

# Continuing Professional Development for Counsellors in IAPT

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## Recommended therapies for Depression (NICE, 2011)

### **Persistent subthreshold depressive symptoms or mild depression to moderate depression:**

- an antidepressant (normally an SSRI) or
- a high-intensity psychological intervention, normally one of the following:
  - CBT
  - IPT
  - behavioural activation (but note that the evidence is less robust than for CBT or IPT)
  - behavioural couples therapy for people who have a regular partner and where the relationship may contribute to the development or maintenance of depression, or where involving the partner is considered to be of potential therapeutic benefit.

## For people who decline these options, consider:

- counselling for people with persistent subthreshold depressive symptoms or mild to moderate depression; offer 6–10 sessions over 8–12 weeks
- short-term psychodynamic psychotherapy for people with mild to moderate depression; offer 16–20 sessions over 4–6 months.
- For people with moderate or severe depression, combine antidepressants with a high-intensity psychological intervention (CBT or IPT).

# Therapies additional to CBT

- Behavioural Couples Counselling (BCC)
- Interpersonal Psychotherapy (IPT)
- Dynamic Interpersonal Therapy (DIT)
- Counselling for Depression (CfD)

High-Intensity 15-20 sessions. Based on Skills for Health competence frameworks. CPD taught programme followed by period of assessed, supervised practice.

# Behavioural Couples Counselling

Couple Therapy for Depression is an integrative, behaviourally-based 20-session couple therapy designed to treat depression in couples where there is also relationship distress. It aims to:

- reduce damaging interactions between couples,
- build emotional openness and closeness,
- improve communication and behaviour,
- change unhelpful cognitions and perceptions, and
- help the couple cope with the ordinary and not-so ordinary stresses that arise in the course of everyday relating.

# Foundation programme

**For non-couple therapists** who need to be trained in the basic couple therapy competencies, prior to attending the Couple Therapy for Depression accredited practitioner training.

**10 days taught input over 6 months** covering subjects such as:

- Knowledge and understanding of the basic principles of couple therapy
- Knowledge of sexual functioning in couples
- Depression and the couple relationship, including risk management
- Understanding and assessment of couple relationships
- Technique in couple therapy
- Practitioners then have to have their **own supervised practice** (not provided) with couples and submit a **case study for assessment** to become eligible for the Accredited Practitioner training.

# BCC IAPT Training

- For practitioners who already have an initial qualification in couple therapy or equivalent experience of treating couple relationships, together with two years' experience of working with couples with common mental health difficulties.
- Ideally, they should be in an IAPT Service, or be able to access their clinical work through an IAPT Service. Practitioners are required to successfully complete two cases under regular supervision from approved supervisors. Competencies are assessed via supervision and the review of recordings of sessions with couples.

# The course covers:

- Introduction to IAPT and depression
- Couples and risk
- The Couple Therapy for Depression Model
- The Therapeutic Relationship – engagement, balance and involvement
- The Couple Relationship: improving communication, behaviour, management of stress, and problem-solving
- The Couple Relationship: managing feelings and relapse prevention
- Video assessment



For more information:

[www.coupletherapyfordepression.org](http://www.coupletherapyfordepression.org)

# Interpersonal Psychotherapy

- IPT is time-limited and structured. Its central idea is that psychological symptoms, such as depressed mood, can be understood as a response to current difficulties in relationships that affect the quality of those relationships.
- Typically, IPT focuses on conflict with another person, life changes that affect how you feel about yourself and others, grief and loss, difficulty in starting or keeping relationships going.

# IPT training

**For qualified and experienced IAPT therapists working at steps 3+4**

- 6-day course (5 training days plus 1 follow up day), and an additional period of supervised clinical work with an IPTUK accredited supervisor, during which 4 cases must be satisfactorily completed
- Trainees submit a minimum of 3 recorded therapy sessions for evaluation per case. Trainees produce a reflective statement on each IPT case undertaken

For more info: <http://www.iptuk.net/>  
[roslyn.law@nhs.net](mailto:roslyn.law@nhs.net)

# Dynamic Interpersonal Therapy

- **DIT** is a brief (16 session) psychodynamic psychotherapy developed for the treatment of mood disorders. **DIT training is only open to therapists who have completed a psychodynamic psychotherapy or counselling training.** The course is accredited by The British Psychoanalytic Council.
- **IPT** is an acute and a maintenance therapy, delivered over as few as eight sessions in IPT-brief and up to three years in IPT- maintenance. It has psychodynamic origins but takes an explicitly biopsychosocial approach to the treatment of depression, and it is **NOT** a psychodynamic therapy.

# Entry requirements

- Qualified in psychodynamic/psychoanalytic counselling/psychotherapy
- Undertaken a minimum of one year of personal psychoanalytic/psychodynamic psychotherapy or counselling.
- Undertaken a minimum of 150 hours of supervised psychodynamic practice.
- HPC, BACP, BPC or UKCP registered

# Course components:

**Supervised practice:** two patients; weekly supervision; each patient seen for 16 sessions of weekly DIT; all therapy sessions will be audio or videotaped.

**Assessment:**

- For the first case, 3 tapes randomly selected and rated according to the DIT rating scale. For the second case, one tape will be selected for rating.
- Upon successful completion of the clinical casework the student will need to submit a 3000 word case study, which should evidence a capacity to integrate theory and practice through giving an account of work with one of the two training cases.

For more info: <http://www.d-i-t.org/about.php>

# Counselling for Depression

*CfD is a manualised form of psychological therapy as recommended by NICE (NICE, 2009) for the treatment of depression. It is based on a person-centred, experiential model and is particularly appropriate for people with persistent sub-threshold depressive symptoms or mild to moderate depression. Clinical trials have shown this type of counselling to be effective when 6-10 sessions are offered. However, it is recognised that in more complex cases which show benefit in the initial sessions, further improvement may be observed with additional sessions up to the maximum number suggested for other NICE recommended therapies such as CBT, that is, 20 sessions.*

# The therapeutic approach

The model targets the emotional problems underlying depression along with the intrapersonal processes, such as low self-esteem and excessive self-criticism, which often maintain depressed mood. The therapy aims to help patients contact underlying feelings, make sense of them and reflect on the new meanings which emerge. This, in turn, provides a basis for psychological and behavioural change.



## The Training: entry requirements

- A diploma in humanistic or person-centred counselling or psychotherapy
- Applicants must also be able to demonstrate that they have at least two years' post qualification experience of providing brief counselling to clients with common mental health problems, particularly depression.

# Course Components

- The training consists of a five-day taught programme, followed by a period of supervised clinical work, during which a minimum of 80 hours of practice must be completed.
- Submission of 4 recorded sessions assessed by use of the PCEPS scale

For more info:

<http://www.bacp.co.uk/research/CfD/>