



# IAPT Extension Programmes

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## Outline

- Brief recap: why & what of Extension Programmes
- Parameters & information gathering process
- Programme Information
- Recommendations
  
- HESW: Demand Process



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## Why Extension Programmes?: Tender Specification

- The extension programmes will further **develop a talking therapies workforce** trained to reflect the **needs of the local population** and one that is capable of offering an effective **choice of therapy**.



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## CEDAR Aims

To increase the access of individuals in distress to evidence-based therapies through delivering high-quality training of a resilient workforce able to respond to local & national priorities



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## Tender Specification

- The Extension Programmes will include:
  - The 4 NICE-approved non-CBT Modalities
  - Additional modalities: EMDR, Mindfulness
  - Supervision for Counselling
  - Education to support patients with specific needs: patients with LTCs or MUS (FS)



## HESW Steer

- Both Core IAPT and CPD programmes should reflect the current evidence-base
- Training should enable treatment of a standard compliant with NICE guidance
- Therefore follow full national curricula & accreditation standards where available





## Information Gathering

- Process:
  - Consulting NICE & Positive Practice guidance
  - Consulting with HESW
  - Consulting with National IAPT
  - Consulting with experts/trainers in the modalities
  - Consulting with Service Leads



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## Information Gathering

- Practicalities:
  - Structure
  - Cost
  - Viable Numbers
  - Availability



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## Information Gathering

- Priorities:
  - Evidence-base
  - Workforce that can access
  - Training Sustainability (local trainer expertise & accreditation & supervisors in region)
  - Service Delivery Sustainability (critical mass of practitioners and supervisors in region)\*
  - Local need\*

\* Will be informed by you in demand process



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## Depression Treatments

Training Modality	Structure	Availability	£ Value	Viable Numbers
Couple Therapy for Depression	5 taught days + 5 spvn sessions	Year One (Spring 2016)	High	12
Behavioural Couples Therapy	5 taught days + 12 spvn sessions	Year One (TBA)	Low-Medium	24
Interpersonal Therapy	6 taught days + 12 months weekly spvn	Year One (Late 2015 / Spring 2016)	Medium	6-8
Dynamic Interpersonal Therapy	5 taught days + 16 weeks spvn	Year Two (Autumn 2016)	Medium	TBC
Counselling for Depression (& Supervision)	5 taught days + 7 spvn sessions (2 days + 6 spvn)	Year one (Late 2015 / Early 2016)	Low-Medium	20

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## Depression Treatments Cont...

Training Modality	Workforce	Evidence Base (NICE)	Training Sustainability	Service Sustainability
Couple Therapy for Depression	All step 3	High	High	High?
Behavioural Couples Therapy	HITs only	High	Low-Medium	Medium?
Interpersonal Therapy	All step 3	High	Low-Medium	Low?
Dynamic Interpersonal Therapy	Psychodynamically trained	Low	High	Low?
Counselling for Depression (& Supervision)	Counsellors only	Low	Medium	Medium?

## Other Programmes

Training Modality	Structure	Availability	£ Value	Viable Numbers
Mindfulness (2 year option)	26 taught days + 8 hours spvn + 5-day retreat	Year One (Summer Term)	High	12
Mindfulness (4 day taster)	4 taught days	Year One (Summer Term)	High	10
Mindfulness Supervision	3 taught days	Year One (Summer Term)	High	10
EMDR	7 taught days	Year One (Summer Term)	High	20
LTCs & MUS (or FS)	5 / 7 taught days	Year One (Summer Term)	High	30

## Other Programmes Cont...

Training Modality	Workforce	Evidence Base (NICE)	Training Sustainability	Service Sustainability
Mindfulness (2 year option)	All IAPT practitioners	High	High	High?
Mindfulness (4 day taster)	All IAPT practitioners	Low	High	Low?
Mindfulness Supervision	Experienced Mindfulness Practitioners	-	High	High?
EMDR	All step 3 accredited practitioners	High	Low - Medium	Medium?
LTCs & MUS (or FS)	PWP & HITs	Medium - High	High	High?



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## National Priorities

- LTCs & MUS are high on the national agenda for improving access
- Longer-term follow-up of patients is being considered & MBCT useful for relapse prevention
- Nationally Counselling over-represented in IAPT services



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## Depression Recommendations

- Prioritise Couples Therapy for Depression & IPT
- DIT could be offered in Year Two if sufficient workforce demand
- CfD likely to have significant draw but consider offering counsellors training in IPT / Couples Therapy for Depression as maximises access to training & evidence-based therapy



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## Other Treatment Recommendations

- Prioritise all three of:
  - EMDR
  - Mindfulness 2 year Option + Supervisor Training
  - LTCs & MUS training
- All can be offered and offer wide access to evidence-based therapy that improves patient choice & access.



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## Further Thoughts & Recommendations

- From conversations with Services:
  - Supervisor / Trainer training for EMDR?
  - Supervisor Training for other modalities e.g. IPT, Couples Therapy for Depression & DIT?
- Linked questions: how do we work together to build up training & supervisor capacity in the region, owned by the region and sustainable in e.g. Counselling, EMDR & IPT



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## Questions???



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### Allied Health Professionals – Demand for Education 2016/2017

Programme	Duration (Years)	Indicative contribution towards salary support (per year)*	Number of Places Required	Comments
IAPT - High Intensity Practitioner	1			
IAPT - Psychological Wellbeing Practitioner (Low intensity)	0.75			
IAPT - Supervision				
Child & Adolescent Psychotherapist				
Dental Hygienists	2			
Dental Nurses	2			
Dental Technicians	3			
Dental Therapists	2			
Pharmacist pre-registration year (for 2017/18 intake)	1			
Pharmacy Technicians	2			

**\* Salary Support ££ will be added prior to circulation**



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## Discussion

- How would you like HESW and Exeter University to prioritise the allocation of extension programmes:
  - What shall we go out to demand for?
  - How should we prioritise demand across the whole workforce and the whole geography?



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