The IPTF in Practice: Stages One and Two: Facilitator Pack

THE TALKING THERAPIES UK FACILITATOR PACKS



The IPTF in Practice: Stages One and Two: 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 in Practice: Stages One and Two” 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.

Contents

How to use this pack 1

Part 1 Planning the course 3

1. About The IPTF in Practice: Stages One and Two 4
2. Planning the sessions 5

How to use this pack

This pack is for trainers and supervisors who teach the Talking Therapies UK course “The IPTF in Practice: Stages One and Two” 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 in Practice: Stages One and Two

The second course in the IPTF pathway turns the framework's first two stages into practice you can run this week. Stage One is taught as a working machine: the target hierarchy that puts life-threatening behaviour first, chain analysis as the stage's workhorse, the four-module skills curriculum spanning mindfulness, distress tolerance, emotion regulation and interpersonal effectiveness, the individual session structure that applies it, and the crisis pathway, a rehearsed, stepped safety plan with disciplined between-session contact. You will learn the stage-gate criteria that make progression a judgement against evidence rather than a feeling. Stage Two is then taught phase by phase: the collaborative history that locates what the person learned and where, schema and mode mapping in the person's own words, and the processing and restructuring work, imagery rescripting, chair work, behavioural experiments and the deliberate use of the therapeutic relationship, that revises old conclusions and consolidates new responses. Eleven detailed lessons include worked session fragments, single-practitioner adaptations for smaller services, and written exercises that build your own stage plans and maintenance-loop maps. For clinicians who hold, or intend to hold, personality disorder caseloads, this course is where the IPTF stops being a model you understand and becomes a treatment you deliver.

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

- Conduct stage-one work: engagement, stabilisation, risk containment and shared goals
- Build the stage-two formulation: pattern, origins, maintenance and the change plan it implies
- Select and justify modality methods for each formulation element
- Track stage progress and recognise genuine readiness to move on, versus flight into health
- Revisit earlier stages deliberately when destabilisation or new material requires it
- Document IPTF work so that another practitioner could pick up the thread

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 Crisis Management	4	195 minutes
2	Therapeutic Alliance and Assessment in Stabilisation	4	195 minutes
3	Advanced Cognitive Mapping and Schema Work	5	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.