

IAPT Showcasing Excellence Conference 2022

Monday 9 May 2022

Fielder Centre, Hatfield

Welcome to the third annual Hertfordshire Partnership University NHS Foundation Trust IAPT Showcasing Excellence Conference 2022.

Dr Nick Grey is a Consultant Clinical Psychologist and Clinical Research and Training Fellow at Sussex Partnership NHS Foundation Trust (SPFT) and University of Sussex. Nick has worked in the area of response to traumatic events since 1996 and is part of a team of experts who have set up a Covid trauma response working group, which has developed clinical guidance for monitoring the mental health of patients who have had severe cases of the disease.

Mariette Bothma is an HCPC Registered Principal Clinical Psychologist and Deputy Clinical Lead at Hertfordshire Partnership University NHS Foundation Trust. Mariette has worked in both Older Adult and Adult mental health services since 2001. She has a keen interest in lifespan development and how ageing offers new challenges to emotional wellbeing as well as opportunities for growth.

Taf Kunorubwe is a BABCP Accredited CBT Therapist, Lecturer & Mindfulness Teacher and works as a lecturer at the University of South Wales. Taf has experience of working within IAPT and has a special interest in improving access and outcomes for clients from diverse backgrounds.

The **tour of achievements** will showcase many innovative projects that have been developed over the last year and demonstrate clinical excellence and share learnings and will be delivered by the staff of the Trust-wide HPFT IAPT Services.

09:00-09:30 - Registration and arrival refreshments

09:30-09:45 – Welcome by Karen Taylor (HPFT Chief Executive)

09:45-10:00 – Summary by IAPT senior management team

10:00-11:00 – Dr Nick Grey: Covid Trauma

11:00-11:30 – Refreshments and Networking

11:30-12:00 – Q&A with Nick Grey

12:00-13:00 – Tour of achievements

13:00-14:00 – Lunch

14:00-14:30 – Tour of achievements

14:30-15:00 - Mariette Bothma: Older Adults

15:00-16:00 – Taf Kunorubwe: Cultural Diversity

16:00-16:30 – Coffee and Networking



Tour of achievements session 1 (12:00pm – 12:15pm)

A collaborative digital approach to working psychologically with Long COVID - Chloe Axford and Charlotte Davies (Digital Team)

Long COVID has impacted the emotional wellbeing of many often due to heightened anxiety and a sense of loss. Working collaboratively with service users, we have designed digital innovation projects (webinars, videos and animations) to normalise experiences and improve access to psychological therapies.

Tour of achievements session 2 (12:15pm – 12:30pm)

Needle Phobia Covid Vaccination Pilot – Sue Flower and Amelia Nelson (Mid Essex)

This presentation will allow for some valuable reflection and insight into the journey of this pilot starting with the initial conception stages, the training requirements and treatment protocols right through to our own unique experience of delivering the treatment in service. We will consider some of the challenges faced, how these were overcome and also some of the possible reasons why take up of this programme has perhaps not been as high as expected. Using case overviews, we will review learning opportunities and consider what the next steps are for this pilot.

Tour of achievements session 3 (12:30pm – 12:45pm)

Internet-delivered cognitive therapy for PTSD trial with the The Oxford Centre for Anxiety Disorders and Trauma (OxCADAT) - Firoozeh Daraei and Damon Donlon (Mid Essex)

This presentation will explore the experiences of two HIT's who have since March 2021 been working on a trial chaired by Anker Ehlers and her team at the OxCADAT. The presentation will discuss the innovations of this project and how it is trying to make treatment for PTSD more accessible for people using our service with this online program and how it is trying to explore alternative ways that therapists and people accessing the program work together.

Tour of achievements session 4 (12:45pm – 13:00pm)

CBT for Social Anxiety Group - Samantha Sleet, Genevieve Cooke and Michael Grey (Mid Essex)

This presentation will highlight the upcoming pilot of a Social Anxiety internet-based group therapy. It will detail the rationale and background for the group and provide an outline of what the group will involve, as well as some considerations to increase engagement.

Tour of achievements session 5 (14:00pm – 14:15pm)

Interpersonal Psychotherapy Group - Arti Hughes (North West Herts)

Interpersonal psychotherapy (IPT), is an evidence based NICE recommended treatment. This presentation will cover an introduction to IPT including what IPT is, the structured approach and how it is being used in a group setting online and its outcomes.

Tour of achievements session 6 (14:15pm – 14:30pm)

'Menopause and Emotional Wellbeing' webinar: Working across teams for better support of service users. - Yasmine Nassif and Caterina Versari (North Herts & Digital Team)

This presentation will highlight the collaboration between teams to enhance the emotional wellbeing of service users experiencing symptoms of menopause. The collaboration has led to the creation of the 'Menopause and Emotional Wellbeing' webinar. This webinar has been running monthly since its creation in October 2021. This webinar is the first of its kind in addressing this particular area of women's health. The timing of this webinar coincides with the Trust's initiative to become a menopause-friendly Trust.