The IPTF: Foundations: Facilitator Pack

THE TALKING THERAPIES UK FACILITATOR PACKS



The IPTF: Foundations: Facilitator Pack

Teaching the course to a group

A facilitator pack · 3 sessions · for trainers

TALKING THERAPIES UK

First edition · 2026

Published by Talking Therapies UK, talkingtherapies.co.uk.

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First edition, 2026.

This pack accompanies the course “The IPTF: Foundations” 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: Foundations” 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: Foundations

The Integrated Personality Treatment Framework Foundations course offers a concise, evidence-informed pathway for clinicians who want to move beyond eclectic practice and adopt a principled, dimensional approach to personality difficulties. Over three modules and nine lessons, the programme guides you from the rationale for integration through the theoretical architecture to a practical formulation method that can be used immediately in clinical work.

Module 1 sets the scene by examining the consequences of fragmented care for people with personality difficulties and showing what genuine integration must look like in practice. You will explore the problem the IPTF was created to solve, gain an overview of its three-stage pathway, and consider the essentials of integrated practice that protect both client and therapist from drift.

Module 2 presents the clinician's summary of the framework's foundations, drawing together the evidence-based traditions that underpin it. Lessons cover the model in brief, a dimensional reframing of personality disorder consistent with ICD-11, and the therapeutic relationship positioned as the primary vehicle of change.

Module 3 translates theory into assessment and formulation, moving from ICD-11 dimensional assessment to the IPTF Formulation Worksheet. You will learn to bridge dimensional data with the worksheet, formulate a straightforward case in IPTF terms, explain the framework to clients in plain language, and recognise when a case exceeds the framework's or your current reach. Completion awards six verifiable CPD hours, a downloadable course workbook, an AI tutor embedded in every lesson, and a final quiz of five questions with a 70 % pass mark, leading to a certified record of achievement.

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

- Describe the IPTF's architecture and the problem it solves: principled integration instead of eclectic drift
- Explain each stage of the pathway and its clinical purpose
- Locate the major modalities within the framework and what each contributes
- Formulate a straightforward case in IPTF terms from intake material
- Explain the framework to a client in plain language that supports informed consent
- Recognise when a case exceeds the framework's, or your own, current reach

Who it is for

The course is pitched at practitioners and trainees meeting the subject for the first time, and colleagues in allied roles who want a grounding in it.

At a glance

- 3 sessions of about 120 minutes, one for each of the course's modules.
- The online course is accredited for 6 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	Why an integrated framework	3	120 minutes
2	The theoretical model	3	120 minutes
3	Assessment and formulation	3	120 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.