



## **Minutes of Business Meeting, 11<sup>th</sup> November 2016**

Present: Peter Shepard, Roslyn Law, Marie Wardle, Sally Tapper, Julia Fox Clinch, Kate Halliday

### **1. Feedback from Executive Committee**

1. Training Committee: not available as committee did not meet;
2. IAPT: see attached report;
3. Treasurer: see attached, and:
  - a. It was agreed that we will fund the purchase of an IPTUK laptop. Required spec to be provided by IPTUK administrator.
  - b. Reimbursement of travel costs for presenters at the IPTUK network meeting was discussed. It was agreed to provide a capped limit of £150 for presenters only. Receipts and invoice will be required and should be submitted to the IPTUK administrator.
4. Research: current proposals and pilot studies were outlined:
  - a. IPC in CAMHS pilot has been completed in Cambridge by Paul Wilkinson and Viktoria Cestaro. Initial positive results are being used to negotiate additional funding
  - b. IPC in Step 2 IAPT, delivered by PWPs. RL is preparing a funding bid with Steve Pilling for pilot study following agreement to this investigation by the Action for Change Taskforce (IAPT)
  - c. RL has acted as consultant on a Bristol based study on IPT delivered by PWPs for mothers with post partum depression
  - d. RL is preparing a funding bid with Helen Sharpe (University of Edinburgh) and Stephen Butler (UCL) for a pilot study of IPT-A and CBT in CYP IAPT partnerships
  - e. IPT-G for binge eaters – JFC is discussing a research plan with Leicester ED service.

### **2. Feedback on BPS Accreditation for HEI courses – see attached**

**3. Executive committee posts: elections and call for nominations** – announced at the meeting. Please see attached job descriptions.

**4. Regional Reports** – see attached. Please note that Scotland and Leicester didn't provide information.

## **5. IPT UK Membership Update (correct as of 10<sup>th</sup> November 2016)**

Total signed up so far: 293

Highest level training:

Practitioners: 181

Supervisors: 65

Train the Trainer: 10

Other: 14

Introductory workshop: 18

Type of membership:

Basic: 129

Plus: 67

Trainees: 90

Other (training institutions, admin): 7

## **6. Next Meetings**

- Training Committee conference call: Monday, 19<sup>th</sup> December 2016, 11:00 – 12:00
- Training Committee conference call: Monday, 16<sup>th</sup> January 2017, 10:00 – 12:00  
(conference call details will be circulated closer to the time)
- IPT UK Training Committee, Business Meeting and Educational Seminar: Friday, 12<sup>th</sup> May, 10:00 – 16:00 **North West** to present educational seminar

### **Education Meeting**

The IPTUK website and accreditation process was reviewed. Several new resources have been developed, including roleplay videos and films of short supervision discussions covering common training and practice issues.

It was agreed that to extend the resources available to the IPTUK membership each regional group will create a new resource, such as role play videos, short films of discussion between supervisors, brief Q&A on key issues etc., to be submitted and reviewed at the next IPTUK

meeting. Regional reps should co-ordinate production of these resources and submit to IPTUK prior to the May 2017 meeting.

### Actions of Meeting, 11<sup>th</sup> November 2016

- **IPT UK Administrator** to look into laptop specification requirements
- Research to be added to research page of website – **IPT UK administrator** to contact researchers for formal descriptions and information to be uploaded to website
- **Training Committee** to suggest amendments/comment on new Executive Committee position Job Descriptions. Following meeting on 19<sup>th</sup> December, nominations will begin, requiring finalization of job descriptions.
- **Regional representatives** to co-ordinate production of new resource for IPT UK Member's Area to be submitted by 1<sup>st</sup> May 2017.

## IAPT Report

### **Adult IAPT**

#### **London**

- June/October 2017 – 20 places funded for IAPT IPT training in London. 10 places taken up over two courses.
- Remaining funding is being targeted at IAPT-based IPT supervision training, starting in February 2017, and IPT-A short course training, running in November 2016.
- An additional commission is being undertaken by AFC to provide IAPT IPT training for 11 practitioners working in small community services aligned with City and Hackney IAPT service to ensure adequate provision for the Jewish Orthodox Community, Turkish and Kurdish Community and clients accessing services through Mind. Starts November 2016.

#### **Leeds**

- 17 applications for practitioner training in December 2016
- Commissioned to complete supervising the supervisor training (6 places + ?)
- Supervisor training – 6 places +?)
- New training will begin before March 2017. Dates TBC

#### **North East**

- Practitioner – 6 places (Oct 2016) 6 funded for 2017
- Supervisor – 4 places funded but postponed due to insufficient applications
- CYP IAPT – not confirmed for 2017, looks unlikely

#### **West Midlands**

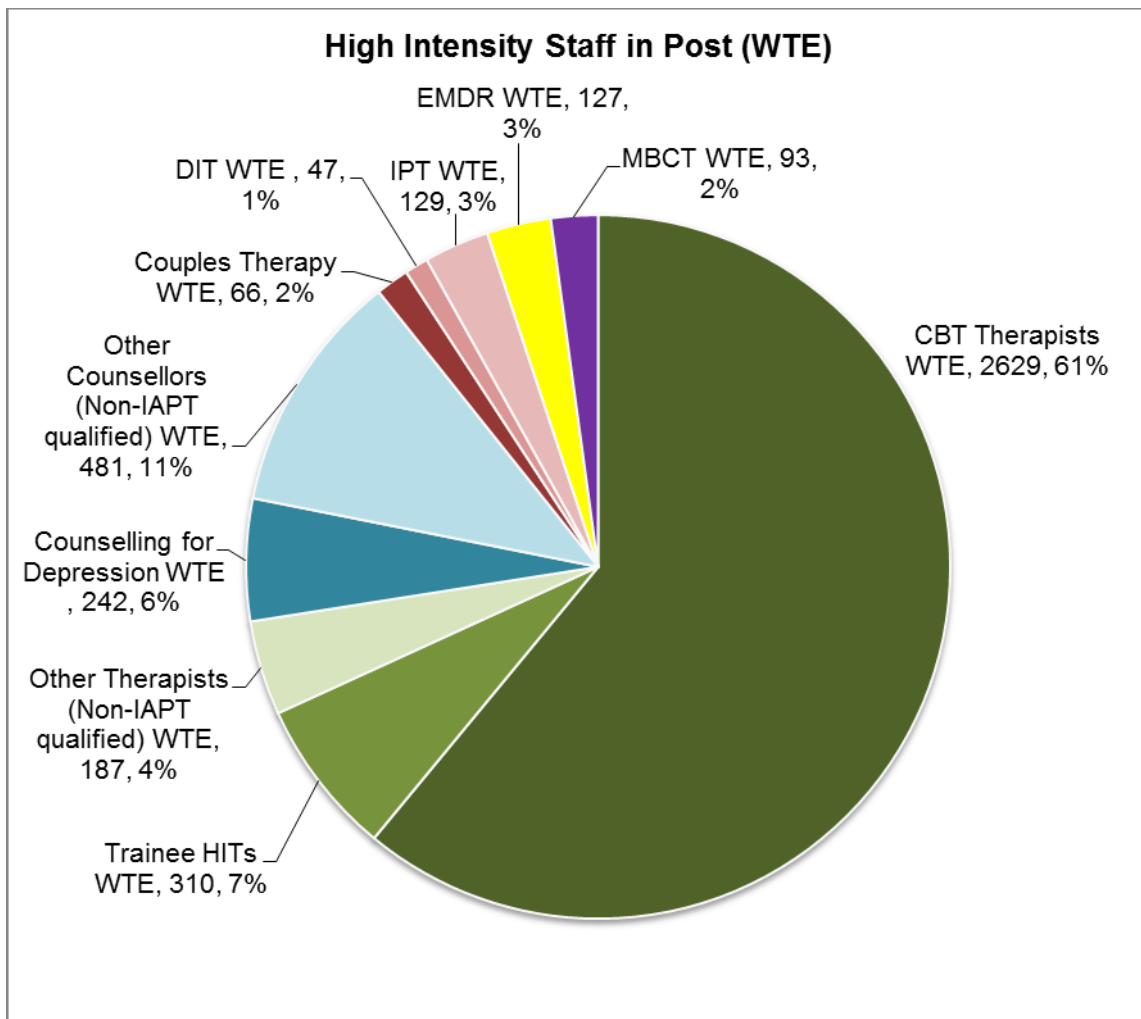
- See West Midlands report

#### **Surrey**

- No information provided

#### **Developments**

- Targeted work to increase IPT workforce, currently 3% of the IAPT workforce.
- Two primary routes:
  - Target counselling population and non IAPT trained staff;
  - Create a new access route for PWPs following IPC training.



IPT to be provided in new LTC IAPT services alongside core evidence based CBT provision.

IPT may be moving to step 2. The argument has been accepted that IPC should be included in the PWP core curriculum. Consideration has also been given to establishing new pathways for PWPs to access IPT training in order to provide career progression. It has been agreed that Roslyn Law and Steve Pilling will prepare a bid for funding a pilot trial of IPC training and implementation for PWPs in IAPT. ACTT have requested that this be fully evaluated in terms of viability, uptake, staff retention, supervision capacity, clinical outcomes at step 2 and 3. If this is demonstrated to be clinically and financially viable, the intention is to propose a nation-wide extension of IPC provision in Step 2.

(This runs in parallel with a similar project evaluating IPC for YP, conducted by Paul Wilkinson and Viktoria Cestaro, although this is not in CYP IAPT and a Bristol based study of IPC delivered by PWPs for post-partum depression in Bristol, with RL as consultant and potentially trainer).

Potential for IPT-M. Following a proposal to introduce Mindfulness as a maintenance intervention for people who responded to treatment for depression in IAPT, RL argued that IAPT is not currently fully implementing NICE guidelines as it does not provide IPT-M for people with recurrent depression who respond to acute IPT. RL also argued that clinically it makes more sense to provide the evidence based maintenance version of the treatment the person has already responded to. IPT-M is therefore going to be considered as one of the options available to IAPT clients with recurrent

depression who go on to maintenance treatment. The decision to extend and fund services in this way has not been confirmed.

## **CYP IAPT**

London collaborative has modified the training to be a two-year part time training in 2017-2019. The IPT-A numbers have increased from 15 to 20 on the next course. The course design has been modified through an extended curriculum to cover FB-IPT and IPT-AST, which will extend the age and severity range of young people able to access IPT-A informed therapy. The practice tutorial arrangements have also been amended in light of student feedback to include a monthly practice tutor group, where whole sessions will be reviewed and rated alongside review of practice clips for discussion and guidance. The revised academic requirements mean that students will have to start at least seven IPT-A (and modified approaches) cases and complete at least four. If seven cases are completed and cover the range of IPT-A focal areas, graduates from this course will be eligible to go directly to CYP IAPT supervisor training without additional IPT-A training.

Reading course will not run in 2017 due to limited training and supervisory resources. Applicants have been redirected to the London collaborative course and make up quarter of the cohort. Reading would like to run the course again in 2018, resources allowing.

New PG cert in IPT-A established in Manchester, first intake Jan 2017. Aims to be PGDip in 2018. Anticipated numbers 14-20. Jamie Barsky will be the course director and will run the initial training in collaboration with Roslyn Law. Hopeful that Kat Tidswell from Sheffield, one of the national pool of supervisors, will join the course team. Supervision for this course will be drawn from the CYP IAPT national pool of supervisors. University tutorials will be covered by the broader training team.

Northumbria course will not run in 2017.

## **BPS accreditation update: November, 2016**

The BPS has formally requested permission from the National Accreditation Council for the Society to write out to programme providers to get the accreditation process underway.

### **IPT-A**

The BPS Membership and Standards Board has given the go ahead for the Society to accredit IPT-A training where this can be accommodated within the Society's existing accreditation framework. The existing framework only allows the Society to accredit trainings that result in a named HE award being conferred. However, the Board has also agreed that work can now go ahead to review ways in which the existing accreditation framework may be adapted for use with non-HE awards. This would enable us to extend accreditation to other IPT-A trainings in due course. I will be working on developing an accreditation handbook along with Roslyn Law in the near future, and we would hope to undertake any accreditation visits in autumn 2017.

### **Planning**

It is our intention that any visits would be planned and financed according to the current models operated by the Society. That is to say, visits would normally take place over a full working day, to be hosted on-site by the training provider, involving trainees, programme staff, university senior management, and supervisors/service leads. Teams would normally comprise three qualified clinicians, drawn from our pool of trained volunteer reviewers, which we are in the process of expanding to accommodate this additional workstream. They are supported by a member of staff from the Society's Partnership and Accreditation Team, who will produce a report following the visit, and whose role is to ensure consistent application of the accreditation standards across different providers.

### **Cost**

The Society's accreditation process is financed through annual subscriptions that are charged to programme providers, together with a fixed fee that is charged following a visit, which covers the costs associated with that visit (travel, subsistence). Income derived from these subscriptions covers the costs of delivering the accreditation process; this includes costs associated with developing standards and implementing a suitable governance framework (e.g. establishing a working group), and with provision of an annual one-day event for programme providers, for which all travel expenses are paid by the Society. We hope to hold the first of these in February 2017 to outline the process to providers and to support them in completing the necessary documentation that they will all need to submit ahead of a visit.

### **Backdating accreditation**

We are aware that the EEBP programmes have been running since January 2015 and we will therefore be looking to back date accreditation to cover all cohorts that have completed the training since that point. We have learned a great deal from our experience of accrediting adult PWP programmes, and in particular the challenge of providing 'top up' training where it has been clear that the required standards have not been met (e.g. where substantial programme revisions are required). We would anticipate that, should a similar situation arise, this could be managed by asking programme providers to highlight to their previous graduates any specific areas to which they should attend as part of their ongoing professional development, and/or through the Society providing some

co-ordinated professional development to all previous graduates who wish to access it once all programmes have been visited, and any further training needs identified.

This will be discussed in relation to IPT-A courses.

### **Further information required**

We have identified one piece of further information that would assist us in our planning:

1. The process of producing accreditation reports provides an opportunity to collect and report on data regarding the training as it is being delivered currently. I would be grateful if you could advise whether there is any core data that we could reasonably expect programme providers to give us as part of their accreditation submission that would be useful for the National Accreditation Council or for HEE. If so, we can then ensure that this is reported consistently across all of the visits, and collate the data for you in due course.

RL has been invited to act as its representative on the Society's working group.