

PATHWAYS TO IPT TRAINING

Level A training is open to all health care professionals or academics interested in IPT.

Applicant who wish to pursue IPTUK accreditation (Level B) must meet the following pre training requirements:

ROUTE A (IAPT)

Applicants must:

1. Have completed training in a core mental health profession, which includes core psychotherapeutic competencies as a central component of training.

2. Hold current registration with a relevant professional body.

The following professional registration and or accreditation is acceptable:

1. HCPC registration as a practitioner psychologist or arts therapist
2. BACP or UKCP registered
3. IACP or COSCA accredited
4. GMC registered psychiatrist
5. BABCP accredited

3. Evidence substantial post qualification experience in delivering supervised psychological therapy.

ROUTE B

Applicants qualified in mental health professions in which core training **does not** cover core psychotherapeutic competencies e.g. Social Work, Psychiatric Nursing, Occupational Therapy, GP, Drama/Music Therapy are required to:

1. Provide details of core professional registration or accreditation

And

2. Provide details of additional professional registration or accreditation in psychotherapeutic practice, as detailed above

Or

3. Provide details of additional training and supervision in psychotherapeutic practice and a letter of recommendation from a clinical supervisor who has overseen this practice.

Please note that applications from the above professional groups will be assessed on a case by case basis. Post qualification training must demonstrate substantive training focused on psychotherapeutic competencies and sustained clinical supervision focused on delivering psychological therapy.