



Anna Freud

## IPT Practitioner and Perinatal Training Frequently Asked Questions

### Application Process

**Can PWPs, EMHPs or CWPs apply?**

No, PWP, EMHP and CWP are not eligible to apply for IPT/IPT-A Practitioner or Perinatal IPT Practitioner 6 day courses.

**My supervisor is not an accredited IPT supervisor, can they provide a reference in the supervisor section on my application form?**

Yes.

**I am not accredited with BABCP or BACP, can I still apply?**

Accreditation with a professional body is a prerequisite of receiving NHS Talking Therapies funding to attend this training.

Applicants who are currently members of BABCP or BACP and who anticipate completing accreditation within twelve months of the IPT training dates can apply to attend.

Applicants must hold BABCP or BACP accreditation to be eligible for IPT UK accreditation at the end of training.

For clinical psychologists HCPC registration is sufficient.

## **I work for less than the required 0.6 WTE (21 hours), can I still apply?**

For NHSE funded places, applicants must work a minimum of 0.6 WTE delivering HI therapy within a commissioned NHS Talking Therapies service or NHS perinatal service.

For self-funded places, applicants wishing to progress to supervised casework following the training days must work a minimum of 0.6 WTE delivering psychological therapy within a service or private practice for adults or young people with mental health difficulties.

Self-funded trainees can elect to complete supervised casework for IPTUK accreditation over more than one year and are advised to discuss this with the course director and IPT supervisor to confirm a personalised contract which accommodates part time employment. This could include applicants working less than 0.6WTE but must be approved in advance of attending the course.

We have had extensive feedback from trainees that they cannot compete the training without the required protected time in place. Some trainees have extended their working hours for the duration of the training to accommodate the demands.

Applicants offering to work additional hours in the applicant's personal time has not proven reliable and has resulted in a higher number of part time trainees dropping out of the course. This is not an acceptable alternative to protected time for NHSE funded places.

## **I do not have 2 years post qualification experience of providing psychological therapy, can I still apply?**

Applicants who have completed full time professional training in which talking therapy practice was a major component are credited with one year of this training. Completing a two years full-time talking therapy training is the minimum required to be eligible for this credit of one year. An additional year of post qualification practice is then required to consolidate skills before attending IPT training.

## **How long should I allow between finishing a funded training and starting this training?**

NHSE funding for IPT training is not currently subject to the 2 year delay between NHSE funded courses.

We recommend allowing at least one year between attending talking therapy trainings. Feedback from other trainees has highlighted that when a trainee moves

from one training straight onto another there is a lack of consolidation which can make the learning process difficult.

## **Training Days**

**I have an NHSE funded place but only want to attend the training and not undertake supervision, is this ok?**

No, if you have an NHSE funded place then working towards IPT accreditation is a mandatory part of the funded place.

**I cannot attend all the training days, is this ok?**

No, it is mandatory that you attend all training days. If you know you will not be able to attend some of the days or some parts of the days, please apply for alternative training dates when you will be able to attend all training days.

**Can I begin with IPT casework before the training begins?**

No, all casework should be delayed until after the teaching days and cases must be discussed and approved in supervision before beginning.

## **Supervision**

**When will I be able to start IPT casework?**

The earliest trainees will start casework is a month after the start of supervision and they should not anticipate this starting any sooner.

**Why do I need to allow 8 hours of protected time during the IPT training period?**

Applicants must confirm arrangements for 8 hours/week of protected time during the training days and for the 12 months following teaching with their line manager. This is to ensure they can complete the training days, supervision and casework adequately. This a conservative, minimum estimate of the time required to complete IPT practitioner training.

Please note that all casework must be completed in the funded service, which is the recipient of a NHSE funded place. No casework conducted in private practice

can be used in NHSE funded training. Preparatory work can be completed in personal time.

Please be aware the 8 hours protected time will require at least 2 blocks across the week rather than just a single day.

**There are no IPT Supervisors in my service, can Anna Freud allocate me a supervisor?**

Yes, we can allocate you a supervisor. You will be asked to provide us with a selection of dates and times you are available to attend weekly, one hour supervision sessions for the duration of training. We will then match you with a supervisor and send you the details. Please note if only one time is provided this is likely to delay allocation and will in most cases result in more options being requested.

**If I am not expected to complete my IPT accreditation within 16 months in my service do I need to apply for an extension?**

IPTUK allows trainees up three years following training to complete the casework required for accreditation.

If a trainee requires more than 3 years to complete the casework for IPTUK accreditation an extension request should be submitted to the Training Committee at IPT UK for review after three years has elapsed post training. The extension request form can be found on the homepage of the IPTUK website (<https://www.iptuk.net/>).

NHSE provides selected NHS Talking Therapies trainees with funding for 16 months or 40 sessions of supervision post training, whichever comes first. If the casework required for accreditation is not completed within 16 months or 40 sessions, then additional funding is required. This funding is requested from NHSE, if the trainee has an NHSE funded place, please email [ipt@annafreud.org](mailto:ipt@annafreud.org) for the forms. An extension request from IPTUK is not required at this stage.

Extension requests to IPT UK relate only to completion of casework and not to funding.

**I have an NHSE funded place and I need to take a break from casework, how is the funding impacted by this?**

If you have an NHSE funded place, Anna Freud holds the fund to pay for training supervision. The expectation is that casework for accreditation will be completed in 16 months.

If there is a break in supervision during the NHSE funded period a pause in using the available funding can be requested. A break in training must be approved in writing by the trainee's manager and agreed with the IPT supervisor. Each request will be decided on a case by case basis. Where possible the funding not used during the pause will remain available for up to two years after the training dates e.g. if supervision is attended for 14 of the 16 months that were funded and a two month break was agreed in advance, two months of funding will remain available until 2 years the training dates. This should be confirmed in writing at the time of requesting a pause in training and should be agreed with Anna Freud, the primary supervisor and the external rater working with the trainee.

**I have an NHSE funded place and I will not complete my IPT accreditation within 16 months, how is the funding impacted by this?**

If all NHSE funding has been used and additional supervision is required to complete accreditation, an NHSE funding extension request can be made, please email [ipt@annafreud.org](mailto:ipt@annafreud.org) for the forms, or the trainee's service will be invoiced directly by the supervisor for the additional supervision required. This should be agreed in advance between the supervisor and the trainee's service as soon as the need for additional supervision is identified.

**I have taken a break and am now ready to resume, what do I need to do?**

Up to 2 years break in practice or delay in starting casework: You will be required to attend a refresher day before starting or resuming appropriately supervised casework. Resuming supervised casework will be subject to funding being confirmed.

Over two years delay in starting casework: You will be required to attend the 5 day practitioner course again.