

## IPT UK London update (May 2019)

### Training

- Jan 2019 – delayed IPT-A training. Only one of six students has progressed to supervision.
- Jan 2019 – new intake of recruit to train IPT-A students in CYP IAPT. 8 started, 1 interruption of studies due to personal circumstances.
- February 2019 – supervisor training. 7 students (3 IPT (one from US), 4 IPT-A)
- RL commissioned to run IAPT training in Exeter University (March 2019) – 8 students
- RL commissioner to run supervisor training and IPT to IPT-A training in Sweden (April 2019)
- RL commissioned to run IPT training for perinatal network in South West (Sept/Oct 2019)
- RL commissioned to run IPT-A training for CAMHS in Cardiff (Sept 2019)
- RL will deliver IPT-A and advance practice training in Helsinki (August 2019)
- “Back up team” training extended to CWP and Educational Mental Health Practitioner (EMHP) training
- RL agreed to deliver IPT-AST training on EMHP course June 2019
- Jami Young will deliver a workshop on IPT-AST in London on June 27<sup>th</sup> 2019
- June 2019 IPT Practitioner Training – repeat of slow confirmation of funding. Small cohort with mix of international and IAPT participants have applied.
- IPT training is now being delivered in the new Anna Freud National Centre for Children and Families in King’s Cross.

### Research

- RL and other IPT-A trainers and supervisors across the UK have signed up to participate in a study of therapy process being conducted in conjunction with UCL and Universidad Gabriela Mistral, Chile - *“Development and Comparison of Session Prototypes for Adolescent Psychotherapy”*. Research team have been delighted by the high response rate from IPT-A trainers and supervisors.
- IPT London meting has continued to meet (March 2019: IPT for dysthymia and Impact of cultural context case example). Recruitment to an organisational role remains challenging and may regretfully lead to the group being suspended until this can be resolved.

## IAPT update (May 2019)

Feedback from each lead as shared document was not updated prior to the meeting.

New IAPT manual has been published with details of pre training requirements. This is being strictly applied by IAPT leadership team. Important implications for IAPT training providers in IPTUK.

Annual report has been uploaded to the website. NB outcomes by therapy are no longer published but datasets are provided to allow direct analysis. How will IPTUK make use of these data?

IPT informed practice is slowly extending into lower intensity Tier 2 training – CWP and EMHP in London and South East.

IPC trial co-ordinated through University of Bristol, with PWPs delivering IPC for depressed pregnant women, has progress to randomisation and is submitting an application to progress to a full trial.