

North West Regional Update: November 2018-May 2019

- North West Regional meeting was held 7 March 2019 at Brightmet Health Centre Bolton hosted by Jane Taylor and Kathryn Denham.
- The meeting was extremely well attended by 26 practitioners-qualified and trainees –our best attendance to date.
- As previously, Jane and Kathryn are striving to increase the profile of and interest in the regional meeting, championing IPT in the North West. They have widened the network across the region, recruiting new attendees for this event, getting the help of Jess at IPTUK to help also. All attendees continued to give very positive verbal feedback at the end of the afternoon, stating that they would certainly keep attending in the future.
- The meeting had a formal agenda: IPTUK CPD policy generating discussion about access to supervisors; meeting the CPD criteria and reflective practice; Information Sharing on training events; IPT-A practice; national IPTUK meetings in May (York), November 2019 (Manchester) and May 2010 (Stafford); proposed full day event on 26/09/2019 in place of usual regional meeting but with more of a “conference” feel inviting representatives from the IPTUK Executive, and other individuals in the IPT world to offer presentations/workshops on various subjects pertaining to IPT practice which was well received and seemingly would be a popular event in the region
- We had no guest speaker on this occasion and instead we used on of the online video resources from IPTUK website on “Symptom review with a Depression case”, which went on to generate discussion about current practice amongst peers including positives and potential barriers.
- Finally, we issued attendance certificates for all attendees to the regional meeting for individual CPD portfolios as well as using social media (Twitter) to promote the meeting beyond the North West.

Since the regional meeting, Jane has been successfully voted in as the Deputy Chair for IPTUK supporting Marie Wardle in her role as the new chair of IPTUK.

Training update -Dr Jamie Barsky provided the following

- We are in Term 2 of our Accredited IPT-A year long training for CYP-IAPT trainees - we have 11 students this year.
- We ran a one day intro to IPT-AST on 9th May 2019 - 12 attended
- Jamie delivered a one day event on using Attachment Theory to inform IPT practice to the Leeds adult IAPT group on 28th Feb 2019 - approx. 15 attended

Future Events:

It is the IPT-NW meeting on 26th Sept in Bolton. Jamie will be running a two hour intro to IPT-AST and there will be other work shops on this day long event.

We will be running the following teaching session for our CYP-IAPT course but this event will be open to IPT-UK members at a reduced fee: Adapting IPT-A with complex cases, different presentations and self harm - Full Day (19.09.19) - £75

This concludes the North West Regional Update- Jane Taylor and Kathryn Denham- Regional Leads