The IPTF Framework in Practice: Facilitator Pack

THE TALKING THERAPIES UK FACILITATOR PACKS



The IPTF Framework in Practice: Facilitator Pack

Teaching the course to a group

A facilitator pack · 3 sessions · for trainers

TALKING THERAPIES UK

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First edition, 2026.

This pack accompanies the course “The IPTF Framework in Practice” on Talking Therapies UK Training & CPD and its course book. It is drawn from the course and is kept current with it: whenever the course changes, the pack is set again.

This printing was set on 27 October 2026 from the course as it stood that day.

A note on teaching from this pack. It supports qualified trainers and supervisors teaching within their competence. Running the course from it does not award the course’s CPD certificate, which participants gain by completing the course online.

Set in Poppins and Roboto, the Talking Therapies UK typefaces.

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How to use this pack

This pack is for trainers and supervisors who teach the Talking Therapies UK course “The IPTF Framework in Practice” to a group: a session for each of its 3 modules, with timed plans, the points to draw out, group activities and discussion questions, the course’s assessment with answers, an attendance register and an evaluation form.

Part 1 sets out the course and how to plan it. Part 2 has a timed plan for each session, built from the course’s own modules, lessons and practice tasks; read it with the module it teaches. Part 3 holds the course’s assessment with its answers, an attendance register and an evaluation form.

What this pack covers

- Plan the course as 3 sessions
- Follow a timed plan for each session
- Draw out each lesson’s key points
- Run each lesson’s practice task as a group activity
- Check understanding with the course’s own questions
- Keep a register and gather evaluations

PART 1

Planning the course

What the course covers, who it is for, and how to run it.

CHAPTER 1

About The IPTF Framework in Practice

This is the course in our library that teaches the practice's own clinical method: the Integrative Phase Treatment Framework, the staged model developed and used at Talking Therapies UK, which organises cognitive behavioural, psychodynamic, systemic and humanistic work into one coherent treatment logic rather than an improvised blend.

The first module teaches the framework itself: why phased treatment respects how change actually unfolds, what each phase is for, and how four modalities contribute distinct instruments to a single arc, stabilising and engaging before deepening, deepening before consolidating. You will then learn assessment and phase placement: reading where a client's difficulty and resources sit, and starting treatment where the client is rather than where the model begins. The second module runs the treatment: phase-appropriate technique selection, managing the transitions where treatments most often falter, and consolidation that makes gains survivable beyond the final session.

Substantial written lessons with key points and case-based practice tasks, supported by a study tutor familiar with the material. Ten hours of CPD with around nine months of access, a final assessment, and a personalised certificate on passing. Essential preparation for clinicians working within, or alongside, the practice's framework.

By the end of the course, participants will be able to

- Apply the IPTF stage by stage, from engagement and stabilisation through formulation-led change work
- Build integrative formulations that specify what is offered when, and why
- Blend cognitive-behavioural, relational and experiential methods without incoherence
- Use outcome and alliance feedback to steer the integration in real time
- Manage transitions between ways of working inside one therapy without losing the thread
- Articulate the IPTF rationale to clients, supervisors and colleagues clearly

Who it is for

The course is pitched at practitioners with a foundation in the subject who want to apply it with more confidence.

At a glance

- 3 sessions of about 195 minutes, one for each of the course's modules.
- The online course is accredited for 10 hours of CPD.
- Each participant needs the course book, or access to the online course, for reading between sessions.

CHAPTER 2

Planning the sessions

Run one session for each module, a week or a fortnight apart, so that participants can read the module and try its practice task between sessions. The sessions can also be run as a block over two or three days.

OVERVIEW

The course at a glance

Session	Module	Lessons	Time
1	Foundations and Phasing in the IPTF Framework	5	195 minutes
2	Case Formulation and Integrative Interventions	5	195 minutes
3	Managing Impasses, Alliance, and Termination	3	195 minutes

The group

- Six to sixteen participants: enough for small-group work, few enough for everyone to contribute.
- Agree ground rules at the first session: confidentiality, respect for different experience, and how participants will speak about their own clients (with nothing that could identify them).
- Ask before the course about access needs, and send any reading a week ahead.

What you need

- A copy of this pack, and the course book or the online course for each participant.
- A flipchart or whiteboard, and space for groups of three or four to work.
- Printed copies of the attendance register and the evaluation form in Part 3, which you may copy for the groups you run.

Keeping it safe

Training about psychological difficulties can bring up participants' own experience. Say at the start that anyone may step out, have someone available to talk to afterwards, and know where to point a participant who is struggling: their GP, their own supervisor or employee assistance programme, or Samaritans on 116 123.