



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.

IPT UK 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.

CPD Addendum: Reaccreditation following career breaks

Renewing your accreditation with IPTUK after a break up to two years in IPT practice

If you are applying for reaccreditation after a break in practice of up to two years, or if you have not met accreditation requirements over the last two years, despite continuing your IPT practice, you will be required to a) attend an IPT practitioner's refresher training day (and supervisor's refresher day where relevant), and b) provide a plan to meet IPTUK accreditation requirements for the next twelve months prior to seeking reaccreditation. Please complete a copy of the IPTUK Re-accreditation Checklist (which you can find on the Policies page on www.iptuk.net) and send to contact@iptuk.net as evidence of this.

Returning to practice after breaks of two to five years in IPT practice

If you are applying for reaccreditation after a break in practice of two to five years, or you have not met accreditation requirements for the last two to five years, despite continuing your IPT practice, you will be required to a) attend an IPT practitioner's refresher training day (and supervisor's refresher day where relevant), and b) evidence of meeting IPTUK CPD requirements prior to seeking reaccreditation. IPTUK will also require you provide a plan to meet IPTUK accreditation requirements for the twelve months ahead prior to seeking reaccreditation. Please complete a copy of the IPTUK Re-accreditation Checklist (which you can find on the Policies page on www.iptuk.net) and send to contact@iptuk.net as evidence of this.

Renewing your accreditation with IPTUK after a break in practice of 5 years or more

If you wish to renew your accreditation with IPTUK after a break in practice of 5 years or more, or if you have not met accreditation requirements for the last 5 years despite continuing your IPT practice, you will be required to a) attend an IPT practitioner refresher training day and b) complete one piece of supervised casework with an

IPTUK accredited supervisor, under training conditions to demonstrate competence, prior to seeking reaccreditation. Your supervisor will need to provide a statement to confirm that this casework has been completed to an acceptable standard. IPTUK will also require you provide a plan to meet IPTUK accreditation requirements for the twelve months ahead prior to seeking reaccreditation. Please complete a copy of the IPTUK Re-accreditation Checklist (which you can find on the Policies page on www.iptuk.net) and send to contact@iptuk.net as evidence of this.

Renewing your accreditation with IPTUK shortly before a planned period of extended leave

To apply as a Basic Member it costs £75 per year. IPTUK also have a membership option for non-practising members (e.g. for those on maternity leave or extended leave), which costs £25 per year. When a member is due to go on extended leave in the middle of their accreditation year, they may wish to apply for full accreditation for the part of the year they are due to work, and for non-practising membership during their period of leave. Where this applies, the member should contact IPTUK directly (email: contact@iptuk.net) to arrange payment as follows:

- the member pays £6.25* for each month prior to the date they go on extended leave (i.e. £75 divided by 12 months), plus an additional fee of £10 to cover the cost of the extra admin necessary to amend the account in this way
- just before going on extended leave, the member pays £25 for a year of non-practising membership.
- For example, if a Basic Member's account is up for renewal in April 2019, but the member will be going on maternity leave in August 2019, they will need to pay for four months' membership (to take them to early August 2019) at £6.25 per month, which equals £25, plus the £10 admin fee, so there is £35 to pay. To continue their accreditation as a Non-Practising Member from August 2019 for 12 months, they will then be due to pay £25 in the early August. This means the member's IPT UK accreditation will be covered April 2019 to August 2020.
- *for those registered as a Member Plus, their monthly payment will be £8.33 (£100 divided by 12 months), rather than £6.25.

Reminder: IPTUK annual accreditation requirements

- IPT therapists should carry an IPT caseload - at least two IPT cases per year.
- IPT therapists should receive an hour of IPT focused supervision at least monthly. This may be individual, peer group, face to face or telephone supervision.
- 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.