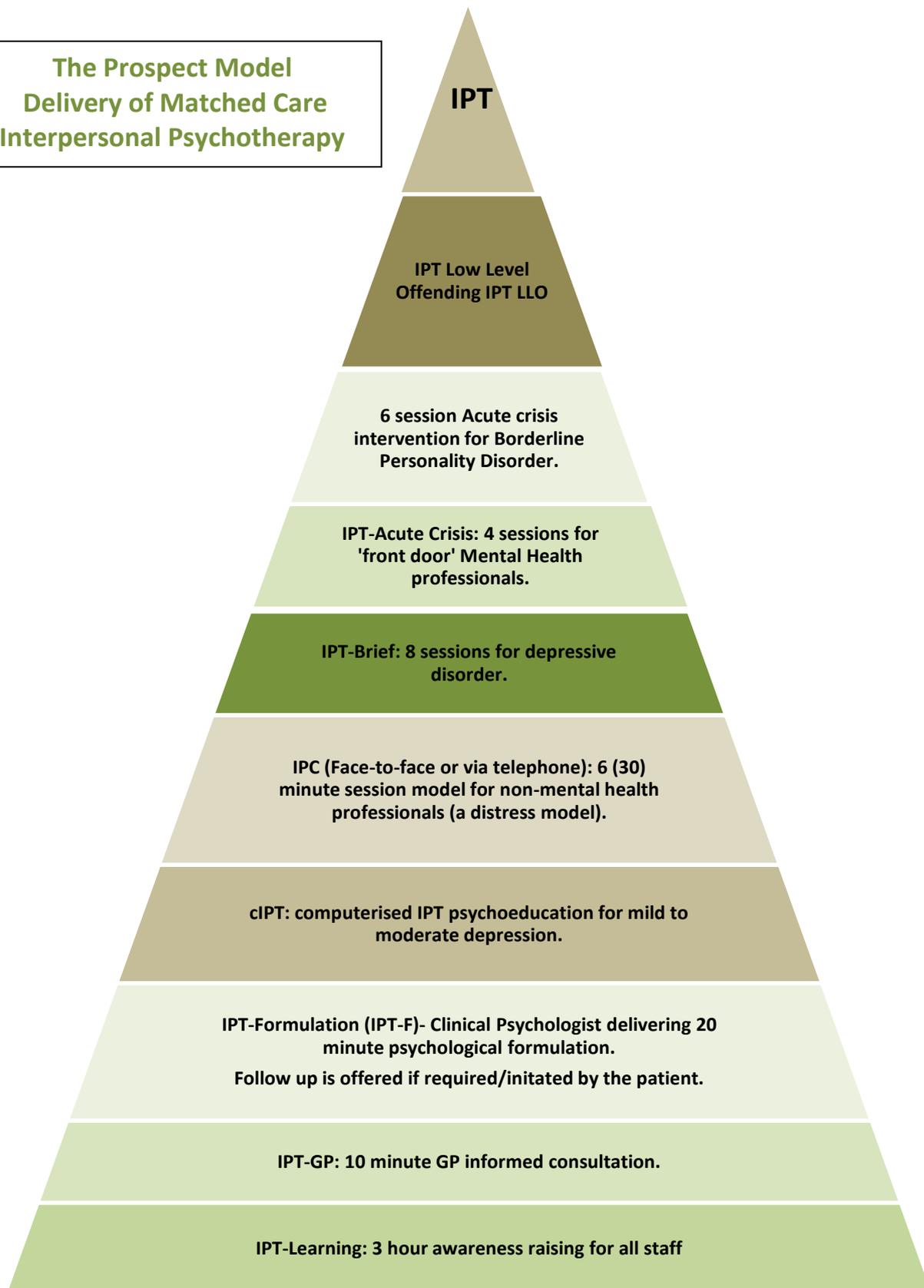
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Interpersonal Psychotherapy**



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