

What is Interpersonal Psychotherapy (IPT)

IPT is a time limited, manualised treatment that has an established evidence base for the treatment of Depression and Eating Disorders for adolescents and adults, it is recognised in both recent NICE and SIGN guidelines for the treatment of Depression. It is also recommended in the 'The Matrix- A Guide to Delivering Evidenced-based Psychological Therapies in Scotland' for Social Anxiety, Depression and Eating Disorders.

IPT is a treatment that is highly acceptable to patients; there is no requirement for patient literacy to undertake the treatment. IPT is relatively straight forward to learn by practitioners who are already trained mental health practitioners with some experience of delivering psychological therapy.

IPT differs from other approaches in its strong focus on interpersonal case formulation and establishing a link between the clients presenting symptoms and the quality of the clients interpersonal relating in their social network. The treatment aims to help improve the quality of the clients relating and thus aims to provide longer term benefit in protecting against depression once the short term contact with the therapist has ended.

IPT provides a credible alternative treatment to CBT for clients. Manuals are available offering adaptations for adolescents, older adults, bipolar patients, dysthymic patients and working IPT in groups.

The Scottish IPT network and the Scottish IPT Training Committee works towards assisting experienced IPT practitioners close to attaining supervisor status, to move on to become level D supervisors so the IPT trained work force in Scotland continues to grow and develop.

The NES Funded IPT Supervision Initiative

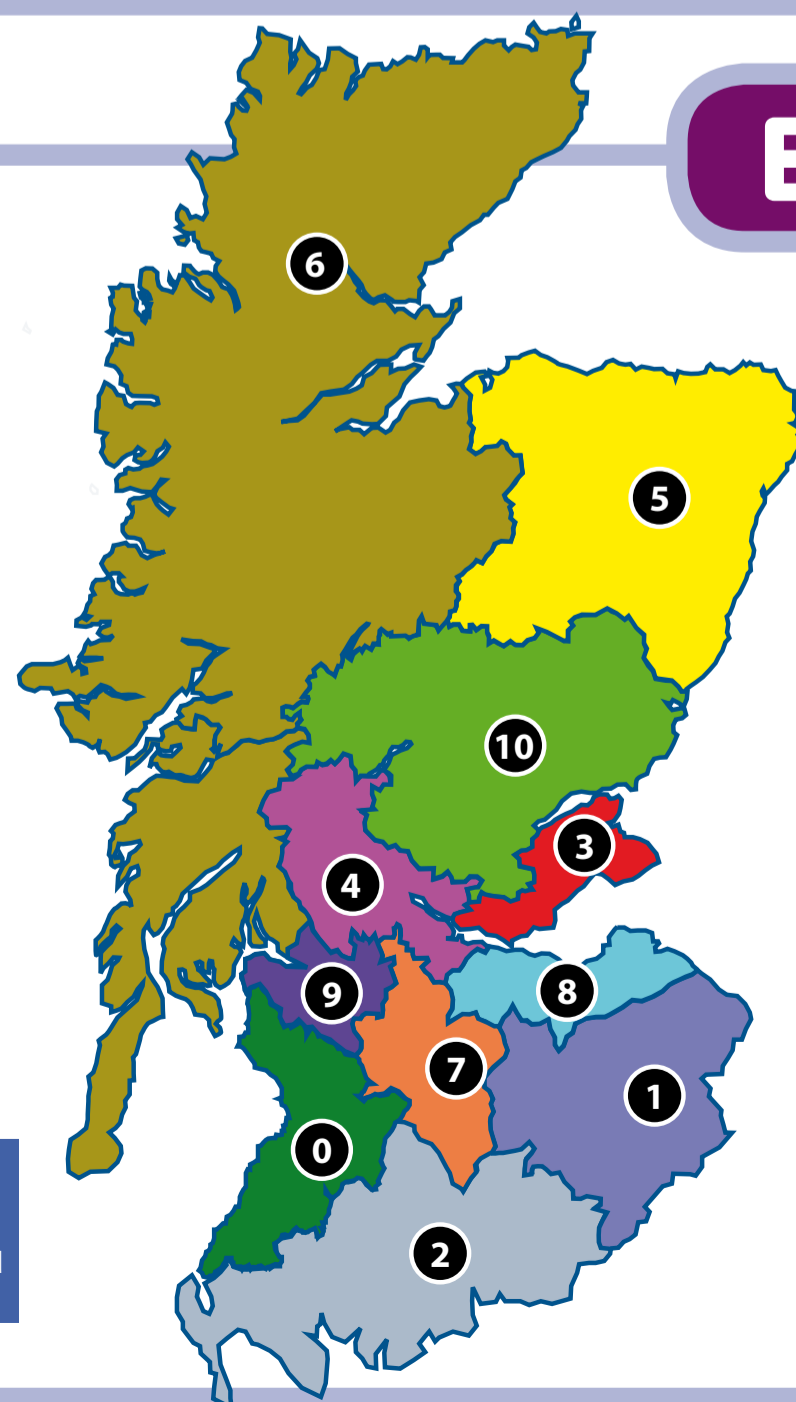
The main aim of this programme is to establish and increase the training and supervision resource for IPT across all Health Boards in Scotland. At present some areas have several practitioners and supervisors while others have little or none (see map).

The proposed work programme included the establishment of a database of all IPT-trained individuals in Scotland. This database includes information such as the level of training attained in IPT, experience in using the model, supervision obtained and supervision structures. There is also information available showing the type and severity of patient populations to which IPT has been applied by practitioners in the various Boards.

As part of this scoping process it has also been possible to identify those individuals who are in a position to move forward to supervisor status in the shortest time. The development of a protocol for exactly what is required to achieve supervisor status will be developed as well as a clear procedural pathway for potential candidates to pass along.

The group is also taking on board the current developments in relation to the IAPT initiative and the development of the Competency Framework for IPT which at least two members of the Scottish group are actively involved in developing. The longer term aim of this programme will be to have a minimum of two IPT supervisors identified and able to operate as recognised IPT supervisors for each of the Scottish NHS Health Boards as soon as possible (see map for progress obtained to date).

Expansion of IPT in Scotland



	Practitioners	Supervisors	Applications received for Supervisor Accreditation	Currently working towards Supervisor status
0 Ayrshire & Arran	7	1	0	5
1 Borders	1	0	0	Group Forming
2 Dumfries & Galloway	0	0	0	Group Forming
3 Fife	4	1	0	1
4 Forth Valley	1	0	0	0
5 Grampian	1	0	1	Group Forming
6 Highland	7	1	1	4
7 Lanarkshire	3	0	0	1
8 Lothian	17	4	4	12
8 Lothian CAMHS	5	0	0	5
9 Strathclyde	4	0	0	Group Forming
10 Tayside	2	0	0	1

IPT Scotland
Interpersonal Psychotherapy Scotland
Email: iptscotland@ed.ac.uk

Proposed Training Pathway for Scotland

This proposed pathway is subject to modification following the publication of the IPT Competency Framework due to be completed in summer 2010.

Who is suitable to train in IPT?

- Trained mental health practitioners with experience of working in the mental health field, some experience of working with depressed patients is essential.
- Suitable candidates can have a background in counselling, nursing, medicine, social work, occupational therapy or psychology.
- Experience of working with patients in a psychotherapeutic context is essential.

IPT training is an add on to basic training in treating patients in the mental health field. Ideally candidates will already have some experience of working in another modality such as CBT; person centred counselling or psychodynamic therapy. Access to IPT training and supervision is offered at the discretion of the recognised* supervisor or training group.

Practitioner level – basic training to use IPT

- 1 To attend a recognised * introductory training course in IPT. The course should be a minimum of 4 days training (min. 24 hours) as a combination of didactic teaching, role play and discussion. To read the IPT manual.
- 2 To complete two cases in supervision to a satisfactory standard with a recognised* IPT supervisor.
- 3 To submit a write up of these cases following a standard format including reflection on the process and outcome of the treatment and include feed back from the supervisor on recorded sessions reviewed.

Practitioner status can be awarded by a supervisor who has attained Level D training and had been approved by as a recognised supervisor by IPT-UK or the Scottish IPT Training Committee.

*Recognised by the IPT Scottish Network and Scottish IPT training Committee and or by IPT-UK.

Continuing Professional Development (CPD) for IPT Therapists.

- 1 To continue to carry a case load of IPT cases.
- 2 To attend a supervision group consisting of other IPT therapist trained to Practitioner level or above at least monthly. If a group is not available then supervision should be obtained by phone or on an individual basis. IPT therapists should be part of the IPT network and attend IPT training events, conferences and meetings of the network providing updates on IPT.

Advanced practitioner

- 1 To have completed a minimum of 6 cases in supervision with a recognised* supervisor (including two already completed for practitioner level).
- 2 All cases must be written up following the standard format and include feed back from the supervisor. The write up of the six cases with feedback from the supervisor must be submitted as a portfolio to the training group for approval.
- 3 At least two members of the IPT training group must approve the candidates work to be of adequate standard for Advanced Practitioner.

Supervisor

- 1 Must have achieved Advanced Practitioner Status outlined above.
- 2 Candidates must demonstrate that they have experience and competence to be a supervisor of psychological therapy. This competence can be demonstrated by some or all of the following:
 - Providing information on their experience of supervision of others in their own professional group or of other groups working in the mental health field.
 - Providing information on experience of supervising others in a psychological therapy other than IPT.
 - To have attended training in supervision of psychological therapy.
 - To undergo supervision of supervision of IPT with at least two cases with a recognised* IPT supervisor.

Trainer

- 1 Candidates must be a recognised supervisor in IPT as outlined above.
- 2 The outline for new courses and the teaching materials should be submitted to the training committee for approval. Approval must be granted by the Recognised* Training Committee It is recommended that the first time a course is run it is offered with some input from a trainer already experienced in providing IPT training who is recognised by the training group.

Both supervisors and trainers in IPT are expected to be part of Scottish IPT network and attend meetings and training events approximately twice a year. They are also encouraged to participate in the IPT-UK network, attend conferences and other training events offered by IPT- UK and the International Society for IPT (ISIPT)

*Recognised by the IPT Scottish Network and Scottish IPT training Committee and or by IPT-UK.

For information on IPT see www.iptedinburgh.org Or contact the IPT Scottish Network on iptscotland@ed.ac.uk

The IPT Scotland Training Committee currently includes the following members : Lorna Champion (NHS Lothian) Katherine Cheshire (NHS Fife) Patricia Graham (NHS Lothian), Mick Power (University of Edinburgh, School of Health) Liz Prince (NHS Highland) Matthias Schwannauer (University of Edinburgh School of Health).