

Dear Professor Appleby

.....It concerned the need for a clear steer from the IAPT project to commissioners with regard to integrating the numbers of existing psychological therapists currently employed in primary care who are not CBT therapists.

There are upwards of 3000 primary care psychological therapists - fully qualified and experienced counsellors and psychotherapists - who have worked for some 10 - 20 years as practice based clinicians. The work of these practitioners, many employed by the NHS on A&C bandings and working within managed services, is already evidenced by comprehensive CORE outcome data sets, which show clinical effectiveness. There is also a published research evidence base supporting effectiveness of the relational therapies (my term for non CBT therapies such as psychodynamic, integrative and humanistic interventions). There is also enormous bedrock of experience here on which IAPT needs to capitalise.

So in order to help the integration of the IAPT process move forward and encourage best practice can I ask:

- 1. Given that there is this existing body of experienced and fully qualified therapists already working in primary care what evidence base would be acceptable for these practitioners to be integrated into the whole IAPT programme? Does NICE automatically receive new research such as the counselling in primary care review from Hill, Brettell, Jenkins and Hulme? The Mick Cooper book? The published CORE material?*
- 2. How can CPC be of help in supporting both the fully qualified therapists we represent and the IAPT project in order that wasteful re training is avoided (relational therapists do not, as a rule, wish to re train as CBT therapists and it would not be in the interests of the patient choice if this was the case). I am sure we would all wish to further the case for the integration of the wealth of existing good practice (and prune our poor practice) with the new innovative aspects of the IAPT programme.*

I would be more than happy to meet with you and /or other project members to discuss this further.

Kind Regards

*Antonia Murphy
CPC Director of Professional Standards*