

## IPT UK Regional News

### **London**

#### **Training**

A range of training is being delivered at the Anna Fred National Centre for Children and Families - IPT-A practitioner (n=5), IPT practitioner (n=20), IPT/IPT-A supervisor (n=7), Supervisor refresher (based on feedback and a survey of practitioner trainees), post training refresher day (n=13) (Q&A format).

IPT-A supervisor training funding is also going to be used to set up regional hubs of excellence, inviting host services to specify their own local transformation plans.

CYP IAPT – launched with 16 places and plans to recruit four more practice tutors from past graduates. For the first time IPT-A graduates are also being invited to join the CYP IAPT supervisor training.

#### **Regional Meetings**

IPT London met in June to discuss ‘How to read research papers’ and Family Based IPT, led by Roslyn Law (n=16) and in September to discuss becoming an IPT-A practitioner, led by Sarah Head, and cultural adaptations in IPT, led by Mariliza Richmond (n=12). CPD certificates are now provided to support staff in securing time to attend CPD meetings.

Sessions are booked one year in advance with details on the IPTUK website. The next meeting is on Dec 11<sup>th</sup>, 1.30-4.30pm and will discuss IPT-ED (Suzanne Cooper Newark) and Midgley et al (2015) Beyond a diagnosis: The experience of depression among clinically-referred adolescents. Journal of Adolescence 44 (2015) 269-279 (Joe Hickey).

#### **Research**

Funding application for post CYP IAPT feasibility study comparing IPT-A and CBT was unsuccessful. Plans are being developed to resubmit to another funding stream. All stakeholders are keen to continue to pursue the plan.

#### **Presentations**

RL presented at ISIPT. Presentations covered Mentalization skills IPT and a Training the Trainers workshop. The supervision framework developed in the UK was described as the international “gold standard”.

#### **Publications**

RL’s book Defeating Teenage Depression – Getting There Together was shortlisted for a BMA book award and given a ‘Highly Commended’ recommendation.

RL was asked to write an article on CYP IAPT for the BACP Children and Young People Journal (Dec 2017) and this is going to be reprinted in the BACP Healthcare Journal (Summer, 2018), which has a circulation of 1200 psychotherapist and counsellors in NHS funded services.

BP has contributed to a book on talking therapies called, Talk Yourself Better by Ariane Sherine a comedy writer and journalist, previously responsible for the Atheist bus campaign.

## North East

IPT holds a consistent and steady interest in the North East. The bimonthly regional meetings show increasing attendance with the educational aspect well received. There are good contributions from a range of willing therapists. The details of this are listed on website.

There is now confirmation for 12 practitioner and 4 supervisor training places for 2017/18. Maintaining interest and momentum to apply for training places is an issue.

### Courses summary:

- Courses conducted since May 2017 – 1 Practitioner course
- Numbers attending – 7 on practitioner course
- Numbers progressing to training – all from above course
- Numbers accredited since May 2017 – 6 practitioners and 4 supervisors

### Upcoming courses:

- Practitioner March 2018.
- Supervisor course Feb/March 2018.
- CYP IAPT IPT A training course is expected to run next year with 8 students

## Northern Ireland



The main news from Northern Ireland is that 12 trainees completed the level A course in Belfast in October. They are all keen to get going with supervision on training cases (see photo)

Meanwhile trainees from our last course in October 2015 are completing their cases. We are expecting two of these trainees to commence training as supervisors in the New Year.

We have just set up a WhatsApp group to help us all keep in contact with news and CPD activities.

In Belfast we are hoping to start a weekly supervision group in the Department of Psychotherapy, which will be open to any trainees interested in attending.

The Belfast Trust has expressed an interest in developing IPC for patients presenting in crisis; there is likely to be funding for this.

## **Surrey**

### Staff changes

Susan Howard has now fully retired from her role at Surrey. She plans to return in Autumn 2018 next year however on a sessional basis to conduct teaching for the new training course (please see below)

### Supervision

Louise Deacon and Katrina Wynne are continuing to provide training and post-qualification supervision.

### Regional meeting

An IPT South East meeting took place on 17.7.17 at the University of Surrey. This regional meeting had been suspended previously due to staff finding it difficult to attend given NHS pressures, however this meeting was relatively well attended. The aims of the regional meeting was discussed, that of peer support, sharing IPT developments in the area and CPD events, and the plan is to meet twice a year.

### Training events

A Level A training took place at the University of Surrey on the week beginning 9<sup>th</sup> October.

Three one day CPD workshops were delivered; one locally, one in an Essex Trust, and one in a Cambridgeshire Trust.

### New training course

Work continues on developing the new part-time training (flexible PGCert/Dip/MSc) for people without a core profession in mental health to train as IPT therapists working with adults.

### Research

Dr Linda Morison at Surrey is continuing with her work on a systematic review of IPC interventions, she is now collaborating with Nuno Carrilho who is also conducting work in this area.

## **South West**

### Gloucestershire (members also attend from Wiltshire, Herefordshire and Oxfordshire)

The peer supervision group in Cheltenham, Gloucestershire is open to anyone trained in IPT and local enough to attend or call in. Current members cover specialties including Working Age Adult, Children and Young People Services, Eating Disorders, IAPT Let's Talk, Psychological Therapies and Primary Care and this has been

facilitated by Julia Fox-Clinch since 2000. Members include clinicians from neighbouring counties. All welcome. Julia always has a caseload of patients with Eating Disorders / Depression who benefit from IPT or IPT-A (12-20 sessions) or longer if IPT-M, and she works with patients in CYPS and Adult services. She is also researching the efficacy of group interpersonal psychotherapy; IPT- G for Binge Eaters, with her IPT and Senior Eating Disorders colleague Zoe Hepburn. This will be written up when sufficient groups have been run. We are currently running our fourth group and recruiting for our fifth group and are getting promising results. There are five clinicians in the local Gloucestershire Eating Disorders Team who can deliver IPT, and the other clinicians who attend monthly supervision have their own respective caseloads.

Julia is also an IPT Supervisor of trainees who have completed Level A on one of the IPTUK Level B Courses and has recently completed with one who is now at IPT Practitioner level and is currently supervising another level B IPT trainee . She will also be externally rating some trainees who have recently completed level A once they have reached their third and fourth cases, and takes on Level B IPT supervisees regularly.

In addition, Julia Fox-Clinch is on the IPTUK Training Committee and is the IPTUK Southwest Rep and coordinates bi annual CPD days with other IPT supervisors in the South West encouraging the development of IPT with IPT Practitioners and supervisors - see Julia Fox-Clinch LinkedIn for details. The next CPD day is scheduled for February 2018 in Somerset, date to be arranged and hosted by Dr. Peter Shepherd

The last IPTUK South West CPD Event was on 4th July 2017, and was kindly hosted in Salisbury, Wiltshire by our colleague IPTUK Supervisor and Practitioner OT Kate Halliday and centered on *Keeping IPT Supervision Developing and Flourishing outside of the Training Hubs*.

Dr Peter Shepard also presented a piece on Therapist Drift tailored to IPT-specific issues and to meet some of the interests of the attendees some of whom were newly qualified. We are keen develop further and have been thriving for 17 years, here in the South West UK!

Please register your interest in the **February 2018 CPD** event now by emailing [peter.shepard@nhs.uk](mailto:peter.shepard@nhs.uk) and [julia.fox-clinch@nhs.net](mailto:julia.fox-clinch@nhs.net) and include any requests or suggestions. This day will be free to IPTUK members. Details to follow.

Julia Fox-Clinch  
SW Regional Rep WAA ,CYPS & IAPT Accredited IPT Supervisor and Practitioner  
Clinical Specialist Eating Disorders  
The Eating Disorders Service  
The Brownhill Centre  
St Pauls Medical Site  
Cheltenham  
GL51 9EZ  
Tel : 01242 634244 to leave a message

## Wiltshire

Wiltshire IAPT currently has one accredited IPT Practitioner/Supervisor (Kate Halliday) who is supervising one trainee, a graduate of the recent course in Exeter. Kate is also supervising 2 IPT Practitioners in Swindon (LIFT Psychology).

The Wiltshire IAPT Service is a Wave 2 Long Term Health Conditions site, and Wilts IAPT is delighted to be able to offer IPT to LTHC patients.

Kate Halliday

Accredited Interpersonal Therapy Practitioner and Supervisor

Wiltshire IAPT Service

Heathwood, Fountain Way

Wilton Road, Salisbury SP2 7FD

Main office (Devizes): 01380 731335

[www.iapt-wilts.awp.nhs.uk](http://www.iapt-wilts.awp.nhs.uk)

## Devon – East

Devon Primary Care Counselling Service has organised an IPT Level A training and as a result we have 8 new Trainees in our Southwest Region.

Hazel Maxwell-Payne has organised a Supervisor Refresher Day with Dr Liz Robinson for all supervisors in the Southwest taking place in Dec 2017.

Hazel has also developed a website for Practitioners and Supervisors to provide information on local training events, CPD courses, and Practitioner and Supervisor Meetings.

DPPCCS will be funding the Accreditation of 3 new IPT Trainees.

After reading John Markowitz new book on IPT for PTSD Hazel has developed a clinicians' sheet for guidance when using this model for PTSD.

## Somerset

Dr Peter Shepard presented a CPD piece on 4 July 2017 on Therapist Drift tailored to IPT-specific issues and to meet some of the interests of the attendees.

Two psychological therapists from Somerset have successfully completed the recent IPT practitioner training in Exeter. They found the course work highly useful and engaging and are now in the process of identifying their first IPT patients. Session 0 appointments have been arranged. With the completion of their training next year, the number of IPT practitioners in Somerset will double to four. IPT's role in Somerset remains well represented and supported by management. PS will be attending the Supervisor Refresher Course in early December.

Contact Details:

Dr Peter Shepard

Consultant Psychologist

Psychological Therapists Lead

Accredited IPT Practitioner and Supervisor

Talking Therapies Service

Somerset Partnership NHS Foundation Trust

Bracken House Crewkerne Road Chard Somerset TA20 1YA  
Tel: 01460 238756

Bournemouth and Christchurch, Dorset Health Care University NHSFT

Bournemouth and Christchurch IAPT service have an accredited IPT supervisor and practitioner; another practitioner who gained his IPT accreditation last year; and a practitioner working towards accreditation and nearing the end of the process. We currently average probably 4 or 5 IPT clients on our caseload at any one time - this will probably increase slightly when the third practitioner gains his accreditation status.

Frankie van Beek  
Psychological Therapist  
Steps 2 Wellbeing Service  
Dorset Health Care University NHS Foundation Trust  
Bournemouth and Christchurch  
18 Tower Road  
Bournemouth  
BH1 4LB  
Tel: 01202 399506  
Email: frankie.vanbeek@nhs.net  
Web: www.dorsethealthcare.nhs.uk

Depression & Anxiety Service: Devon

Devon Partnership Trust have provided funding for two therapists to attend a locally based IPT training course and will be receiving in house accreditation supervision from a recently appointed permanent and full time IPT Supervisor/therapist. They are planning to expand their IPT provision over the coming years.

Paula May  
Accredited IPT Supervisor & Counsellor  
Depression & Anxiety Service  
Sherborne House  
Kingsteignton Road  
Newton Abbot  
TQ12 2PF  
Telephone : 01626 203500

**IPT Oxfordshire IAPT**

IPT Lead Stephen Reynolds, I am a trained IPT therapist and supervisor (although I retire in December).  
Including myself we have currently five IPT trained therapists which includes one currently doing the supervisors training-Mel Shadbolt who will be taking over the IPT lead in Oxford from Jan 2018.  
We have three trainees in the service.

### Peer Group supervision

We have monthly peer group meetings at TalkingSpace Plus in Oxford which can include other IPT therapists not working in an IAPT service, who are local enough to attend.

### CPD x 2 days this year

Chris Elliott-Rayer (IPT therapist and Supervisor) from Berkshire IAPT has organized a 1 day event this year, re: symptom review.

Also Michele Burden has recently organized a perinatal and MUS CPD day in Aylesbury.

### Stephen Reynolds

Accredited IPT therapist and IPT lead

Counselling Psychologist/Clinical Supervisor

TalkingSpace Plus-01865 910222

Oxford Health NHS Foundation Trust

### IPT Bucks Step 4 and IAPT

We currently have one IPT supervisor (Michele Burden) in Bucks. In the Step 4 Service I work in we see individuals for IPT and I conduct IPT Groups for Step 3 and Step 4 patients. We have one IPT trainee in Step 4. We have a newly qualified IPT therapist (Sarah Ford) who works in Older Adults.

We have 2 qualified IPT therapists in IAPT Service – Healthy Minds and 2 trainee IPT therapists. We are also currently recruiting for an IPT therapist and an IPT trainee.

We have a monthly supervision group for all IPT therapists in Bucks.

## **West Midlands**

In the period from May to November, the following trainees have reached Practitioner/Supervisor status:

<b>Practitioner (Level B)</b>	<b>Supervisor (Level D)</b>
Yvonne Beech	Sharon Black
Hayley Ircha	Michelle Arthur
Fran Marriott	
Miranda Currie	
Sophie Walker	
Rachel Lloyd	
Sharon Willis	

IAPT IPT Practitioner Training Course commenced in September and 14 students attended and funded in the Midlands. There were also two funded from the E.D.S. in Cheshire. Training delivered in Stafford, St Georges in the Training and Learning Centre.

Only 1 person has decided not to proceed with the IPTUK accreditation from the funded places (due to family illness).

The next IAPT IPT practitioner training course will commence at the end of November, and will be held at the new H.E.E.M. headquarters in Leicester. Applications are still being processed and we have 10 funded places available for this course.

The next Advanced/Supervisor Training will commence in January 2017 and we have 11 funded places available, 6 in the West Midlands and 5 in the East Midlands.

### Educational Network Meetings – This year

All meetings commence with discussing issues related to IPTUK legislation, paperwork, and current topics and give people the opportunity to raise issues that are of concern. This is then followed by an educational topic that is related to IPT.

September – Medically Unexplained Symptoms and IPT – led by Marie Wardle – 16 present

In December – Topic is IPT-G facilitated by Michele Burden from Oxford – numbers not yet known.

These Educational Network meetings continue to be well supported and all are welcome to attend. Invitations go out to all those who are on our mailing list (anyone can be added by emailing Liz Jones, Course Administrator for [ipt.westmidlands@nhs.net](mailto:ipt.westmidlands@nhs.net)). We also advertise on the IPTUK website.

### H.E.E. West and East Midlands

The funding for the year 2017-2018 has remained at the same level as previous years, i.e. 18 funded places at practitioner level and 6 at Advanced/Supervisor level in the West Midlands. Two training courses run in September and March. The supervisor course is always at the beginning of the year and is attended by both East and West Midlands trainees.

In the East Midlands, there is just one practitioner course a year, but students can also attend any of the training that is held in the West Midlands as well. We have lots of crossing over between the East and West, which allows students to dip in and out of [additional top-up training](#) that we offer throughout the year. This allows students to attend more days training if they find this helpful in developing their skills and stay on track with the training.

H.E.E. are currently going through a re-structuring and we will be seeing changes in the way that the funding is organised. Ultimately there will be less funding in the pot. At the present time the funding is split into regions, East and West, but from the next financial year, we will receive one amount of money that can be used across the West, East and East Anglian region. We will be known as Midlands and East.

Please refer to our Programme, which lists all of our training events for the past six months and the following six months.

We have also seen additional activity over the past 6 months, and these can be found on our programme.



## Additional Training Events

- June Seminar on perinatal mental health and introducing IPT – Stafford  
 July Introducing IPT, Attachment and Bonding - in the Mother and Baby Unit at St Georges in Stafford  
 Sept Seminar on perinatal mental health and introducing IPT - Birmingham  
 Oct Workshop on Medically Unexplained Symptoms and perinatal mental Health at Oxford Health NHS

The presentations can be found on the IPTUK website.

See the table below for our upcoming training events in West Midlands for 2018. The courses shown below are held in the Training Centre at St Georges Hospital, South Staffs & Shropshire Healthcare Foundation Trust HQ in Stafford. For more information about these training events, please contact our Programme Administrator, Liz Jones at [ipt.westmidlands@nhs.net](mailto:ipt.westmidlands@nhs.net)

<b>Type of Course/Events</b>	<b>Course dates</b>	<b>Course times</b>
Level C Advanced/Supervisor Training Day 1	3 January	9.00 – 1.00
Level C Advanced/Supervisor Training Days 2 & 3	26 & 27 February	9.30 – 4.30
Level A Practitioner Training Days 1 to 6	5, 6, 7, 12, 13 & 28 March	9:00 - 4:30
Level C Advanced/Supervisor Training Day 4	29 March	9.30 – 4.30
Educational Network Meeting Topic: to be announced	10 April	2.00 - 4.30
Level D Supervisor Training Day 5	30 April	9.30 – 4.30
IPT Supervisor Refresher Day For Level D IPT Supervisors	1 May	9:00 - 4:30
Level D Supervisor Training Day 6	4 June	9.30 – 4.30
Level D Supervisor Training Follow up ½ day	5 September	9.00 – 1.00
Educational Network Meeting Topic: to be announced	5 September	2.00 - 4.30
Level A Practitioner Training Days 1 to 5	24, 25 & 26 September, 1 & 2 October	9:00 - 4:30
Level A Practitioner Training Day 6 / follow up	12 November	9:00 - 4:30

Level A IAPT Practitioner Training Follow up ½ day	3 December	9.00 – 1.00
Educational Network Meeting Topic: to be announced	3 December	2.00 - 4.30