# Surrey-Sussex IPT Centre

## IPT Progress Report

**To be completed by the Supervisor in discussion with the IPT Trainee**

**Name of Therapist:** **Date**:

**Supervisor:** **Supervisor Signature**

| Generic Therapeutic Competencies (G) | Pass/ Borderline/ Fail/ Not Attempted. | Comment & Actions |
|---|---|---|
| G1 Knowledge and understanding of mental health problems | | |
| G2 Ability to undertake a structured generic assessment | | |
| G3 Knowledge of, and ability to operate within, professional and ethical guidelines | | |
| G4 Ability to use supervision | | |
| G5 Ability to contain and manage strong feelings aroused by the client in the therapist | | |
| G6 Ability to engage the client in order to establish a working alliance | | |
| G7 Ability to maintain rapport and confidence/ trust throughout therapy | | |
| G8 Ability to grasp the client's perspective and 'world view' | | |
| G9 Sensitivity to client communication including non-verbal communication | | |
| G10 Ability to manage the emotional content of the session | | |

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|---|---|---|
| G11 Ability to facilitate the naming and expression of a range of emotions | | |
| G12 Ability to facilitate the client's acceptance of a range of emotions | | |

| **Basic IPT Competencies (B)** | **Pass/ Borderline/ Fail/ Not Attempted.** | **Comment & Actions** |
|---|---|---|
| B1 Knowledge of theory, basic principles, rationale and strategies of IPT | | |
| B2 Ability to explain IPT in a manner that the client can engage with | | |
| B3 Ability to undertake a structured IPT assessment (symptoms, Interpersonal Inventory, time line) | | |
| B4 Ability to maintain a focus on the interpersonal context of the symptoms | | |
| B5 Ability to use clinical judgement to assess risk appropriately | | |
| B6 Ability to reframe the client's presenting problems as an illness and discuss the client's reaction to the diagnosis | | |
| B7 Ability to formulate the client's difficulty within the IPT model; link it with symptom onset and present this to the client. | | |
| B8 Ability to collaboratively identify with the client an interpersonal problem area that provides the focus for the middle sessions | | |
| B9 Ability to set goals appropriate to the focal area | | |
| B10 Ability to maintain a systematic focus on an IPT interpersonal problem area/s | | |
| B11 Ability to facilitate the client in getting their needs met | | |
| B12 Ability to encourage interpersonal change between sessions | | |
| B13 Ability to reformulate within the IPT model; present it to the client and manage the | | |

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|---|---|---|
| change or addition of an alternative focal area | | |
| B14 Ability to identify and explore difficulties in communication | | |
| B15 Ability to engage the client in preparing for the ending | | |

| **Focal Area Specific Competencies (F)** | **Pass/ Borderline/ Fail/ Not Attempted.** | **Comment & Actions** |
|---|---|---|
| F1 Role Transition | | |
| F2 Interpersonal Disputes | | |
| F3 Complicated Grief | | |
| F4 Sensitivities | | |
| **Specific IPT Techniques (S)** | | |
| S1 Directive techniques | | |
| S2 Role Playing | | |
| S3 Decision Analysis | | |
| S4 Clarification | | |
| S5 Exploratory Techniques | | |
| S6 Communication Analysis | | |
| S7 Use of the Therapeutic Relationship | | |
| **Presentation of Clinical Material (P)** | | |
| P1 Ability to present clinical material in a coherent manner in supervision | | |
| P2 Ability to present clinical material in a written Case Report | | |

| Generic Metacompetencies (GM) and IPT Specific Metacompetencies (SM) | Pass/ Borderline/ Fail/ Not Attempted. | Actions |
|---|---|---|
| GM1 Ability to use clinical judgement when implementing IPT treatment model | | |
| GM2 Ability to adapt interventions in response to client feedback | | |
| SM1 Ability to adapt the core IPT strategies to the client's individual needs and the time available | | |
| SM2 Ability to balance being focussed and maintaining the therapeutic alliance | | |
| SM3 Ability to establish an appropriate balance between therapist activity and non-directive exploration. | | |
| SM4 Ability to maintain an appropriate balance between attention to process issues and addressing the focal area. | | |
| SM5 Ability to independently assess suitability for IPT intervention | | |
| SM6 Has developed the capacity for self-supervision | | |

Recommendation re continuing training towards supervisor status (please indicate):

- Can continue, no learning specific requirements (though see Actions above)
- Can continue, but the following learning needs* and associated actions** must be addressed before trainee can be recommended to the Training Committee for supervisor training
- Cannot continue at this stage. The following learning needs*/ actions** must be met before progression to supervisor status is considered again.

*Learning Needs to be Addressed:

**Actions to Address Learning Needs

Date by which learning needs and associated actions must be completed: