

Training team had great energy, enthusiasm and knowledge.

High quality presentations by well informed experienced practitioners

Marie you have supported, challenged and held me through the practitioner and supervision courses. I didn't know what I was getting myself in and discovered it wasn't child's play, but you helped me and here I am. Your understanding of the subject and support through it was immense. There were times I doubted whether I was capable, but you encouraged me through. I am also grateful to you not giving up on me when I struggled to fulfil our plans, as I worked through my wife's illness. Thank you for the support. I will for ever be grateful

Enjoyable and well designed effective model, makes sense

Good framework, clear guidelines

A good balance of theory and practice

IPT West Midlands Training Centre

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Interpersonal Psychotherapy



Who are we?

We are an Interpersonal Psychotherapy training team based at The Redwoods Centre in Shrewsbury. We are one of five approved IPT-UK Training Centres in the UK. Our courses are primarily funded through Health Education England.

The training is led by the Programme Director, Dr Marie Wardle, and her training team. The early cohort of trainees was funded through the Strategic Health Authority in 2013 and later through Health Education England. Originally Interpersonal Psychotherapy training courses were rolled out just in the West Midlands until 2016 when our programme of training extended and we now offer courses across the Midlands and East areas. We also attract trainees and delegates from other parts of the UK who wish to train with us. Evaluations on our training are now available and included in our portfolio.

Our Interpersonal Psychotherapy (IPT) training courses are IAPT compliant.

What IPT training do we offer?

Level A - Introduction to IPT

Level B - IPTUK Practitioner Accreditation

Level C - Advanced Practitioner

Level D - Supervisor Accreditation

Continuing Professional Development:

Various Educational Programmes, 1 day workshops, refresher training, and seminars for a wide range of services. We can offer bespoke training on request.



Liz Jones - Course Administrator, BSc (Hons) Psychology

Liz is a highly experienced administrator with over 18 years NHS employment in a variety of settings which include Occupational Health, Psychological Therapies, Research and Development, Services for Older People, Shropshire IAPT, Clinical Governance and IPT West Midlands. During her 14 years with MPFT she has held roles as PA to Director of Psychological Therapies, PA to Clinical Governance Consultant, Research Assistant, Administrator, Team Secretary and also has experience of delivering psychological therapies in an IAPT setting.

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Other Training Events

Educational Training Programme

Many of our Educational Training Events are aligned to the principles of the IPT model and these have included:

- Working with Medically Unexplained Symptoms
- Domestic Violence and IPT
- IPT-G (IPT Groups)
- IPT and perinatal mental health
- IPT and Family Systemic Therapy
- Attachment Theory
- IPT and medication
- IPT and substance use
- Bringing the soul back into clinical practice (cultural and spiritual perspective on mental health and well-being)
- IPT and other modalities in psychological therapies
- The therapeutic alliance and counselling skills
- Supervision skills for different clinical settings
- IPT and working with older adults



Tina Garamszegi – Assistant Trainer and Supervisor, MSc, PG Dip, IPTUK, BACP

Tina is an accredited IPTUK Practitioner and Supervisor employed with MPFT. She has over 16 years psychotherapy and counselling experience working across a range of organisations including the voluntary, statutory and private sector., IAPT, and GP practice, working with individuals and groups who have experienced domestic violence; children and young people in schools and community settings; individuals living with or affected by HIV/AIDs and their families; bereavement and Employee Assistance Programmes. Her training has been in Psychotherapy & Counselling and she is a qualified Neuro Linguistic Practitioner and coach.



Lorraine Manley - Assistant Trainer and Supervisor, MA, PG Dip, PGCE in CBT, Supervision & Psychology, IPTUK, MBACP

Lorraine is an accredited IPTUK Practitioner and Supervisor. She has worked for MPFT for over 16 years in various clinical settings across the Trust. Her previous working experience have included; working in Schools and Youth services offering counselling to children and young people; providing counselling for adult services in various primary care settings for Cheshire and Wirral Partnership NHS FT, She has also been employed as a Consultant Psychotherapist offering a High Intensity step 4 approach in the Psychology Department of the CMHT and Secondary Care Services for East Cheshire NHS.

Training delivered in Perinatal Mental Health

- Seminars in raising awareness of perinatal mental health
- Medication in the perinatal period
- IPT in the Mother and Baby Unit, St Georges, Stafford
- Attachment, and Bonding
- IPT perinatal
- IPT-Group and perinatal

IPT and perinatal mental health

We were commissioned by H.E.E. West Midlands Clinical Network, to deliver two perinatal mental health training days. The seminars were attended by work force who come into contact with PMH patients, including midwives, nurses, psychological therapists, health visitors, social workers, adult mental health nurses, emergency services staff, children's centre staff, obstetricians and psychiatrists.

IPT- The Social Model for Depression

Described also as the antidepressant model. Many studies show that there is an association between depression and social impairment. Intimacy, emotional and social support shown to protect against depression in the face of adverse life events is often a factor in mental health and well-being. Lack of intimacy and close relationships makes people more vulnerable to depression. Early exposure of past traumatic events can increase the vulnerability to depression

MEET THE TEAM



**Dr Marie Wardle – PhD, MA, PGCE.
Programme Director (MBACP, IPTUK)**

Marie has worked for Midlands Partnership NHS Foundation Trust (MPFT) for over 17 years in various clinical settings, including secondary care services, community mental health teams, primary care services and IAPT. She is the founder of IPT West Midlands and an IPT-UK approved trainer.

Originally trained as an integrative psychotherapist and clinical supervisor, studying at the University of Manchester (School of Education), Liverpool and Chester. She has undertaken a 3 year curriculum course in Psychiatry (MRCpsych) at the Teaching Hospital in North Staffs. and has led on various programmes in mental health, lecturing and supervising on MRCpsych programmes, and other organizations.



**Heather Morgan - IPT-UK Trainer and
Supervisor, BSc, MA., PG. Dip, PGCE,
IPTUK, MBACP**

Heather is an accredited IPTUK Practitioner and Supervisor and is employed with MPFT. She has worked with the Trust for 16 years as a psychotherapist and clinical supervisor. She has many years' experience working in different mental health sectors with previous roles in independent organisations including Alcohol Services and Employee Assistance Programmes. She has a Bachelor of Science degree in Podiatric Medicine (University of Westminster), a Postgraduate Certificate in Clinical Supervision and MA in Counselling Studies (University of Chester).