

IPT NORTH WEST REGIONAL CONFERENCE MINUTES

Thursday 26 September 2019

9:30am-4:30pm

Brightmet Health Centre, Brightmet Fold Lane, Bolton. BL2 6NT

Welcome and Introductions

IPT updates from IPTuk Chair Marie Wardle and IPTuk Deputy Chair Jane Taylor

Marie and Jane updated the conference on:

IPT group training;

IPT for PTSD and 2 RCTs currently underway and would be first therapy to offer non-exposure work for PTSD. Still early days but is a promising development;

National Strategy and NICE guidelines.

Presentation 1:

Dr Jamie Barsky delivered a session on the IPT AST model for young persons, a skills based and preventative group training for younger persons at risk of developing depression. Jamie explained it has been downgraded in the NICE guidelines and should be offered where CBT is not indicated.

Fiona Duffy is currently conducting a research meta-analysis.

This was a really useful introduction to this approach and, as Jamie pointed out, the principles and skills within this approach can be used with adults too.

Presentation 2:

Angela Wood, Interpersonal Therapist with Pennine Care, delivered her informative and interactive "Delivering IPT with a Perinatal Frame of Mind".

Presentation 3:

Dr Jennie Stanford presented her very interesting introductory presentation on Interpersonal and Social Rhythm Therapy and its use as a treatment for bipolar disorder.

All the above presentation are now available to view at your leisure in the members area of IPTuk website.

Closing comments were from Marie Wardle and Jane Taylor.

Next IPT North West Regional Meeting-details below:

Thursday 19 March 2020

1pm – 3:30pm

Brightmet Health Centre, Brightmet Fold Lane, Bolton. BL2 6NT

IPT UK NORTH WEST REGIONAL MEETING

WHEN

Thursday 19th March 2020
1:00pm - 3:30pm

WHERE

Brightmet Health Centre, Brightmet Fold Lane, Bolton,
BL2 6NT
(Blue badge parking available. All other parking available on
Aldi)

Upon arrival, please wait in main reception for Jane/Kathryn
to collect you

PRESENTATION

Working With Therapeutic Ruptures in Supervision

Delivered by Tina Garamszegi
Psychotherapist, IPT UK Supervisor & Assistant Trainer (IPT
West Midlands)

OTHER

- Free to IPT UK Members
- £20 for non-members
- Face to face attendance will award you 2.5 CPD hours
- As this is a regional meeting this event is not available via Webinar
- Please register your interest by completing the form below

IPT HOSTS

Jane Taylor
jane.taylor39@nhs.net

Kathryn Denham
kathryn.denham@gmmh.nhs.uk

