



IPT UK business Meeting minutes 15.05.15

Present: Ros Law, Susan Howard, Marie Wardle, Zee Cassam, Frankie Van Beek, Paul Wilkinson, Louise Deakin, Liz Robinson, Julia fox-Clinch

Apologies: Catrina Winn, Anna Marley

1. Previous minutes accepted as a record.

2. Training Committee report:

Two trainers have had their accreditation conformed by the training committee: Marie Wardle and Anna Marley. It was confirmed that co-trainers do not need approval by the training committee to train on courses and that is at the discretion of the Training director of the IPT course. However the trainers are required to be registered with the Training Committee.

Accreditation of courses by the BPS has been held up. They were planning to accredit lots of courses including PWPs and this has accounted for the delay. They need to work out a practical and workable model to provide accreditation over a number of courses.

The potential for significantly increasing the number of IAPT IPT practitioners looks likely given recent discussions with ACT (Action for therapy). Nothing has been finally agreed about this at yet.

Discussions re sustainability of supervision post IPT practitioner training. Confirmed that practitioners at level B can provide peer supervision. If the practitioner wishes to progress to supervisor training then supervision needs to be received from an IPT supervisor. Susan is preparing a document to outline this for clarity.

3. IAPT Update:

There was an IAPT recruitment fair which was the run alongside the Savoy Partnership conference on 13th February 2015. This was the first one that was run around 200 therapists attended. The IPT stall was covered by Roslyn Law, Elena Bonsignore and Michele Burden. Information was provided by IPT training at AFC and NSCAP in Leeds. No other course provided information as there was limited advanced warning provided to all. Potentially an annual event.

ACT Task force meeting: Attended by IAPT management team, modality leads (RL representing IPTUK), HEE, Commissioners, Patient Representative Groups. "The Way Forward", a proposal by David Clark, was presented – this proposes increasing funding for IPT training to bring the workforce more closely in line with NICE recommendations. This is being discussed again at the next meeting in June. It will be important to ensure training numbers are not used to indicate capacity.



3rd December, 18th March: ACT Taskforce meetings. Chaired by David Clark and Peter Fonagy.

IAPT Local reports:

London:

Supervisors: 6 trainees approaching completion (adult IAPT and CYP IAPT)

Adult: 28 places funded by HENCEL

IAPT training was conducted at AFC: November 10; March 17; June 4 (HENCEL and local funding)

CYP IAPT/IPT-A: 20 places (2015-6); 16 applicants for 2016-17. IPT – a was by far the largest group in first round of applications.

West Midlands:

Adult: 24 places funded for September 2015 18 practitioner 6 supervisors (MW expressed concerns about filling the courses as no back fill is provided. MW is making the case for backfill locally. RL confirmed this argument is also being made nationally at the ACT Taskforce.

North East:

Adult: 8 places (Feb) 8 places (Sept)

CYP IAPT: 9 places

Supervisor: 4 places

Dorset: 15 places with 9 supervised places.

Providing training for unsupervised places was confirmed as being inconsistent with the principles of IAPT training. IAPT training should only be provided as a full package of training, including supervision.

East of England: 21 practitioners

It was noted that an increasing number of trainees are retraining across modalities. Discussed as counter productive for IPT UK as provision is reduced if trainees are providing multiple modalities. This creates a false impression of capacity if training numbers are used to calculate IPT provision. RL confirmed this is being discussed at the ACT Taskforce.

South West: peer supervision group requested use of IPTUK logo. Agreed.

4. Treasurer's report:

Income starting to come in re the ISIPT conference which will leave IPT UK in credit. Ros and Nikki have the exact figures for numbers of delegates. Post conference IPT UK will be in credit.



The ISIPT conference really brings a sense of urgency to arrange appropriate legal status of IPT UK given the liabilities for tax and record keeping. Liz had looked into Charity status but was not qualified to make any informed decision on the best route forward. Having contacted a specialist solicitor the following was outlined.

Doing nothing increases the risk and does not limit any personal liability to individuals associated with IPT UK. A number of options could be followed. Setting up a limited company, either for profit or not for profit. It is likely (but not an absolute) that the non-profit company may not have to pay tax. There are various commitments and responsibilities including keeping accurate records, submitting annual records to companies house and tax office, keeping up to date internal and external rules of the company (memorandum of association, articles of association). Charity status may be another option but this tends to take longer and there were more complex issues to consider.

The solicitor emphasized that she needs to ensure that any potential director needs to be clear about the responsibility they will take on and will provide a number of meetings to ensure that this is clear, and explicit, and they fully understand this.

From initial discussions with the solicitor it appears that the immediate need can be met by setting up a company (the type needs further clarification from her and the group agreed that we should be led by her advice.) Future work looking at Charity status could be explored with sufficient time to process the information and make an informed decision. There was a minimum of 1 Director required to set up a company. The directors can be changed at any time.

The group agreed that Liz and Ros are initial directors and get advice from the solicitor regarding the best way forward to get this issue resolved as soon as possible.

5. ISIPT Conference report;

Total Ticket Sales (to date):

Preconference: 159

Thursday: 232

Friday: 231

Saturday: 229

Social Event: 3 (only released on Monday)

Still available:

Max 90 Pre conference places and up to 30 tickets for each conference day.

Social event tickets

Funded Places:



IPT-A trainees Thursday attendance: 15

CYP IAPT Central Team Funded 4 day places: 19

Yorkshire and Humber: 9

North West: 5

People funded by their own trust: Approx. 25-50.

Pre conference Workshop Selection:

Intro to IPT (AM only): 9

Mentalization Skills + IPT (AM): 55 Mentalization Skills + IPT (PM): 40

IPT-G (AM): 21 IPT-G (PM): 16

IPT-A Advanced (AM): 40 IPT-A Intro (PM): 9

IPT and Bipolar (AM): 17 IPT and Bipolar (PM): 10

IPT and Trauma: 66 Intro to IPT: 9

Attendees are being invited to select from the wide ranging symposia and workshops available and to attend the conference social event on Friday 12th June. This will be a drinks and canapé reception and Scottish ceilidh. If tickets do not sell out they will be released to IPTUK members who are not attending the conference. Tickets are available from www.iptlondon2015.weebly.com

We will film key presentations at the conference and they will be available on a pay to view basis by members of IPTUK.

Conference details are available on www.iptlondon2015.weebly.com

6. Regional reports:

London Update
(roslyn.law@nhs.net)

Regional Rep: Roslyn Law

Training

AFC practitioner training has continued to sell out: 25 in November and next course scheduled for June 2015. IPT_A training will also be provided with the first course scheduled for October 2015.

A programme of collaborative commission across IAPT modalities (HENCEL secured funding for 28 adult IAPT practitioner training places). 21 have (or will) attended an adult IAPT



practitioner course at AFC, including one course specifically for IAPT practitioners in March 2015 (17 students). All have progressed on to supervised casework.

The follow up day, which is also open to other IPT trainees and recently qualified practitioners, will run on 5th June. Booking can be made via www.annafreud.org.

With the commissioners' agreement five additional places were allocated to support IPT-A trainees who attended a course commissioned by the BPS and one previous attendee at an AFC course.

AFC will run a practitioner course to coincide with the ISPT conference so that attendees wishing to attend practitioner training will be able to do so during the week immediately following the conference. This course will run 15th-19th June 2015.

A year long programme of CPD workshops has begun for the IPT-A practitioners who completed the CYP IAPT course last year. All of the students successfully completed the CYP IAPT certificate and all those who submitted have completed IPTUK accreditation.

A similar programme of year long CPD for adult practitioners will be launched by AFC this year.

15 new IPT-A trainees are completing the PGDip in CYP IAPT and IPT-A at AFC/UCL. Nine new supervisors attended IPT-A and CYP IAPT supervisor training at AFC and are now providing supervision to the UCL and University of Northumbria CYP IAPT courses.

We have received 16 applications for CYP IAPT training in IPT-A next year, by far the highest number of applications for any of the modalities.

A programme of online resources for young people using RL's new book for YP using IPT-A with parents or with therapists has been commissioned by the EBPU at AFC. This will provide a range of computer and phone apps to allow YP to create and access IPT-A materials such as relationships circles, information about feelings, guidance for communication analysis and making better decisions etc. A pilot version will be available at the ISIPT conference and feedback will be very welcome to guide development.

Network Meeting

London network meeting continues to take place every quarter. The group now has 49 members, although attendance has dipped. Group members have been invited to opt in and spare places will be offered to the newly qualified practitioners and trainees in the London area. If numbers exceed 50 we will start to charge a small admin fee for the group. Deniz Kemal, who has done a fantastic job as group administrator is about to step down to go on maternity leave. We owe her a big vote of thanks and wish Deniz and the new arrival all the best in the coming year. Bob Pritchard has kindly stepped up to take over this after the summer.



The next meeting is on Friday 10th July and we will review the highlights from the ISIPT conference. The meeting will be in the Franklin Wilkins Building, Stamford Street, London (Waterloo is the closest tube station). Room details TBC.

New members from London and surrounding areas are welcome to join us. Please contact contact@iptuk.net for details.

Other News

Roslyn Law has been elected to the Executive Council of ISIPT for a two-year term.

West Midlands Update

Regional Rep: Marie Wardle

(ipt.westmidlands@nhs.net)

Trainees

Currently we have 10 trainee supervisors. 6 are in their final stages of training where they have completed cases 5 and 6 and have commenced supervising a trainee. Their expected completion date is Sept 2015.

4 Trainee supervisors are still completing cases 5 and 6 and will continue the final stage of supervision training in September when they commence with their trainee.

6 trainee practitioners should be completed and become qualified accredited practitioners over the summer period.

Registration

We are currently investigating how many of our qualified practitioners are now registered with IPTUK. Marie will be bringing a list of all those who have completed their training for Nikki to check as there appears to be some confusion as to who is registered. We will also submit this information electronically.

IPT West Midlands

Funding has been agreed by Health Education West Midlands to fund 24 training places for IAPT IPT training. The next training will commence on 1st September 2015 and will run in the academic year for 12 months. We are currently preparing a job description for us to employ 2 part time Band 7 IAPT IPT supervisors to assist Marie and to add to the team. The IPT West Midlands Training team will then consist of Marie, Liz, 2 new members of staff and ad hoc trainers (Sobia Janjua, Alison McGregor, Steve Page, Sandra Johnson and Zee Cassam). Sobia will be delivering some of the training on the practitioner course as part of working towards her qualification as an IAPT IPT practitioner trainer. To date she has completed approximately 40 % of the training.

Meetings

Educational Network Meeting continues to run bi-monthly at Wolverhampton Healthy Minds which is centrally located in the West Midlands region. Attendance is usually between 8 and 10 people. These meetings usually consist of one hour of business meeting and the second part has an educational component (i.e. discussion of theory, practice, research).

The challenges ahead

To look at BPS approval ready for January 2016.



South Staffordshire and Shropshire NHS Foundation Trust (SSSFT), hosts of IPT West Midlands, are currently re-negotiating the contract and are looking for further clarification about future plans for IPT in IAPT.

North West Region Regional Rep: Mike Day: mikeday@nhs.net)

The North West Group met on March 12 at Knowsley. 15 members attended.

Clare Baguley attended to describe the work of the PPN and discuss establishing an IPT SIG within PPN NW with its own web page. Members agreed to proceed with this and a web page has been prepared. It is hoped that this will raise the profile of IPT in the North West.

Clare was also asked whether any funding could be found for IPT CPD activities. She subsequently found funding for 13 places at the ISIPT Conference for members in the North of England.

The Group also discussed various ideas for the CPD component of our meetings and Jennie Stanford agreed to lead discussion on IPT and attachment at our next meeting.

A number of trainees in the area have recently qualified as IPT practitioners.

No IPT training courses have been run in the area during the period of this report.

North West Group have been invited to give a presentation at a CYP IAPT modalities day in September 2015. Jamie Barsky has agreed to present this..

Norfolk & Suffolk Update Regional Rep Julia Weatherley (Julia.Weatherley@nsft.nhs.uk)

We are still running a monthly IPT Special interest group open to all Norfolk & Suffolk NHS Foundation Trust staff trained in IPT at all levels and others in the region from other Trusts who wish to attend by arrangement. Please ask people to contact me for details. We also run a yearly re-fresher day which has been very successful. This day consists of a whirlwind re-cap of key points from introductory training, case discussions and presentations, presentations on IPT courses and workshops attended and the opportunity to practice techniques/interventions.

Currently we have three supervisors including myself and Dominic Everett (Older Peoples Services) and Viktoria Cestaro (Adolescents). I believe Conrad Barnard has also embarked on his accreditation and will complete shortly. I believe he is the first of our IAPT practitioners to be accredited as a supervisor. We have at least 5 accredited IPT practitioners all but one in IAPT service and I believe a couple of people are due to complete shortly. Our IAPT service has recently renewed and extended its contract to provide services for people with more severe and enduring mental health conditions and there is a growing interest now in developing IPT and other psychotherapies within IAPT and the wider trust. We have been having stakeholder meetings and developing a strategy to ensure a sustainable training and CPD framework for delivering a wide range of psychological therapies and approaches. I am in the process of writing a business case for developing IPT.



NE Regional report – May 2015

Liz Robinson

eliz_mart@hotmail.com

There remains a consistent and steady interest in IPT in the North East. There continue to be a small number of IPT posts have been advertised (and filled) in IAPT services around the region. The bimonthly meetings are well attended with the educational aspect of this is well received. The details of this are in the table below. There is good variety and an ongoing willingness of the IPT therapists to contribute to this group. The last meeting looking at journal club use generated good discussion – considering ways to access information and fulfil CPD obligations.

There was an IPT practitioner’s course in February 2015, there were 4 places commissioned but as there was an increase in interest there were an additional 4 places commissioned with a total of 8 places being taken and a waiting list for the summer course. . All trainees have got started with their casework.

The CYP IAPT IPT training course started at University of Northumbria in January 2015, 12 places had been agreed and 9 people started, however one dropped out within the first week. All students have got started with their casework.

The IPT supervisors course due to commence in October 2015 has 4 funded places.

The next practitioners course is scheduled for September 2015; 8 places have been commissioned.

DURHAM REGIONAL MEETINGS

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|--------------------------------------|------------|---|------------------------|
| Monday 2 nd February 2015 | 9 -10.30am | IPT – A – an overview – differences from IPT for adults | Liz Robinson |
| Tuesday 14 th April 2015 | 9 -10.30am | Journal club presentation, looking at IPT literature | Mark Jackman |
| Monday 1 st June 2015 | 9 -10.30am | Overview of IPT A (adolescent) research literature | Liz Robinson |
| Monday 3 rd August 2015 | 9 -10.30am | IPT in early recovery and IAPT services | Heather, Karen, Denise |



| | | | |
|---|------------|---|----------------|
| Tuesday 6 th October 2015 | 9 -10.30am | Case study of IPT with eating disorders; common issues arising. | Donna Davidson |
| Wednesday 9 th December 2015 | 9 -10.30am | Considering using IPT in a business model: Role disputes in the workplace | Sally Robinson |

SURREY-SUSSEX IPT CENTRE Regional Rep: Susan Howard (s.howard@surrey.ac.uk)

As the majority of our training courses are run in the autumn term, there have been no further courses based at Surrey since the November report.

Level A IAPT Training for East of England

Susan Howard and Anna Marley jointly led a third IAPT training for the East of England in Cambridge in November. Twenty-one candidates attended and passed. Most are now in receipt of supervision for Level B through the IPT Centre.

IPT Centre Supervisor's meeting

The most recent Centre supervisor meeting was held in March and was well-attended. The CPD event included training in the ECR-R (Experience in Close Relationships – Revised) questionnaire and was led by Susan Howard.

IPT South

The most recent meeting was in March with a presentation on 'Challenges in Working with Affect in IPT' led by Susan Howard.

South West

Regional Rep: Julia Fox Clinch (julia.fox-clinch@glos.nhs.uk)

Supervised casework

1. Hazel Broom- Devon

Two trainees did not complete accreditation
Hazel runs a supervision group in Devon, Exeter area which includes the above two.

2. Selena Elcombe-Consultant Clinical Psychologist- Banbury

Supervises 3 IPT therapists from Bucks (IAPT and Step 4) and 3 from Oxon IAPT service monthly (CPD).



3. Julia Fox-Clinch Clinical Specialist Eating Disorders and IPTUK Regional SWRep Gloucestershire

Dr. Mark Barber and two new practitioners due to join from Herefordshire as well as ongoing eating disorders practitioners in peer group supervision as required. We also have interest from Swindon Wiltshire Ipt Practitioners

Gloucestershire

- 2 Supervised to accreditation , IAPT Working Age Adult Kim Davenport - Read and Mary Galvin Avon

JFC also provides supervision for London training courses in IAPT and CY IAPT.

Peter Shepherd

The practitioner trainees for Somerset have been
Jon Lyon
Mary Jones

Details of additional SW supervisor not available for the meeting.

Peer supervision group

This successful free peer IPT supervision group in Cheltenham, Gloucestershire (which has run since 2000) continues, and is on the third Thursday morning of the month 9.30am-11am or on to 12.30pm if required. It is always best to email me a week or so in advance to check it is on, in case of A/L!

All IPT Trainees, Practitioners and Supervisors are welcome if they are local enough- at present we have WAA (working age adult) ,Cyps Iapt and Eating Disorders and Psychological therapies services attending the Ipt supervision group

Next IPT Group supervision 21 May & 18 June 2015

Julia

Julia Fox-Clinch
IPTUK (including IAPT and IPT-A) Accredited Practitioner and Supervisor
2gether NHS Foundation Trust
Specialist Clinician Eating Disorders
IPTUK Accredited Supervisor and Practitioner and South West Rep
The Brownhill Centre
121 Swindon Road
Cheltenham



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01242 634242

East Midlands – no information provided for the meeting

Scotland – no information provided for the meeting
Taylor

Regional rep: Dr Richard

Next meeting: Friday 6th November (IPT group in Scotland will be invited to run the next education meeting)

South West will co-ordinate the meeting in May 2016

East of England will co-ordinate the meeting in November 2016

North West will co-ordinate the meeting in May 2017