

# **ISIPT accreditation standards.**

## **Level A – IPT Interest**

- Available for health care professionals who are interested in IPT. This will provide an overview in the form of an introductory training course lasting two days or more.
- Interest in IPT may be expressed by wider groups rather than just clinical staff working in mental health.

## **Level B – Basic Training as IPT Therapist**

- Trainees should have read the IPT manual and have attended a recognised training course of 2 - 4 days.
- Supervision is offered at the discretion of the supervisor.
- Supervisees should have previous clinical training with a good knowledge of mood disorders.
- The first case using IPT should be in the treatment of major depression and the second case should be depression, dysthymia, adolescent depression or bulimia/binge eating disorder.
- Each trainee should be supervised for a minimum of 2 cases on model. Supervision should be provided by a recognised IPT supervisor i.e. through ISIPT or UKIPTSIG.
- All sessions should be recorded (video/audio) & a minimum of 3 tapes from each case selected at random by the supervisor for formal review e.g. using the IPT Competency Scale (ref). A minimum of 12 out of 16 sessions per case will be supervised. Supervision can be individual or in group format, but each trainee should receive at least 4 hours supervision for each case. In group supervision, the trainee will have the opportunity to discuss their own case for 4 hours. The 2 cases should preferably be in 2 different focal areas.
- A satisfactory supervisors report should be provided when the above criteria are met e.g. 'x has attended an introductory course in IPT and has achieved a satisfactory standard in 2 supervised cases'

### **Level C – CPD for IPT Therapists**

- Therapists should carry an IPT caseload - at least 2 cases a year.
- IPT therapists should receive ongoing supervision, at least monthly. This may be individual, peer group or via the telephone.
- Therapists are recommended to attend conferences/courses re: IPT developments

### **Level D – Recommendations for becoming IPT Supervisor / Trainer**

- To have achieved a level A, B and to continue level C.
- To have a minimum of 10 supervised cases, preferably with 2 cases in each focal area. This supervision may be individual or group, and includes the 2-3 cases in level B.
- Supervisors would be required to be a member of a network of supervisors. It is proposed that regional groups be established and meet at least twice a year.
- Supervisors must attend an Introductory Supervisor's Workshop before providing supervision. It is proposed that such workshops will be run twice yearly by existing supervisors.
- It is recommended to attend conferences/course as in Level C
- Supervisors should be prepared to keep their IPT clinical and supervisory skills active by supervising at least 2 trainings per year and keeping Level C activity for clinical work.

For further details on accreditation standards contact:  
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