Advanced IPTF: Recovery, Adaptation and Implementation: Facilitator Pack

THE TALKING THERAPIES UK FACILITATOR PACKS



Advanced IPTF: Recovery, Adaptation and Implementation: 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: Recovery, Adaptation and Implementation” 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.

Revision 2. This printing was set on 10 November 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: Recovery, Adaptation and Implementation” 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: Recovery, Adaptation and Implementation

This advanced course completes the Integrative Psychotherapy Framework (IPTF) pathway, designed for experienced practitioners and service leads seeking to master the nuances of Stage Three, specialist adaptations, and service implementation. You will engage in a comprehensive exploration of functional recovery and identity, learning how to facilitate a life reclaimed through the restoration of vocation, meaningful relationships, and a coherent sense of self. The curriculum also addresses the critical skill of ending treatment well, ensuring clients are equipped with robust relapse prevention strategies and the ability to navigate booster sessions and planned discharge with confidence.

Moving beyond the core model, you will acquire the expertise to flex the framework with fidelity across diverse and complex settings. This includes navigating the specific demands of forensic environments and the Offender Personality Disorder pathway, as well as tailoring interventions for neurodivergent populations and those with ADHD. You will also examine the application of IPTF in primary care and stepped care models, alongside developmental adaptations for adolescents and young adults. Finally, the course provides a strategic overview of implementation, guiding you through the transition from manual to service. You will develop competence through structured training and supervision, learn to monitor fidelity and outcomes, and engage with the ongoing research agenda to ensure your practice remains evidence-based and effective.

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

- Lead stage-three recovery and adaptation work across modalities with complex presentations
- Run stage-four implementation: consolidation, relapse planning and endings that hold
- Adapt the pathway for personality-organised difficulty and chronic relational trauma
- Manage long treatments' arcs: plateaus, regressions and renegotiated goals
- Embed the framework in a service: supervision, audit and fidelity without rigidity
- Evaluate outcomes across an IPTF caseload and feed the learning back into practice

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: Aims, delivery and the community interface	5	210 minutes
2	Part 2: The Therapeutic Ending as a Consolidation of Ident	5	210 minutes
3	Part 3: The Interface with Pharmacotherapy and Medical Man	5	210 minutes
4	Part 4: The Tension Between Fidelity and Responsiveness: A	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.