

*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*

Training team had great energy, enthusiasm and knowledge.

High quality presentations by well informed experienced practitioners

## IPT West Midlands and East Training Centre

Trust Headquarters, St George's Hospital  
Stafford

[ipt.westmidlands@nhs.net](mailto:ipt.westmidlands@nhs.net)

## Interpersonal Psychotherapy



## Who are we?

We are an Interpersonal Psychotherapy training team, based at St Georges, Stafford. We are an established and approved IPT-UK Training Centre and hosted through South Staffs & Shropshire Healthcare NHS Foundation Trust. 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 both the East and West Midlands. 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.

See our programme for 2017/2018



**Liz Jones - Course Administrator, BSc (Hons) Psychology**

Liz is a highly experienced administrator with over 17 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 13 years with SSSFT 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.

### Administration Address:

Liz Jones  
Course Administrator  
Shropshire Psychological Therapies Service (IAPT)  
South Staffordshire & Shropshire Healthcare NHS Foundation Trust  
Severn Fields Health Village, Sundorne Road,  
Shrewsbury SY1 4RQ

[ipt.westmidlands@nhs.net](mailto:ipt.westmidlands@nhs.net)

## Other Training Events



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

Tina is an accredited IPTUK Practitioner and Supervisor employed with SSSFT. She has over fifteen 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

Lorraine has worked for SSSFT for over 15 years and worked 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.

### 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
- IPT and Borderline Personality Disorder—Introducing MBT
- 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 (delivered for the MRCpsych training programme)
- The therapeutic alliance and counselling skills
- Supervision skills for different clinical settings

## 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 SSSFT for over 16 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 SSSFT. She has worked with the Trust for 15 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).

Session 1	Introduction, ground rules, hopes & fears, hopes for recovery, Psycho-education on Postnatal Depression
Session 2	Introducing Interpersonal Psychotherapy, making links to the story of depression and exploring focal areas .
Session 3	Looking at supportive networks
Session 4	Exploring changes with mum and self care
Session 5	Managing difficult emotions and feelings.
Session 6	Exploring changes with baby / reflective parenting
Session 7	Connecting with their baby, getting to know their baby, feeding, sleeping and attachments
Session 8	More effective Communication with their baby and what might get in the way, depressive symptoms, loss, past experiences, 'Ghosts in the Nursery'.
session 9	Exploring their Interpersonal world and Understanding how conflict in relationships can impact on their depression
Session 10	Looking at effective communication with others and how this might be improved
Session 11	Exploring assertion and rights, endings
Session 12	Endings, staying well and review

## Why IPT for families in the perinatal period?

- IPT is a treatment for depression, with or without co-morbidity. Evidence based with a therapeutic dose.
- Focuses on recent life events that have contributed to this current episode of depression and interpersonal difficulty (role change, loss, disputes, isolation)
- Targets the interpersonal relationships that relate to the depression and how to improve social functioning
- Understands that there are genetics in the illness
- Psychoeducation - empowering the patient
- Helps the patient to develop communication skills
- Theoretical underpinning draws on attachment, social and communication theory

## Perinatal Recommendations

Feedback and evaluations received from delegates indicate that there is a gap in current training for some workforce who come into contact with perinatal patients and their families. Health visitors, in particular, have identified that training in IPT would give them the skills to be able to deliver psychological interventions within their current role. Literature and research studies support IPT as an effective evidence based therapy in the perinatal period. An accredited IPT-PMH practitioner training course has not been established and would need further discussion and collaboration.

The following outline is provided to illustrate what an IPT Postnatal Group pathway could offer mum in the postnatal period.

# IPT Postnatal Group/Individual Pathway

## Aims:

- To promote recovery from depression
- To promote a healthy mind for mum and baby
- To promote a good enough attachment.
- To remove stigma and blame
- To Isolate fears and anxieties

## What would be included in the model:

- Psycho-education, about depression by using IPT case examples and Attachment Theory
- Support for mums to develop maternal sensitivity
- Interpersonal themes to bring about change
- Build support networks for mums
- The concepts of life scripts
- Ghosts in the Nursery, focusing on mums behaviour patterns developed from their own parenting
- Conflict, the affect of domestic violence
- Communication and how this plays a part in mental health

## IPT Focal areas and the issues these may relate to:

- Transition (role) - loss, changes with baby
- Complicated grief - reactivation of a past grief
- Sensitivities - underlying sensitivity patterns, Ghosts in the Nursery
- Role disputes - increased stress from disputes, conflict with relationships



## The IPT Group Treatment Model

This would need to be a closed group with 2 facilitators for a small group of 6 - 8 mums. If the group included mother and baby it would need to be for one and half hours with a relaxed starting time of 30mins to help settle both mum and baby. The focus of the group would be to keep the baby in mind, if a baby was struggling the group would take notice and try to find ways to help, with mother and baby. If the group was set up for mother only there would be a different approach.

This is a 12 week group model with 2 x 1:1 sessions.

Symptom measurement tools are used every week in the first 30 mins of settling in time.