

IPT UK REGIONAL NEWS UPDATES: MAY 2018 – NOVEMBER 2018

North West:

- North West Regional meeting was held 6 September 2018 at Breightmet Health Centre Bolton hosted by Jane Taylor and Kathryn Denham.
- The meeting was extremely well attended by 25 practitioners-qualified and trainees – our best attendance to date, doubling in the last 12 months.
- Jane and Kathryn are very proud to have increased the profile of and interest in the regional meeting since taking over the lead roles, 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 gave 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 with discussions about future meetings (times, locations, etc.); updates from IPT UK and NICE Guidelines; discussions about the CPD budget available and ideas from members as to how this could best be used in the region-such as guest speakers; the IPT-A top up training (2 days) for those therapists working with adults but who also offer therapy to individuals between 16 and 18 years of age; the potential for hosting a North West Conference to include workshops and seminars.
- We had a guest speaker, Marie Wardle from West Midlands and East IPT training Centre, delivering a very interesting presentation on IPT and addictions, generating a lot of thoughts and discussions.
- Finally, we are now issuing 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 and Kathryn have continued to meet separately to think about and prepare for the next meeting in March 2019 as well as opportunities and potential suitable guest speakers they would like to invite to the regional conference they hope to organise with the CPD funds available for later in 2019.

This concludes the North West Regional Update.

Best Wishes

Jane Taylor and Kathryn Denham

29/10/2018

South West:

Gloucestershire and Herefordshire

1. The SW Region has a monthly peer supervision group in Cheltenham the * third **FRIDAY** of the month 9.30am-11am at the address below, and a colleague from Herefordshire Carla join us regularly along with Zoe in IAPT, and Julia Fox-Clinch and colleagues in Eating Disorders Gloucestershire and Harjit from Wiltshire IAPT. Selena has retired from Psychological Therapies Oxfordshire, Kate Halliday in Salisbury, Wilts is in the Elderly team there and attends on occasion. The address is below, and the group is fluid and is open to anyone trained in IPT in the SW and bordering counties working in mental health services. Current senior members cover specialties including Working Age Adult, Children and Young People Services, Eating Disorders, IAPT Psychological Therapies and Primary Care. We meet face to face and via telephone link when required.
2. Julia Fox-Clinch is presenting at the 2 hour CPD event in London 2-4 pm, 9.11.18 **Trans diagnostic CBT-E (B) with IPT module and IPT**. She delivers IPT, IPT-A and IPT-G, and Trans diagnostic CBT-E (B) with IPT module where relevant.
3. We also have locally run 4 IPT-G groups in the Eating Disorders Service, for those experiencing binge eating (some also with depression). To be written up.
4. Clinicians who have attended the Ipt Supervisor's update or full Ipt supervisor course continue to supervise clinicians following the current IAPT IPT Guidelines. Julia currently fields IPT enquires and there is interest from Perinatal Care and CYPS . Their IPTUK training to be arranged. Julia externally rates/supervises clinicians working towards practitioner accreditation both Cyps, WAA ,(Iapt and non Iapt) and has had international interest pending. Julia a member of the IPT Training Committee.
5. There is a monthly supervisors conference call the third Thursday of the month 8.30-9am which keeps us in touch.

We are committed to continuing to support the development of IPT in the South West and bordering counties and attend the IPTUK national meetings held in London

Interested? Feel free to contact Julia Fox-Clinch, Specialist Clinician Eating Disorders (SROT HCPC Reg) and IPT Rep South West:

Email: Julia.Fox-Clinch@nhs.net

Tel: 01242 634242

Mobile: 07890 871260

Address: Eating Disorders Service, 2gether NHS Foundation Trust, The Brownhill Centre, 121 Swindon Road, Cheltenham GL51 9EZ.

Devon

Devon has commissioned two further IPT level A training course October 2018 and May 2019. We have increased the number of IPT Practitioners /Trainees from 2 to about 6 in Devon. The Southwest from about 8 to 20.

We also have someone Training to be a trainer.

2 trainees decided not to go through the accreditation process and 1 is halfway through.

We also have a therapist who completed the Moving from IPT to IPT-A in a family context course in London.

We hope to develop further CPD events for IPT Practitioners.

Hazel Maxwell-Payne UKCP Reg Psychotherapeutic Counsellor
Clinical Director Devon Primary Care Counselling Service

EMDR Accredited Uk & Ireland

IPTuk Accredited Practitioner and Supervisor
Tuesday to Thursday 9 am to 1pm

Wiltshire

One IAPT IPT trainee nearing completion of her training.

Kate Halliday is offering supervision this year to 2 IPT practitioners in Swindon.

Service unlikely to be able to support training any further IPT practitioners in 2019 but Kate will make the case!

Kate Halliday

Trainee Cognitive Behavioural Therapist

Accredited Interpersonal Therapy Practitioner & Supervisor

Heathwood, Fountain Way,

Salisbury SP2 7FD

The Wiltshire IAPT Service,

Lodge 3, Green Lane Hospital,

Marshall Road, Devizes, SN10 5DS

01380 731335

<https://iapt-wilts.awp.nhs.uk>

awp.wilts-iapt@nhs.net

Oxford Health

No news, past therapist has retired from the NHS and there may be others liaising with neighbouring counties?

Cornwall

Paula is working to six sessions at step 3 – She is the only IPT practitioner and have one full protocol IPT case at any time to maintain her skills/accreditation. She has no trainees. Frankie Van Beek and Paula May have an hour peer support via telephone which is very helpful.

BeMe

Lead for Counselling & IPT
Cornwall Foundation Trust NHS
Trevillis House
Lodge Hill
Liskeard
Cornwall PL14 4EN

Telephone: Office - 01579 373700 /Mobile - 07770 701 227

Gloucestershire IAPT

One clinician is away, another has just joined the service and will be delivering IPT. Clinicians usually have usually have 2 to 3 IPT patients and the remainders are CBT. Gloucestershire IAPT service, Let's Talk.

No trainee therapists or supervisees.

IPT therapists are able to attend a monthly peer supervision group here in Cheltenham, which is very helpful, educative and supportive.

Email: mary.galvin3@nhs.net

Mary Galvin & Zoe Hepburn
Psychological Therapists

Let's Talk (IAPT)
2gether NHS Foundation Trust
Cheltenham Tewks & N Cots
The Stanway Centre
123 Swindon Road

Somerset

Somerset Partnership NHS Foundation Trust has just sent twelve psychological practitioners on an IPT-A training course facilitated by Hazel Broom Associates and led by Dr Liz Robinson. Feedback was universally very good and the cohort is eager to start respective work soon. We

are currently resolving two issues, one related to ensuring trainees have sufficient time to devote to their training and the second to making available external raters for all trainees. In total, there are fourteen clinicians currently training to become IPT practitioners, plus one senior clinician and one supervisor – 16 therapists practising IPT.

Jon Lyon is in the process of applying for advanced practitioner/supervisor training, which is due to start in January 2019.

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

Wales Cwm Taf and Cardiff and Vale HBs

No news

Debbie and team are welcome to join the IPT Peer supervision group in Cheltenham in some form. We have not heard from them 2018. They may have made their own arrangements.

North East

IPT 16 session model:

- many services/individuals are providing this

IPT Brief (IPT B):

- Some services are delivering IPT-Brief in their areas.
- IPT B is delivered to East Midlands via telephone and skype.
- some services are looking to use IPT B

Shorter IPT Sessions:

- some services provide 10 sessions of IPT and need to request more sessions if needed

Therapy/supervision by Phone or Skype:

- Supervision via group and individual Skype
- therapy provided by Skype or phone
- IPT provided by Skype is about to be piloted in one service

IPT for PTSD:

- services/individuals have provided this model of therapy

IPT for eating disorders:

- services/individuals are providing this model of therapy

Use of Mood/activity tracking apps in IPT:

- this has been used successfully in some services, especially with younger patients

IPT as dedicated service in psychotherapy/secondary care:

- this service is being developed within one organisation

IPT for older people in secondary care:

- services/individuals are providing this model of therapy

Adapted-IPT Interpersonal Skills Group for patient with complex attachment & interpersonal trauma related difficulties:

It takes in the work from IPT - adolescent skills training, IPT for borderline personality disorder and IPT for PTSD and adapts it to work with and support improvement of the identified interpersonal functioning difficulties of this patient group.

The format is over 24 weeks - Each of 60-minute sessions

- Learning Group x1 weekly

Part 1 - 14 weeks comprising Intro to IPT, concepts in relationships and relational functioning, role of emotions, interpersonal circles, interpersonal communication skills & communication analysis

Part 2 - 10 weeks comprising intro to interpersonal target & goals areas with then specific work on the "transition to recovery" with 15 mins left each week for a group-based communication analysis brought by any member of the group.

- Practice group x 1 weekly – 60-minute sessions (this was added in the 3rd cycle of running at the lady's request)

Facilitators are now in the 3rd cycle of running the group with adaptations as they have moved along. They are hoping to complete a formal evaluation shortly and to manualise all the handouts / information used & created within the group for the patients shortly with prompts for facilitators.

Dr Mel Temple is going to be delivering talks on this in Scotland in March and York in May - hopefully with the evaluation and manual sorted by then!!

Dr Temple is on the NHSE Specialist Services CRG Group and has managed to get IPT accepted and listed as a psychological approach within specialist Personality Disorder service specification and provision. This will hopefully support the continued development and use of IPT within these services.

Please feel free to contact Dr Liz Robinson, Northeast regional representative should you require any more information provided here, or need to contact specific individuals regarding this.

Please see programme of events (2019) overleaf.

IPT NE Programme of Events (2019)

Date	Time	Presentation	Facilitator	Venue
January date tbc Not Friday or Weds	9-10.30am	Making the most of tools in IPT; sharing ideas.	Karen Howe and Doug James	DURHAM Craglea Villa (ground floor), Lanchester Road Hospital, Co Durham, DH1 5RD
Wednesday 6 th March	3 - 4.30pm	IPT Brief	Mark Jackman	Shiremoor resource centre
Thursday 2 nd May	3.-4.30pm	“IPT-Plus” – IPT Plus psychosexual counselling for women with sexual pain disorders	Liz Robinson	Hartlepool MIND Crown Buildings Tees Street Hartlepool TS24 8HB <i>Free parking for 3 hours at Morrisons</i>
Friday 5 th July	3 -4.30pm	“IPT-Plus” – IPT Plus Mindfulness	Heather Field and Naomi Friel	DURHAM Craglea Villa (ground floor), Lanchester Road Hospital, Co Durham, DH1 5RD
Wednesday 4 th September	12 -1.30pm	Exploring the use of Transactional Analysis concepts in IPT treatment; how this aids clients further understanding of self	Denise Hopkins	Dunston Health Centre (Community Wing); Dunston Bank, Dunston, Gateshead NE11 9PY
Monday 4 th November	9-10.30am	IPT A	Catherine Edmunds	Hartlepool MIND Crown Buildings Tees Street Hartlepool TS24 8HB <i>Free parking for 3 hours at Morrisons</i>

West Midlands

IPT Training update for the period May to November 2018:

Practitioner level B - completed by 8 trainees

Advanced Practitioner level C - completed by 3 trainees

Supervisor level D - completed by 1 trainee

IAPT IPT Practitioner training course, Stafford commenced on 24th September 2018. 16 students attended and completed Level A. 15 students will progress on to Level B.

IAPT IPT Practitioner training course, Leicester commenced on 15th October 2018. 19 students attended and completed Level A. This included one student whose place was funded by Lancashire Care NHS Foundation Trust. 17 students will progress on to Level B.

Educational Network Meetings

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 2018 - Topic: Working with addictions. This was held at St Georges Hospital, Stafford and was attended by 13 clinicians.

September 2018 - Topic: Working with addictions. This was held at Cheshire and Wirral Partnership Foundation Trust in Bolton and was attended by 28 clinicians.

These Educational Network meetings in Stafford continue to be well supported and all are welcome to attend.

Additional Training Events

June 2018 - Introduction to IPT Training held at Coventry and Warwickshire NHS Foundation Trust, IAPT Service offices. The C & W IAPT Service want to develop IPT and this training event was for clinicians working in IAPT who want CPD training and also to help them consider applying for autumn 2018 Practitioner Training courses. It was attended by 26 clinicians.

Our 2018/19 Programme lists all of our training events for this year and those already planned for 2019 (overleaf).

IPT West Midlands Training Events Programme

The courses are held in the Training Centre at St Georges Hospital, Midlands Partnership NHS Foundation Trust Headquarters in Stafford. External courses held outside Stafford are stated and marked in **red**.

For more information about these training events, please contact our Programme Administrator, Liz Jones at ipt.westmidlands@nhs.net

Type of Course/Event	Course dates	Course times
Level C Advanced/Supervisor Training Day 1	3 January 2018	9.00 – 1.00
Level C Advanced/Supervisor Training Days 2 & 3 (can be attended as a practitioner refresher training)	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
Level B Practitioner Accreditation Top-up training	10 April	9.30 – 1.00
Educational Network Meeting Topic: Interpersonal Psychotherapy in the context of systemic family therapy	10 April	2.00 - 4.30
Level D Supervisor Training Day 5	30 April	9.30 – 4.30
Level D Supervisor Training Day 6	4 June	9.30 – 4.30
Introduction to IPT Training Coventry and Warwickshire NHS Foundation Trust IAPT Service, Coventry	6 June	12.00 – 4.30
Level D Supervisor Training Follow up ½ day	5 September	9.00 – 1.00

Educational Network Meeting Topic: Working with addictions	5 September	2.00 - 4.30
IPT Educational Network Meeting - Working with Addictions Cheshire and Wirral Partnership Foundation Trust, Bolton	6 September	1.00 - 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 Days 1 to 4 Leicester	15, 16, 17 & 18 October	9:00 - 4:30
Level A Practitioner Training Days 5 & 6 Leicester	29 & 30 October	9:00 - 4:30
Level A Practitioner Training Day 6 / follow up	12 November	9:00 - 4:30
Medically Unexplained Symptoms (Lincolnshire IAPT)	23 November	9:00 - 4:30
Level A IAPT Practitioner Training Follow up ½ day	3 December	9.00 – 1.00
Educational Network Meeting Topic: Working with the therapeutic relationship	3 December	2.00 - 4.30
Level C Advanced/Supervisor Training Day 1	14 January	9.30 – 1.00
Working with the older adults (Lincolnshire IAPT)	17 January	9:00 - 4:30
Level C Advanced/Supervisor Training Days 2 & 3 (can be attended as a 2 day Practitioner Refresher at a cost of £250)	11 & 12 February	9:30 - 4:30
Level C Advanced/Supervisor Training Day 4	19 March	9:30 - 4:30
Level D Supervisor Training Day 5	23 April	9:30 - 4:30
Level D Supervisor Training Day 6	28 May	9:30 - 4:30

Level D Supervisor Training Follow up ½ day	2 Sept	9:30 – 12:30
Educational Network Meeting Topic: tbc	2 Sept	2.00 - 4.30
Level A Practitioner Training Days 1 to 4	21, 22, 23 & 24 October	9:00 - 4:30
Level A Practitioner Training Days 5 & 6	30 & 31 October	9:00 - 4:30
Level A Practitioner Training Follow up ½ day	5 December	9:30 – 1:00
Educational Network Meeting Topic: tbc	5 December	2.00 - 4.30

Scotland

Transition to IPT UK

Although IPT Scotland is no longer operating as an accrediting body it seems that the numbers of IPT Scotland members who have joined IPT UK are small. We will continue to encourage joining and are currently focusing on contacting supervisors to ensure they are accredited.

IPT Scotland Network Event

On 11 October IPT Scotland held a network event hosted by the University of Edinburgh. The sold-out event was attended by 96 delegates. Ten of Scotland's 14 health boards were represented as were a number of English regions. The event included sessions by Dr Roslyn Law on "Making IPT a Truly Formulation Based Intervention" and "The Prospect Model" lead by Dr Patricia Graham and Linda Irvine Fitzpatrick. Feedback from the event was extremely positive.

Training courses

Over the course of September and October, the University of Edinburgh delivered (or began to deliver) levels A, B, C and D. Level B and C courses involve ongoing supervision and further teaching days in January.

Working with NHS Education Scotland (NES)

Following a meeting with colleagues in NES, IPT Scotland committee members worked in partnership with them to develop a questionnaire to gather detailed information on IPT training and supervision needs across Scotland. This has been distributed via the IPT Scotland network. The hope is that data gathered will be used to inform a national training and supervision strategy with NES supporting the delivery of IPT through future funding.

Future Events

We have set dates for two IPT Scotland network events in 2019. The first is an event for accredited supervisors on 21 February. The aim of this is to support supervisors to feel confident in the transition between IPT Scotland and IPT UK paperwork and to provide the opportunity for group discussion and peer learning. The second is an event open to the whole network on 25 April. Dr Melanie Temple, Consultant Psychiatrist has confirmed that she will deliver a session on using IPT Groups to work with complex clients. The programme for the rest of the day is being considered.

London

Due to late confirmation of IAPT funding we ran a small course in June 2018, with 9 attendees. What we lost in numbers we gained in international appeal with participants from Saudi Arabia and Singapore, one of whom even travelled back to London for the 6th day on implementation.

October was an especially busy month for training and we ran a practitioner course for 17 participants, with 15 attending with full IAPT funding, the Mentalization skills in IPT course was run again by Peter Fonagy and Roslyn Law and the transition course for IPT practitioners moving from working with adults to working with young people was delivered by Roslyn Law and a young champion volunteer at the Anna Freud National Centre for Children and Families.

Roslyn also delivered the Mentalization skills in IPT course to a group of very experienced clinicians in Amsterdam in September and has been invited to repeat the training elsewhere in The Netherlands next year and to take it to Aruba, where one of the attendees is based.

Funding was confirmed for CYP IAPT training in London in 2019. There will be 12 recruit to train IPT-A trainees and recruitment is taking place across the 15 participating partnerships now. To ensure that the CYP IAPT principles are firmly in place every partnership will also send a manager on the CYP IAPT manager's course and guarantee each new post for at least two years post training. This group will include our own Bob Pritchard who is going for a hattrick of practitioner supervisor and now manager's training in CYP IAPT.

South East

Regional meeting

An IPT South East meeting took place on 4.9.18 at the University of Surrey. There was a CPD presentation from member regarding experiences of working with IPT with clients with a personality disorder label. The meeting was well attended.

Staff changes

Dr Katrina Wynne has left her post in IPT training at the University of Surrey and now has a post at the Tavistock Centre.

Training events

A Level A training took place at the University of Surrey 8-12th October 2018

Norfolk and Suffolk

Training update:

Tamara Scully: completed advanced practice in supervision training and is near completion for CYP IAPT (IPT-A) supervision course

Carol Mathers submitted accreditation portfolio to become IPT practitioner

Sophie Kennish has completed Leicester training in October (IPT West Midlands course) with Marie Wardle and she started her supervised casework

Network meeting took place on 29th September 2018 at Julian Hospital, Norwich

Present: Viktoria Cestaro (chairing the meeting), Tamara Scully, Conrad Barnard, Julia Weatherly, Jayne Cooper, Louella McCarthy, Liz Cutting, Jo Curry, Jill Clarke, Sue Staff, Carol Mathers, Shaun Kemp

We started the session with the updates:

Jayne has moved from her most recent job and is now offering IPT within the social care setting

Louella feels the team does not have a good understanding of IPT and therefore not enough appropriate referrals, resulting in service users that are not appropriate for IPT, being placed on the waiting list. She would like to know more about IPC

Liz's role is Consultancy to team members and establishing route with team members to appropriate referrals to IPT

Sue deals with the Children and Young People's Service (Walkers Close). She is very busy (caseload 60% IPT). Sue has lots of conversations prior to referrals so referrals are generally appropriate. A regular practice of sending an email directly to Sue is in place prior to the case being placed on the IPT list

Jo talked about the colleagues need more information regarding IPT and the possibility was discussed for Jo to do a presentation and to attend the referrals meeting.

Jill feels IPT needs more promotion in the team, and her manager has agreed to support further training in IPT, (PTSD and FB-IPT).

Carol is now in a management position. Carol has recently submitted her accreditation portfolio for her registration as IPT therapist

Viktoria is an Associate Clinical Tutor at the Anna Freud Centre on PG Diploma in CYP IAPT therapy. (IPT-A) for depression.

She has started to use IPT to treat PTSD with adolescents and she liaised with John Markowitz and Laura Mufson.

The IPT-AST group in school has been completed and presented today, a report is being written up and will be circulated.

The group was also updated about IPC, what is happening locally as well updated about the latest research project proposal for IPC. Pilot has now been published, reference below:

Wilkinson, P.O; Cestaro V. & Pinchen I. (2018) Pilot mixed –methods evaluation of interpersonal counselling for young people with depressive symptoms in non- specialist services. Evidence based mental health, 21(4)

Jules mostly works with dementia cases, and she talked about new guidelines for IPT-CI not in any longer. (IPT – no longer recommended for Patients with Dementia). Jules feels unclear about the intent. Jules talked about difficulties with lack of strategic direction or support from the managers about IPT. We brainstormed some ideas for change.

Tamara is currently half way through the supervision in IPT-A training and almost finished the CYP-IAPT course. She works in Viktoria's team and on IPT for PTSD with Viktoria.

The second half of the meeting was dedicated to the presentation from Viktoria about the theory and evidence base for IPT-AST as well as the experience and results from the pilot group run in Thurston College with Beth Mosley, Clinical psychologist.

Next meeting: 29 .11.2018 at 10am at Mariner House Ipswich

Liz Cutting has agreed to review paper; *Critical review of outcome research on IPT for anxiety disorders* and Sue Staff has agreed to present a case relevant to the paper presented

It was discussed that the group will alternate the meeting between Norwich, Ipswich and Bury St Edmunds every three months.

Northern Ireland

We have had two successful half-day meetings in Belfast, with colleagues coming from right across Northern Ireland. The sessions serve the purposes of providing CPD as well as enabling us to network and plan the continuing development of IPT in Northern Ireland.

At the May meeting, among other topics, Kevin Hasson and John O'Hare spoke about their experience in commencing supervision training. Once they complete this next year, N. Ireland will have four supervisors, which should finally lead to us to becoming self-sufficient for the provision of IPT training.

At our October meeting we discussed in detail two videos on communication analysis, and there was also a case presentation.

We welcomed Elizabeth O'Brien to our October meeting. Originally from Northern Ireland, Elizabeth trained as an IPT practitioner in Scotland and is now working in Dublin. She has linked up with IPT colleagues in the Republic, and we anticipate that she will help bridge the border in the post Brexit era!

Philip and Lorraine went to Edinburgh in September and met with Patricia Graham, Debra Bowyer and colleagues. Patricia described the full gamut of IPT options in the 'Prospect' model. A particular focus of the visit was IPT-AC (acute care), used for those who have presented to ED's. Management in the Belfast Trust is interested in trialling this in Northern Ireland. Watch this space!