Advanced IPTF: Personality-Organised Difficulty: Facilitator Pack

THE TALKING THERAPIES UK FACILITATOR PACKS



Advanced IPTF: Personality-Organised Difficulty: Facilitator Pack

Teaching the course to a group

A facilitator pack · 4 sessions · for trainers

TALKING THERAPIES UK

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First edition, 2026.

This pack accompanies the course “Advanced IPTF: Personality-Organised Difficulty” 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 “Advanced IPTF: Personality-Organised Difficulty” to a group: a session for each of its 4 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 4 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 Advanced IPTF: Personality-Organised Difficulty

Personality-organised difficulty is where integrative practice earns its keep or loses its nerve: presentations that predate any symptom, permeate every relationship, and arrive in therapy as they arrive everywhere else, through enactment. This course applies the Integrative Phase Treatment Framework at full stretch, for experienced practitioners taking on long-arc structural work.

The first module teaches assessment at depth: personality organisation assessed along severity dimensions rather than category labels, and formulation built with the framework's integrated model for a treatment measured in phases and years rather than sessions. The second module is treatment under fire: holding phase logic when rupture and enactment are the clinical material itself, using each modality's instruments at personality depth, and sustaining the long arc of structural change, including the therapist's own stamina, supervision and honesty about progress. Throughout, the framework's textbook grounding is worked with directly.

Extended written lessons with key points and supervision-level practice tasks, with a study tutor available throughout. Fourteen hours of CPD, around a year of access, a final assessment, and a personalised certificate on passing. The culmination of the practice's integrative curriculum.

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

- Apply the IPTF to personality-organised difficulty, where integration earns its keep
- Formulate personality structure, defences and relational patterns across modality languages
- Sequence long-term work: stabilising, understanding, recovering and implementing, revisited as needed
- Hold coherence under complexity: crises, comorbidity and systemic pressures
- Supervise and mentor others in disciplined integrative practice
- Contribute to the framework itself: evaluate, refine and document what works

Who it is for

The course is pitched at experienced practitioners working with complex presentations, who already use the approach in their practice.

At a glance

- 4 sessions of about 210 minutes, one for each of the course's modules.
- The online course is accredited for 14 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	Part 1: Assessing personality organisation	4	210 minutes
2	Part 2: From Integrated Formulation to Treatment Planning	4	210 minutes
3	Part 3: Phase work under enactment and rupture	4	210 minutes
4	Part 4: Attachment-Informed Interventions Within the IPTF	5	210 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.