



# IPT WEST MIDLANDS

## Interpersonal Psychotherapy (IPT) Practitioner Training

### Training days:

**Leicester** – 30<sup>th</sup> September, 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 7<sup>th</sup> and 8<sup>th</sup> October 2019. **OR**

**Stafford** – 21<sup>st</sup>, 22<sup>nd</sup>, 23<sup>rd</sup>, 24<sup>th</sup>, 30<sup>th</sup> and 31<sup>st</sup> October 2019.

## Health Education England funded clinical placements available!!

### Who for?

1. Mental Health Professionals with a qualification in psychological therapy and two years post qualification experience **or**
2. Full time clinical/counselling psychology/psychological therapy trainees (third year only)

## What is Interpersonal Therapy (IPT)?

IPT is a time limited therapy which has an extensive evidence base as a therapy for depression with working age adults, older people and adolescents. The National Institute of Clinical Excellence (NICE) currently recommends IPT for the treatment of depression and eating disorders and there is also an emerging evidence base with other conditions and client groups including borderline personality disorder and bipolar disorder (social rhythm therapy). Various clinical adaptations of IPT have also been developed e.g. IPT for groups (IPT-G) and brief IPT (IPT-B). The main focus of IPT is to help clients to learn to link mood with interpersonal events, and to recognise that by appropriately addressing interpersonal situations they may improve both their relationships and their symptoms.

## Who is eligible for this training?

Applicants must either:

- a) Hold a recognised qualification in psychological therapy and have two years post qualification experience.

or

- b) Have successfully completed the first two years of a full time clinical/counselling psychology/psychological therapy training

**Funded places** are available for NHS clinicians who work in the West Midlands and the East.

## What is the aim of the training?

This is **Practitioner Level** training. It will enable participants to become an IPT practitioner and to meet the requirement for practitioner level accreditation with IPT-UK.

## What will the training involve?

### Level A: 6 Day Course

The course provides an introduction to the IPT model and enables participants to gain the skills to begin the Supervised Practice element of the training (Level B).

### Level B: Supervised Practice

To pass Level B involves the successful completion of four IPT cases under the supervision of an IPT-UK approved supervisor. It includes submitting audio tapes for assessment and writing a reflective report for each case. Completing Level B takes approximately 10 months.

## When & Where?

The 6 day Level A course will take place either in Leicester or at St George's Hospital, Stafford. Supervision venues and times can be negotiated and there is also an option to receive supervision via telephone or Skype

## How do I apply?

Application forms can be requested through [ipt.westmidlands@nhs.net](mailto:ipt.westmidlands@nhs.net)

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