

# Improving Access to Psychological Therapies (IAPT) for Adults



### Our Target

To improve access to psychological therapies through training an additional 4,500 adult IAPT therapists between 2016 and 2021 (Stepping Forward) in line with the Five Year Forward View for Mental Health ambition to give an additional 1.5m adults access to IAPT services by 2021.



HEE has been working closely with the NHS Benchmarking Network to collect data on the size and shape of the adult IAPT workforce across the NHS and non-NHS sector.



- Providing training across the country for High Intensity and Psychological Wellbeing Practitioners therapies.
- Expansion of the adult IAPT training capacity across NHS regions.
- Providing Long Term Conditions Top-Up training, enabling adult IAPT therapists to work in different settings, in relation to supporting mental health conditions.



HEE have made other modality training opportunities for adult IAPT therapists to develop their skills in different areas:

- Counselling for Depression (CfD)
- Couples Therapy for Depression (CTfD)
- Behavioural Couples Therapy (BCT)
- Dynamic Interpersonal Therapy (extended curriculum) (DIT)
- Interpersonal Psychotherapy (IPT)
- Mindfulness Based Cognitive Therapy (MBCT)
- Trauma-focussed CBT (available from 2020/21)



Psychological therapies for people with severe mental health problems (PT-SMHP) are a key part of the new integrated community offer for adults. The following upskilling education and training opportunities have been made available to staff:

- Cognitive Behavioural Therapy for psychosis (CBTp)
- Dialectical Behaviour Therapy (DBT)
- Mentalization-Based Treatment (MBT)
- Structured Clinical Management (SCM)
- Family Intervention (FI)