Health and social care professionals are invited to learn more about talking therapies and their increased use in treating common mental health problems such as depression and anxiety.

The NHS implemented its Improving Access to Psychological Therapies (IAPT) initiative in 2008, with the aim of offering patients earlier access to talking therapies, to support or replace the need for short term medication.

Lincolnshire Partnership NHS Foundation Trust (LPFT) is now in its third year of implementing the initiative in the county and is holding a conference to highlight some of the best practice it has learnt.

Many of you during the course of your work will have contact with people who could benefit from accessing the IAPT service, and this one day conference will offer participants an opportunity to better understand anxiety and depression, and the importance of accessing the right help, at the right time.

There are a number of national, regional and local speakers talking at the event, about all aspects of the service and the IAPT model, followed by a number of focused workshops in the afternoon on particular elements of the service.

The conference is completely free and lunch will be provided.

Book your place now by completing the attached booking form and returning it to communicationslpft@lpft.nhs.uk. You can also call 01529 222275, or post the form to The Communications Team, Lincolnshire Partnership NHS Foundation Trust, Trust Headquarters, Unit 9, The Point, Lions Way, Sleaford NG34 8GG.

We look forward to seeing you there.
**Programme for the day**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Speaker/Role</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.30am</td>
<td>Arrival, refreshments available</td>
<td></td>
</tr>
<tr>
<td>10.00am</td>
<td>Opening words</td>
<td>Chris Slavin, LPFT Chief Executive</td>
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<tr>
<td>10.10am</td>
<td><strong>National perspective</strong> - the national IAPT initiative and what it means to the NHS</td>
<td>Kevin Mullins, Director of the Improving Access to Psychological Therapies programme at the Department of Health</td>
</tr>
<tr>
<td>10.40am</td>
<td><strong>Regional perspective</strong> – how the national agenda has been implemented across the East Midlands region</td>
<td>Carol Brady, LPFT Deputy Director of Strategy, Trust Lead for Psychological Therapies and regional lead for IAPT</td>
</tr>
<tr>
<td>11.10am</td>
<td>Refreshment break</td>
<td></td>
</tr>
<tr>
<td>11.30am</td>
<td><strong>Local perspective</strong> – how IAPT has been implemented in the county and how individuals can access the service.</td>
<td>Mary Quint, LPFT General Manager for the Adult Services Division</td>
</tr>
<tr>
<td>12noon</td>
<td><strong>IAPT model</strong> – a look at how the stepped care treatment model works in IAPT</td>
<td>Madhur Virathajenman, LPFT Clinical Lead for IAPT</td>
</tr>
<tr>
<td>12.30pm</td>
<td>Lunch</td>
<td></td>
</tr>
<tr>
<td>1.30pm</td>
<td><strong>Choice of workshops</strong> – session one</td>
<td>Four workshops available to choose from</td>
</tr>
<tr>
<td>2.30pm</td>
<td>Refreshment break</td>
<td></td>
</tr>
<tr>
<td>3.00pm</td>
<td><strong>Choice of workshops</strong> – session two</td>
<td>Four workshops available to choose from</td>
</tr>
<tr>
<td>4.00pm</td>
<td>Closing words</td>
<td>Carol Brady, LPFT Deputy Director of Strategy, Trust Lead for Psychological Therapies and regional lead for IAPT</td>
</tr>
</tbody>
</table>

**Choice of workshops**

**Workshop choice one:**

**The role of Psychological Wellbeing Practitioners**

**Led by:** Marie Chellingsworth, Course Director of IAPT at the University of Nottingham

Overview of recent developments and research in step two working and the role of the Psychological Wellbeing Practitioner (PWP). The role of the PWP and the impact of the role on the workforce within the IAPT initiative. Looking at the use of telephone working to support step two interventions and the future ways IAPT can meet the access and demands of its community using modern technologies.

**Workshop choice two:**

**The use of Stress Control workshops**

**Led by:** Rebecca Powley and Josie Newton
Psychological Wellbeing Practitioners (PWP) at LPFT.

Overview of the Stress Control Workshops used by LPFT. Based on research and the work of Dr Jim White, a clinical psychologist in Glasgow, the Stress Control programme is an evidence based first treatment option for mild to moderate anxiety and depression. Used to reduce the need for some individuals to ‘step up’ to more intensive therapies.

**Workshop choice three:**

**Employment Advisor Service**

**Led by:** Marion Blake, Regional Employment Lead for the East Midlands.

Overview of the role of employment advisors and how they integrate with the IAPT agenda and health community.

**Workshop choice four:**

**Step three IAPT treatments in Lincolnshire**

**Lead by:** Madhur Virathajenman, LPFT Clinical Lead for IAPT and Catherine Machin, Principal Cognitive Behavioural Psychotherapist for LPFTs Steps2Change IAPT service in Chesterfield

Overview of the higher intensity treatment for moderate mental health problems delivered in Lincolnshire, and how talking therapies are used in treating depression and anxiety.
Booking form

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Name

Organisation name

Job title

Work address

Contact telephone number

Contact email address

Do you have any special dietary requirements? Yes [ ] No [ ]

If yes, please specify. ______________________________________________________________________

Workshop choices

To enable us to allocate workshop numbers prior to the event, please indicate below your workshop preferences. We will try as far as possible to allocate you a place on your first choice.

Choice of workshop one

First choice

Second choice

Choice of workshop two

First choice

Second choice