

Regional Reports, November 2016

London

Basic practitioner training and follow up for IPT is delivered twice a year and for IPT-A once a year at Anna Freud National Centre for Children and Families (AFC). 20 places have been commissioned by HENCEL for adult IAPT practitioner training in June and October 2016. 10 places taken on the adult course and 9 booked for the IPT-A course (Nov 2016).

Supervisor training started in October and will run through to Jan 2017. 9 participants spanning CAMHS (n=6), primary care (n=2), secondary care (n=1).

The next supervisor training will begin in September 2017 (see AFC website for details). Funding is available for a limited number of London based IAPT practitioners – please contact RL for details).

Two CYP IAPT cohorts are completing training through AFC this year. One (n=16) is completing training in London and one (n=6) is completing training Norfolk. Viktoria Cestaro is co-delivering and shadowing the Norfolk training and providing supervision to complete training as an IPT-A trainer.

Additional outreach training has been delivered by AFC: in 2016

- IAPT in City and Hackney are extending provision to serve the Jewish Orthodox community (Bikur Cholim), Turkish/ Kurdish community (Denam) and Mind – 11 places commissioned for practitioner training in Nov 2016
- Supervision continues for IPT-A training in Lewisham CAMHS (n=5) to ensure the team support their CYP IAPT trainee, who is now progressing to supervisor training.
- Follow up day delivered for IPT-A practitioner training in CYP IAPT for Manchester University (n=4).
- RL delivered IPC training in Finland and has been invited to repeat the training in 2017.
- RL is also consulting on a bid for a RCT on IPC delivered by PWP for post partum depression
- RL and Steve Pilling are preparing a research bid for an RCT of IPC v Guided self help (CBT) delivered by PWPs to introduce IPC into step 2 as a means of preventing stepping up to step 3. If successful this will be used as basis for expanding PWP training to include IPC.
- RL and colleagues at AFC, UCL and University of Edinburgh are still completing a funding bid for a national trial of IPT-A and CBT for depression in adolescents in services with therapist who have completed CYP IAPT training. The bid has been revised to a pilot study, with discussion ongoing with 2-3 sites.

AFC now delivers an expanded programme of CPD training:

June

FBIPT (n=25) – presented by Laura Dietz

July

IPT-AST (n=25) – presented by Jami Young

September

IPT for Bipolar Disorder – presented by Ellen Frank (Sept 2016)

London Network meeting – The London meeting continues to meet quarterly. The meeting is small but enthusiastic. Bob Pritchard, Yvonne Hemmings and Ellen Heralall convene and organise these meetings. HY presented on IPT with LD and JE presented on working with interpreters in September. This was a well attended meeting. The next meeting is on 22nd

Dec., 13.30-16.30, KCL Waterloo Campus, Franklin Wilkins Building, Room 2.46. Details are posted on the IPTUK website. Non London based therapists are welcome to attend.

Norfolk & Suffolk

We currently have 3 IPT supervisors (myself, Viktoria Cestaro and Conrad Barnard) and at least 6 IPT practitioners with some people in training. We are still holding a regular IPT interest group (now every other month) and regular in-house CPD events including a yearly refresher. Greg Hinrichsen came over in June and did a two day introduction to IPT for Trust staff and UEA trainees. The rationale for this training was to raise awareness of IPT and to skill up experienced clinicians to be able to use the model in practice without necessarily going down the accreditation route. All attendees were psychologists or psychotherapists working in secondary services (non-IAPT) and all were experienced in a least one other model of therapy and had extensive experience of working with adults with depression. This training was very well received and a number of attendees are now pursuing introductory training and hope to go down the accreditation route. Others are using the model to inform their practice. It is hoped that there will be ongoing collaboration with Greg and UEA to further develop IPT in Norfolk & Suffolk.

North East

IPT holds a consistent and steady interest in the North East. The bimonthly regional meetings are well attended with the educational aspect of this is well received. The details of this are in the table below. We are pleased that we have a third of the educational programme agreed for next year already. A colleague from NW (Jenny Stanford) has kindly agreed to come to the NE regional meeting to talk about her experiences of IPT in secondary care. This is a really nice opportunity to expand the use of regional networks and make the most of our skills nationally.

There was an IAPT IPT Practitioner course in October 2016 with 6 places taken. There are a further 6 places funded for March 2017.

The CYP IAPT IPT A training course is due to complete at University of Northumbria in December 2016, 10 places had been taken. One of the students has dropped out of the academic course at the end due to personal reason (but should complete her casework for practitioner accreditation) 7 students have completed their casework and 2 are to complete

The IPT supervisors course (with 4 funded places) was due to commence in October 2016 however has been postponed due to insufficient applications (Trusts were struggling to release staff at this time) The course has been rescheduled for March 2017

There was an advanced practitioner training course and supervisor training day in October 2016 which went well.

DURHAM REGIONAL MEETINGS

Date	Time	Presentation	Facilitator
Monday 1st ^d February 2016	9 -10.30am	Use of mentalization in IPT	Heather Field

Tuesday 5th April 2016	3 -4.30pm	IPT for PTSD	Liz Robinson
Wednesday 1st June 2016	9 -10.30am	Raising the profile of IPT in primary care	Najma Allybocus
Monday 8th August 2016	3 -4.30pm	IPT for groups	Richard Duggins/Liz Robinson
Tuesday 25h October 2016	9 -10.30am	Making the transition from practitioner to supervisor	Tracy- Burns
Wednesday 14th th December 2016	3 -4.30pm	IPT A – case example	Catherine Edmunds

North West

The North West Group held its six monthly meeting on 29 September 2016. As usual the meeting was hosted by and held at the Primary Care Resource Centre in Knowsley. 16 members attended.

The meeting began with news items and updates on training courses. Pauline Gordon then presented a case study illustrating work with the Sensitivity focal area and led an interesting discussion.

General interest was expressed in the ECR-R workshop to be held at the University of Surrey IPT Centre and it was agreed that we would explore the possibility of holding this workshop in the North perhaps in association with Yorkshire and Humberside.

A number of trainees in the area have recently qualified as IPT practitioners.

Roslyn Law will run an IAPT IPT training course in Leeds week beg. 12/12/16.

The CYP-IAPT course validated by the University of Manchester continues. Jamie Barsky is the IPT-A Programme Lead. A second course is planned for 2017.

Sam Fitzpatrick has been appointed new regional lead following Mike Day's departure. We wondered whether ECR-R training would be coming to NW or even up North? As a group, it feels very far away to travel to Surrey for training in this psychometric.

· It will be NW IPTUK turn to present in May 2017. We wondered if any funding might be available for travel? We will be discussing content/attendance at our next meeting in March 2017.

· CPD – we wondered if any contributors would consider travelling 'up North' for a CPD event? As a group, we feel we lose out at times due to the base being in London.

Northern Ireland

Philip, Lorraine and Liz continue to supervise the 12 trainees who took the Introductory Course last October. Overall, this is progressing well. We are hoping to explore with the Health and social care Board whether they will fund a further cohort next autumn.

A brief presentation was given at a medical seminar in the Northern Trust, and a morning presentation to the MRCPsych course. 20 people so far, from a range of disciplines and different parts of N. Ireland, have signed up for a one day seminar on December 1st. We continue to look for opportunities to 'spread the message' wherever we can.

Philip and Lorraine attended a meeting in Mullingar of the all Ireland IPT group. It is planned to carry out an audit of the training that people have had, and look at ways of enhancing this. There will be a further meeting in the spring.

South West

IPT UK Meeting 11th November 2016

South West

1. We continue to have a teleconference call once a month 8.30 am Thursday mornings hosted by Dr. Peter Shepard

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In this way IPT SW supervisors and practitioners stay in touch with each other and hear about IPT developments on a regular basis.

2. The SW Region also has a monthly IPT peer supervision group the **third Thursday of the month 9.30am- 11am or longer if required**, which Julia Fox- Clinch hosts at her base address in Gloucestershire. It is open to anyone trained in IPT. Current members cover specialties including Working Age Adult, Children and Young People Services, Eating Disorders, Psychological Therapies and Primary Care. Other supervisors have similar arrangements around the region depending on demand.

3. Julia Fox-Clinch also hosted an IPT SW CPD event on 22nd September 2016 which was well attended by IPT practitioners from across the Southwest and South several of whom presented an interesting and informative day which covered :

The new IPTUK website; IPT and Attachment Theory; IPT-G with Binge Eating, Depression and Adolescents following Julia's experience of a course at Surrey and Sussex University on IPT-G, run by Dr. Susan Howard and Dr Brian Soltz. We also discussed Networking and Peer Group Supervision- the future.

4. Clinicians who have attended the accredited IPTUK Supervisor's updates or Supervisor's course continue to supervise clinicians by following the current IAPT and IPTUK Guidelines.

4. We are committed to continuing to support the development of IPT in the South West, and attend the national meetings. Several IPT Supervisors are coming from the South West on 11.11.16 and will provide additional updates on the day

Julia continues to be a practice tutor on the AFC UCL IAPT course for the third year running and is also an IPT supervisor on other national IPT courses as well as practising IPT with adults and adolescents individually and in group format as required, in the Eating Disorders Service where she works, address below.

Contact Julia Fox-Clinch, Specialist Clinician Eating Disorders and IPT Rep South West for further information or queries

Email julia.fox-clinch@nhs.net or juliafoxclinch@hotmail.co.uk or LinkedIn Julia Fox-Clinch

Tel: 01242 634242.

Clinical Specialist Eating Disorders
The Eating Disorders Service, The Brownhill Centre
St Pauls Medical Site, Cheltenham, GL51 9EZ.

West Midlands

Funding for 2016/2017

Health Education England (West Midlands) funded 18 places at Level A Practitioner Level and 6 places at Level D Advanced/Supervision level.

Health Education England (East Midlands) funded 10 places at Level A Practitioner Level and 3 places at Level D Advanced/Supervision level.

Funding for 2018 is still unclear. I attend scheduled meetings 3 times a year and discussions are now commencing re what the changes in funding will be. It is possible that funding may stop altogether. Decisions are likely to be known in about 6 months' time.

Training Courses

Sept 2016 – Stafford, St Georges - IAPT Level A with 11 trainees attended

Oct 2016 - Nottingham, Headquarters for Health Education East Midlands – IAPT Level A with 8 Trainees in attendance.

Dec 2016 - Stafford, St Georges Hospital – Level D will commence – a total of 9 places available, and 3 places still available. Advertising places again via the Intranets across the Midlands IPTUK.

Feb 2017 - Stafford, St Georges Hospital – IAPT Level A – 7 funded places available for West Midlands and 2 for East Midlands are still available.

Additional top-up Training

We offer additional ½ day top-up training after completing the 6 days. Trainees from both Stafford and Nottingham can join these additional training events without any additional costs. Our programme shows the dates these will run.

Educational Network Meetings

9th May, 22nd Sept and 8th Nov. We are running about 3 a year with each meeting lasting 2-3 hours. The first hour is to discuss IPT protocol, registration, accreditation etc. and answer enquiries and the remaining 1 ½ or 2 hrs offers a presentation on an area of IPT development, case studies, research, skills development and contribute towards CPD.

Certificate of attendance are offered on request. We often invite someone to come along and present. Numbers in attendance vary, but averaging around 11. In September this was higher at around 15.

CPD Workshops

June 2016 – Buxton, Derbyshire - 1 day workshop on the Introduction to IPT – attendees 11

June 2016 – Stafford – “ “ “ ‘ - attendees 10

Additional Information

Training is now being funded across the whole of the Midlands and not just the West Midlands. There has been a merging of the two regions for Health Education England. We are looking at how we recruit onto our training programme and working with H.E.E. to improve this so that places are allocated earlier to reduce late applications. A new template for advertising will be provided by H.E.E.

We may not be able to fully recruit for the supervision training to commence in Dec 2016.

We hope to fill all of the funded places available for the February 2017 course.

We are now part of the LDA (Learning Development Agreement), which has really brought us more in line with other Training Courses and we now produce regular reports to HEE PT West Midlands – staffing levels increased again this year. We are a team of 5, 1 admin role and 4 as supervisors/trainers. Everyone has had their hours increased. Tina Garamszegi, Heather Morgan and Lorraine Manley are all involved in shadowing, and assisting on the practitioner training. Matt Hewitt, who is not employed by SSSFT, has also been assisting on the programme. Progress reports are completed for the trainees as they go along. I provide monthly training the trainer events to give people the opportunity to practice their training skills in-house. We are supported by our Workforce Training and Development Team also, which is provided by SSSFT.

Deadlines for submissions

I am now asking our students to complete this form and hand it in at certain dates once they have completed day 6 of their training. We are also feeding back more to Line Mgrs where some of their training staff are not knuckling down with the work. We have tightened up on this and we have also fed this back to H.E.E. Students are reminded that the application form and manager statement clearly sets out the terms and conditions of accepting a funded place. I am often having to remind people of this.

Accreditation

We are following the new protocol for accreditation/registration requirements. Liz our Course Administrator will be submitting a further update on recently approved portfolios. The IPT Training Team, who meet monthly process portfolios and they are examined by two of the team to check for amendments/approval. The new layout for certificates is in place. If a portfolio needs further work or alternation it will be checked again at next month's team meeting.

Please see our Course Programme for the period Sept 2016 to May 2017 which is attached.

Marie Wardle – Programme Director for IPT West Midlands