



CPD Policy

Continuing Professional Development (CPD) is essential in helping practitioners and supervisors keep their skills and knowledge up-to-date. This document provides guidance on the CPD activity that IPT UK will accept as evidence of meeting standards for reaccreditation.

IPTUK accreditation requirements specify that:

- IPT therapists should carry an IPT caseload - at least two IPT cases per year
- IPT therapists and supervisors should receive IPT-focused supervision, at least once-monthly. This may be individual, peer group, face-to-face, or via the telephone.
- IPT therapists must complete a minimum of 20 hours of facilitated and self-directed CPD per year, including attendance at a minimum of one half-day facilitated IPT CPD. Time in supervision will be credited towards meeting the required standard of 20 hours of CPD activity per year.

We are aware that attending CPD events can be costly, making it difficult for some members to complete reaccreditation requirements. We, therefore, strongly recommend attendance at one of the many free, peer-led IPT UK regional meetings that are now available across the country. Attending IPT UK national and regional meetings, is a great and easy way to participate in active learning. These meetings are coordinated and led by members, for members, with learning objectives and related reading specified for each presentation. Regional representatives are now able to contact members in their area directly to keep you informed of regional activity. However, if you have not heard from your local representative and would like to attend regional meetings, please use the regional meetings link above for upcoming dates. You can also contact your regional representative for more information.

There are lots of ways to learn, and we encourage members to engage in facilitated, self-directed, and reflective learning throughout the year.

Facilitated

Facilitated learning activities include attending and presenting at IPT-related training events, conferences, workshops or seminars.

Self-directed

Self-directed learning is organised and led by you and is a non-participative form of learning. This includes reading IPT-related publications, such as papers in peer-

reviewed journals, manuals, workshop handouts, listening to podcasts, and reviewing online resources, many of which are available on the IPT UK website. This can also include reviewing materials related to relevant topics (e.g. depression, mentalizing, engagement, working with therapeutic challenges), and may involve reading news articles, books by leading experts, journals and publications, or by watching or listening to relevant training videos or informational podcasts.

Reflective Practice

Reflective practice tasks involve joining other IPT/IPT-A therapists in reflective discussion of IPT/IPT-A practice, review of progress towards personal therapy practice goals, and discussion of clinical successes, dilemmas and challenges.

Here are some examples of CPD that IPT UK will accept as evidence of meeting the required CPD standards for reaccreditation:

- Attending any refresher courses listed in the CPD section of the IPT UK website (<http://www.iptuk.net/cpd-courses.html>)
- Attending specialist courses on modified versions of IPT
- Attending the educational section of the national IPT UK meeting
- Attending the educational section of IPT UK regional meetings
- Attending other related courses that inform IPT/IPT-A practice
- Completing training for a higher level of IPT UK accreditation (e.g. advanced practitioner, supervisor, trainer)
- Participating in reflective case discussions
- Presenting an example of IPT/IPT-A casework to colleagues
- Presenting on an IPT/IPT-A paper or book chapter
- Writing about IPT/IPT-A practice or research
- Practising an IPT/IPT-A skill with a colleague through role-play
- Watching online examples of IPT/IPT-A practice individually or in a reflective group setting
- Discussing personal IPT/IPT-A successes and difficulties in a reflective group setting
- Providing feedback on an IPT/IPT-A conference or training to colleagues
- Conducting a simple audit, patient survey, or specific quality initiative in IPT/IPT-A

What to do now

CPD activities undertaken throughout the preceding year of your IPT UK membership will contribute to your eligibility for reaccreditation. Once your membership profile has been updated with your CPD details and your renewal payment has been received, your certificate of accreditation for the upcoming year will be issued to you.

Please log in to your IPT UK membership account and update your CPD details for the past year by clicking here: <https://paysubsonline.com/>

Your username is the email address you used to sign up to IPT UK. If you didn't set up a password at the time, it will prompt you to set up a new password. If you have forgotten your password, you can click **forgot password?** and follow the prompts to reset it.

Please note that a random selection of accreditation applications will be audited each year and confirmation of attendance and reflective discussion will be sought from the applicant and their named supervisor.

What if you haven't met the CPD requirements?

If you have not met CPD requirements but wish to renew your IPT UK accreditation for the year ahead, you will need to complete the 20 hours of facilitated and self-directed CPD before you are eligible to renew your membership with us. Please see above for details of acceptable CPD, or contact us via email (contact@iptuk.net) for more information.