

## Regional Updates

### Northern Ireland (Philip McGarry)



The photo includes 10 trainees at the follow up day to the Introductory course held in Belfast in October, along with Lorraine Fitzpatrick, IPT Supervisor.

We are delighted that two of our IPT practitioners, John O Hare and Kevin Hasson, have commenced Supervisor training with Liz Robinson in Durham. We are rapidly approaching the point when we shall become self-sufficient for our training needs in N. Ireland.

On May 9 there is a regional meeting open to all IPT therapists and trainees at the Leadership Centre in Belfast from 1 - 4pm. We shall set out a clear structure for CPD and supervision activities for the longer term.

Our WhatsApp group has proved a very useful way for us all to keep in contact and arrange meetings.

### East Midlands

We held the East Midlands regional conference on Tuesday 20th April 2018 in Derby. Despite the difficulties in organising and promoting the event with Alison being on leave we had 12 people attend from a variety of services (IAPT, CAMH's, CMHT) attend. The main agenda item was therapist wellbeing and we came away with a number of learning points for people to think about adopting in their practice. West Midlands IPT also updated us on the progress with commissioning training courses across the new HEE area and offerings for CPD. The next regional conference will be on 9<sup>th</sup> October 2018 in Derby.

### Scotland

IPT Scotland membership and the associated database has now been transferred to IPTUK meaning that all future accreditation will be aligned with IPTUK. IPT Scotland will remain as a committee but take on a CPD role going forward with the first event planned for autumn. Scotland continues to run IPT 5-day course and associated supervised practitioner course, with a new course (advanced practice cases 5 and 6 and supervisor course) launching in the Autumn of 2018 at Edinburgh University.

### London

During the past 6 months we've had a steadily increasing attendance at the quarterly London IPT regional meeting. In the past 6 months, we've had two meetings, with two presentations at each; In December a paper review, and talk on IPT-ED, and in March a paper review and case

study. In our upcoming June meeting we are looking forward to a case study, and led discussion on IPT practice, post training.

We are continuing to emphasise that the meeting's success relies on involvement from all members, and currently are filling all presentation slots. Going forward, the group want to continue splitting the time between a paper review, and case study or presentation of an IPT adaptation.

CYP IAPT for London and South East welcomed a new cohort of 15 students in January and we were delighted to recruit three graduate of the course to the role of practice tutor this year. The 2017 intake moved onto second year for the first time in the part time course, and are focusing on modification on IPT-A, including FB-IPT, IPT-AST groups and MI in IPT-A.

We are also very pleased to congratulate Bob Pritchard on his appointment to the role of external examiner on the Manchester collaborative CYP IAPT course.

AFNCCF has delivered supervisor training for a new cohort and a two day training for therapists and practitioner transitioning from work with adults to young people. This was delivered in collaboration with David Trickey and an AFNCCF young champion, who made a fantastic contribution and directly represented the views of young people. This has inspired and encouraged us to co-ordinate contributions from young champions and parent champions for forthcoming course.

AFNCCF is accepting applications for IPT and IPT-A practitioner and supervisor courses starting in June.

## South West



An enriching time was had by all who attended the SW Region IPTUK day at Exeter University with Dr Susan Howard on “Attachment Theory and IPT”, 30.4.18. Thank you Hazel Maxwell-Payne, Devon, for arranging and hosting this.

## Gloucestershire

Julia Fox-Clinch Senior Clinician Specialist – Eating Disorders at NHS & IPTUK SW Rep,  
(WAA, IAPT & IPT-A CYPS Accredited Supervisor and Practitioner)

- The next regional SW IPTUK CPD day will be hosted in **Cheltenham, Gloucestershire 21st June 2018 10am – 3pm**. Please contact me with requests for the agenda items as we are currently compiling subjects to present/discuss. There is a monthly peer IPT supervision group for IPT trainees, practitioners and supervisors at The Brownhill Centre, Cheltenham, the third Thursday 9:30am – 11am each month. All IPT Practitioners welcome. Email for details: [Julia.Fox-Clinch@nhs.net](mailto:Julia.Fox-Clinch@nhs.net)
- Julia always holds a clinical caseload of IPT and IPT-A patients with eating disorder (and depression in some cases).
- Julia Fox-Clinch and Zoe Hepburn have completed four IPT-G Binge Eating Disorder Groups which have delivered encouraging results in 2017-2018.
- Julia currently also supervises trainee clinicians through Level B WAA, CYPS, (non IAPT and IAPT) IPT across other IPTUK courses covering CYPS and WAA services and offers telephone supervision for Level C IPT Practitioners by arrangement and talks monthly by conference call with SW Supervisors.

### Devon

Hazel Maxwell-Payne UKCP Reg Psychotherapeutic Counsellor, Clinical Lead Primary Care Counselling East Devon, EMDR UK & Ireland Member, IPTUK Accredited Practitioner and Supervisor (Tuesday to Thursday 9 am to 1pm)

- Hazel holds a clinical caseload of IPT patients and is supervising IPT Level B trainees
- Hazel has coordinated and hosted a CPD workshop - Measuring Attachment using the Experiences In Close Relationships questionnaire with Dr Susan Howard, Monday 30<sup>th</sup> April 2018 at Reed Hall, Exeter University.

Paula May BACP & IPT Supervisor Accredited, Devon Partnership Trust NHS, South and West Depression & Anxiety Service

- Paula holds a caseload of IPT clients and is supervising two IPT trainees.

### Wiltshire

Kate Halliday, Trainee Cognitive Behavioural Therapist, Accredited Interpersonal Therapy Practitioner & Supervisor, Heathwood, Fountain Way, Salisbury SP2 7FD

- Kate Halliday has one trainee in Wiltshire progressing through her accreditation cases.

### Dorset

Frankie van Beek, Psychological Therapist, Steps 2 Wellbeing Service, [frankie.vanbeek@nhs.net](mailto:frankie.vanbeek@nhs.net)

- Frankie van Beek – holds within her caseload IPT clients (numbers vary) and participates in telephone conferencing/supervision ongoing with IPTUK SW Region Third Thursday of the month at 8.30am

## Somerset

Dr Peter R Shepard, Consultant Psychologist, Accredited IPT Practitioner/Supervisor,  
Somerset Talking Therapies Service, Somerset Partnership NHS Foundation Trust, Bracken  
House, Crewkerne Road, Chard, Somerset TA20 1YA

- Peter coordinates our telephone conferencing/ supervision ongoing with IPTUK SW Region Supervisors Third Thursday of the month 8.30am next on scheduled 17.5.18.

## **West Midlands**

### Practitioner Training Courses

- Location: Leicester - Commenced November 2017
- Venue: Health Education England East Midlands Headquarters
- No: of trainees attended = 6
- No: of trainees who are working towards their Level B Accreditation = 6
  
- Location: Stafford – Commenced March 2018
- Venue: St Georges, Stafford, South Staffs & Shropshire Healthcare Foundation Trust H.Q.
- No: of trainees attended = 10
- No: of trainees who are working towards their Level B Accreditation = 10

### Advanced Level C/Supervisor Training Level D

- Location: Stafford – Commenced January 2018
- Venue: St Georges, Stafford, South Staffs & Shropshire Healthcare Foundation Trust H.Q.
- No: of trainees attended = 10
- No: of trainees who are working towards Level C Advanced = 9
- No: of trainees who are expecting to work towards Level D Supervisor training = 7

### CPD Activity – Educational Training Events - Location: Stafford

- 4<sup>th</sup> Dec 2017
- Topic IPT Groups (guest speaker Michele Burden from Oxford Health Authority)
- CPD certificates issues for 2 ½ hours
- No: in attendance = 18
  
- 10<sup>th</sup> April 2018
- Topic IPT and Family Based Therapy (main speaker Tina Garamszegi from the IPT West Midlands Training Team)
- CPD certificates issues for 2 ½ hours
- No: in attendance = 15

### Other activity

- 1) Supervisor Refresher Training – Monday 30<sup>th</sup> April 2018 – no. of attendees = 6

- 2) Additional top up ½ day for anyone who is working towards Level B Accreditation (from any of the current or past cohort groups - this is open to anyone from any region)
- 3) Monday 30<sup>th</sup> April 2018 – no. of attendees = 12 – this can also count towards CPD activity
- 4) IPTUK website – We have provided material for the website as follows:
  - Presentation on a seminar on Perinatal Mental Health
  - Up to date literature study (5 year update)
  - Workshop on Family Based Therapy and IPT – Educational Network event
  - Workshop on Medically Unexplained Symptoms and IPT – Educational Network event
  - Presentation on Attachment, Theory and Loss

NB - Please note that IPT West Midlands has completed the on-line spread sheet that gives the quarterly report of activity for our region. Liz our course administrator has provided this.

## **Surrey/SE**

### Regional meeting

An IPT South East meeting took place on 6.5.18 at the University of Surrey. There was a CPD presentation on IPC. Attendance was relatively low for this meeting, the next is scheduled for 4.9.18 and the CPD will be an informal presentation from a member regarding experiences of working with IPT with clients with a personality disorder.

### New training course

The planned part-time training course (flexible PGCert/Dip/MSc) for people without a core profession in mental health to train as an IPT therapists working with adults has been suspended this year for logistical reasons.

### Staff changes

Dr Linda Morison has left her post at Surrey but is planning to complete the work on a systematic review of IPC interventions.

## **North East**

IPT continues to hold a consistent and steady interest in the North East. The bimonthly regional meetings are organised at venues across the region to facilitate access to therapists working across the region. The meetings are well attended and the educational aspect well received. It is refreshing to see there are good contributions from a range of willing therapists. The details of the programme are listed on website.

There is confirmation as yet for any training requests for 2018/9

Courses summary:

Courses conducted since November 2017 – 1 Practitioner course

Numbers attending – 7 on practitioner course

Supervisor course - 4

Numbers progressing to training – all from above course

Numbers accredited since May 2017 – 16 practitioners and 4 supervisors

Upcoming courses: to be confirmed – no commissioning request come through yet.

## **Yorkshire & Humber**

The 3<sup>rd</sup> IPT UK Yorkshire and Humber Regional Meeting was held on Friday 9<sup>th</sup> March 2018 in Leeds. 13 people were in attendance from 4 NHS Trusts.

- The recent changes to NICE guidance for Depression were discussed, followed by further discussion on followed by discussion on the recent regional data collection efforts to support this.
- A research paper was read and thoughts/implications for practice were jointly discussed: L Poleshuck et al (2010) Interpersonal Psychotherapy for Women With Comorbid Depression and Chronic Pain. The Journal of nervous and mental disease. 198. 597-600.

Regional news from IPT/-A was shared as follows:

Sheffield Health & Social Care NHS Foundation Trust

- Setting up a Wellbeing service that includes those with long term health conditions.
- 1 qualified IPT therapist and 1 in training
- Starting to expand their capacity to offer IPT

South West Yorkshire Partnership NHS Foundation Trust

- 1 person near completion of their IPT training in Calderdale
- 1 vacancy for a qualified interpersonal therapist in Kirklees

Leeds Community Healthcare NHS Trust

- Targeted IPT training undertaken for the three Leeds CCG groups and was attended by GPs and Practice Staff
- IPT Training delivered to approx. 30 PWP clinicians which had helped to improve the quality of referrals
- Presentations about the IAPT service, explanation of CBT and IPT. Approximately 200 people attended over the three events
- 3 new IPT-A 'recruit to train' trainees

Lincolnshire Partnership NHS Foundation Trust

- Delivered IPT-A training to a group of nurses in the Trust

## **Norfolk/Suffolk**

Half-day CPD meeting took place on 30<sup>th</sup> November 2017 where the new manual and draft NICE guidelines for depression were discussed.

Additionally, we had a one-day refresher/CPD day on 22<sup>nd</sup> March 2018. During this refresher, a presentation was given on the overview of IPT-A and a chapter on trauma and stress-related disorders from the new manual was discussed.

To summarise, the group meets quarterly and there are various monthly supervision groups that take place. Viktoria has only recently stepped into the regional rep role, so is planning to review our region's CPD activities, meetings and supervision groups. She will be able to provide an up-to-date report of supervision groups etc which take place for the November 2018 meeting.

*See audit table below:*

SERVICE LINE LOCALITY	CHILD FAMILY/ ADOLESCENT YOUTH	ADULT RECOVERY	CLL/ DCLL	LD	WELLBEING IAPT
NORFOLK NORTH CENTRAL	K. Staff Intro training  L Simpson intro J Clarke IPT A		D Everett Supervisor D Westgate CMHN Intro J Stone CMHN Intro A Grief Intro		
NORFOLK SOUTH CENTRAL	J Clarke IPT A L Simpson Intro				
YARMOUTH + WAVENEY	J Cooper Therapist Youth Offending Team Ema Beck IPT-A therapist	H Taylor Intro training 11/13	J Weatherley Sup/Trainer? C Mathers Intro*		
WEST	V Garfoot Intro				C Pick Intro training S Bryant Therapist
SUFFOLK EAST					S Kemp Therapist C Barnard Supervisor E Cutting Therapist S Staff Therapist & IPT A L McCarthy Therapist
SUFFOLK WEST	V Cestaro Sup/Trainer M Baltaru Intro training T Scully IPT A /trainee supervisor				H Piper-Windus Therapist N Allenby Therapist J Curry Therapist & IPT A

\* = Currently doing accreditation

## North West

*See minutes provided below:*

### IPT North West Region Network Meeting

15 March 2018 1:30pm – 4pm

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

### Attendees

Rosie Bailey; Rose Cowing; Angela Wood; Ann-Marie Middleton; John Calloway; Julie Mason; Rachel McCallum; Paula Hall; Kathryn Denham; Jane Taylor

### Apologies

Sam Fitzpatrick; Roz Jenkins; Jennie Stanford; Gillian Haines; Caron Gordon; Sam Heywood; Alice Wriglesworth; Maxine ([hop515@aol.com](mailto:hop515@aol.com)); Alison Welsby;

### Introductions & Minutes from the last meeting

Provided by Sam Fitzpatrick- Previous Regional Lead for the North West.

### Training and strengthening links with other regions:

- Jane Taylor currently on the IPT Supervisor training in Staffordshire with Marie Wardle who is the IPT lead for that region.

- Jane keen to forge links with other regions and this opportunity has afforded us the start of one of those links with training available or attendance at their educational meetings held every 6 months, the next meeting being:

IPT in the context of systemic family therapy on 10 April 2018 2-4pm at the Training Centre, St George's hospital, links through the IPTUK website.

- Supervisor training dates at NSCAP in Leeds have been released for this year-see website for details-currently gathering numbers and interest before confirmation.

Supervision: discussion regarding access to supervisors and/or peer supervision.

#### IPTUK website

- Discussion about how everyone is finding the website.
- Noted that the North West regional group details are absent and that Yvonne Hemmings is asking about what people would like included for their region and for this to be forwarded by 1 May 2018 for inclusion.
- Discussed everyone's thoughts on what to include: upcoming meeting dates; agenda and itinerary; information about presentations.
- Suggestion also about sending or accessing information about peer supervision, e.g. via a live message board perhaps.
- All of these suggestions will be forwarded to the team at IPTUK.

#### What's new?

General discussion and views on the various items available on the IPTUK website:

The policies section available on the IPTUK website and in particular regarding the IPT Code of Conduct and Complaints procedure.

The profiles of the IPTUK regional leads.

CPD policy which we agreed would be an item for the next meeting's agenda.

Twitter accounts.

Educational videos.

#### Dates for the diary

IPT UK meeting-London-11 May 2018, 10am to 4pm (Room 2; 81 Franklin Wilkins Building, Kings College London, Waterloo Campus, Stamford Street, London, SE 1 9NH) to include presentation on the Use of the therapeutic relationship in IPT.

NICE guidelines for depression delayed from original outcome date on 21 March 2018. No further date released as yet further to objection and seeking a second consultation.

#### AOB

Kathryn asked about IPT for PTSD and how this might be being used currently whilst this not yet licensed in the UK.

Angela suggested text by Markowitz on IPT for PTSD as a useful tool and discussion about how it can be used effectively.

Jane gave an interesting and informative presentation on Eating Disorders and treatment using IPT.

#### Next NW meeting date agreed as:

*Thursday 6 September 2018, 1:30 until 4pm at Breightmet Health Centre, Breightmet Fold Lane, Bolton. BL2 6NT.*



Provisional agenda for the next NW meeting:

CPD policy on IPTUK website.

NICE guidelines for depression-update

Marie Wardle from Staffordshire Services and IPT lead for that region to attend and deliver  
Presentation on IPT and Addictions.