

# IAPT Manual Version 5

Summary of Updates

NHS England and NHS Improvement



# Framework Updates

- Previous aspirations in Five Year Forward View acknowledged in line with programme achievements ([throughout](#))
- Updates to NICE Guidance reflected ([Pages 14, 89](#))
- Clustering within IAPT clarified ([Page 27, 68](#))
- Updated throughout to bring in line with the NHS Long Term Plan
  - Dates and figures ([throughout](#))
  - Role of IAPT within Mental Health Transformation ([Page 8, 63](#))
  - Recommended actions to improve staff wellbeing and retention ([Page 22](#))
  - Inclusion of link to LTC-IAPT full implementation guidance ([Page 64](#))

# Clinical Updates

- 'Access' and 'Treatment' within IAPT clarified ([Page 36, 37, 38, 41](#))
- Waiting times standard clarified ([Page 38](#))
- Requirement for Couples Therapy for Depression specified ([Page 16](#))
- Suitability of patients with regards to risk clarified further ([Page 8](#))
- Updated information on PTSD and SAD ([Page 29](#))
- Supervision guidance updated to ensure model fidelity ([Page 20](#))
- Newly developed 'Bitesize' Positive Practice Guides (PPGs) included in equalities section and appendices ([Page 60, 101](#))

# Data Updates

- Updated information on Dataset Version 2
  - Inclusion of workforce qualification ([Page 23](#))
  - Disorder specific measure updates and inclusions ([Page 33, 34, 97, 128](#))

# Workforce Updates

- Workforce expansion ([Page 42](#))
- Recommended High Intensity workforce ratio clarified ([Page 16](#))
- PWP registration ([Page 16, 74](#))
- Recognised qualifications and individual accreditations ([Page 78](#))
- Workforce additions e.g. Assistant Psychologists included alongside clarification of these roles within IAPT ([Page 18, 74](#))
- Exploitative practice within IAPT outlawed ([Page 20](#))
- Workforce retention and related recommendations ([Page 22](#))
- Stance on PWP progression to HIT trainee posts strengthened from 2 years to 2-3 years ([Page 22](#))
- 2021 PWP Assessment of Competence Scheme ([Page 74](#))

# COVID-19 and Beyond

- Integration of positive practice and additional information required as a result of COVID-19:
  - Remote delivery ([Page 32](#))
  - Enhanced digital focus ([throughout](#))
  - Debt advice ([Page 66](#))
  - Students and continuity of care when patient location changes ([Page 67](#))

## Miscellaneous Updates

- Appendices and helpful resources merged with main manual
- Hyperlinks updated to ensure accuracy ([throughout](#))
- Language updated to ensure politically correct ([throughout](#))
- Helpful resources updated ([Page 116, 155](#))