

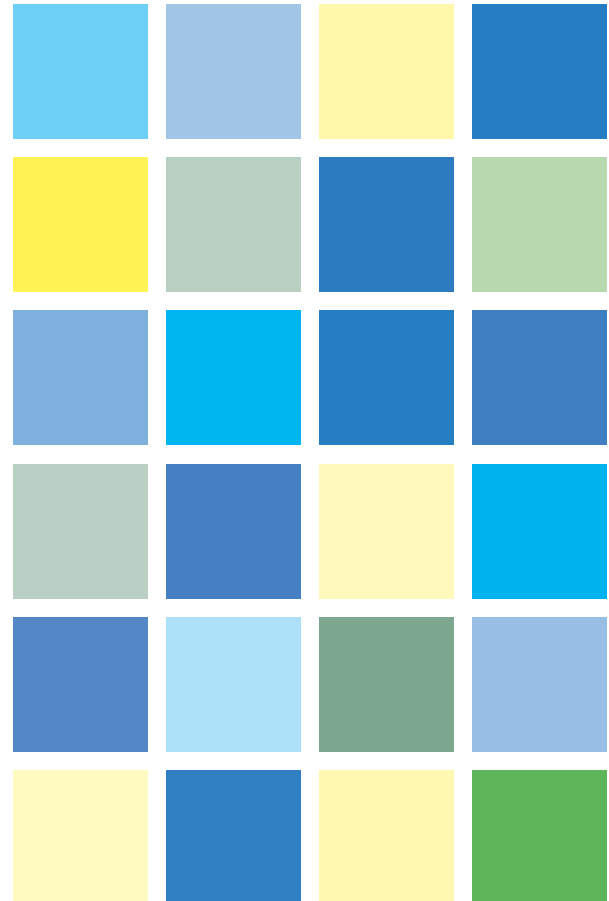
# Psychological Therapies in the NHS

Thursday 24 and Friday 25 November 2011

Savoy Place, London

## Topics Include:

- GPs, Commissioning and Talking Therapies: how will we get it right?
- Talking Therapies: what should GPs count as credible evidence?
- 50 Years On: From Asylums to Care Homes - how can we extend the reach of psychological therapies in 2012?
- Talking therapies for children and young people - how do we transform the system?
- Models of psychological care based on robust science, practice and policy: what role for IAPT?
- What do we know about national wellbeing, economic growth and whether reducing levels of depression is key?
- From welfare to work via talking therapies: the contribution of welfare reform towards delivering better mental health
- Looking to the next phase for IAPT and the mental health strategy



## PLUS: Symposia, focus consultation groups, debates and reports including:

- IAPT & Payment by Outcomes: a new currency model
- Serious mental illness: does IAPT fit the need? Long-term conditions and medically unexplained symptoms: will GPs invest in IAPT to save? Public mental health: what is the interface with IAPT?: FOCUS CONSULTATIONS on the future IAPT programme
- National audit of psychological therapies for depression: report on the findings (& launch at the evening seminar)
- What do patients and clinicians say makes a difference to outcomes? Evaluation of IAPT in the South West
- E-mental health - innovation in delivering talking therapies (& launch of a new Directory and Guidelines at the evening seminar)
- Mental health clustering & Payment by Results
- Government Regulation of Psychological Therapies
- Opening up talking therapies to competition: DEBATE
- IAPT failed older people in its 1st phase: will it fail them in the next?: DEBATE



# Psychological Therapies in the NHS

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The Department of Health has spent its summer listening. A medley of concerns – from professional bodies, from public health experts, and prominent amongst them Dr. Clare Gerada from the Royal College of GPs – have been voiced about the Coalition government's Health Bill. The sacred NHS principle of free and fair access at the point of need is invoked by the government's critics, and defended by the Health Secretary, with equal passion. For us the question is a different one. Long the Cinderella even within the mental health sector are we now an equal priority for GPs?

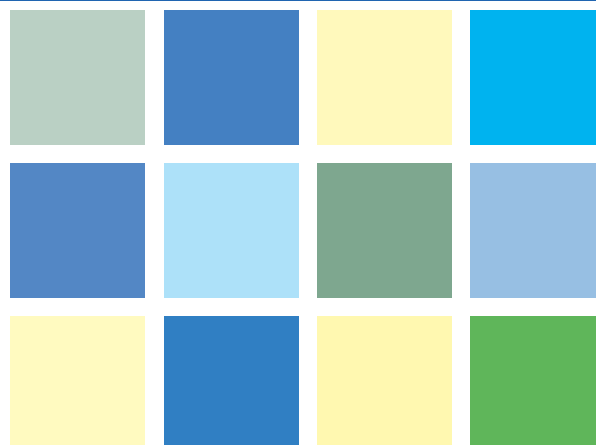
Who and what should guide the clinical commissioning decisions in the new GP-led NHS? We are delighted that Dr. Helen Lester, a GP who has been closely involved with the Quality Outcomes Framework that forms part of the GP contract, and Sir Mike Rawlins, the Chair of NICE, will be giving keynote presentations to start day 1. No one is better placed to help orientate us to the features of the new commissioning landscape, and the evidence that must underpin GP-led commissioning, than these key speakers. 50 Years On from Enoch Powell's famous 'water towers' speech Paul Burstow, Minister for Care Services, Dame Sheila Shribman and Peter Fonagy, National IAPT Adviser, and Peter Kinderman from the British Psychological Society will each offer keynote sessions that focus on the challenge ahead if we are to reach older people, children and young people, and people with serious mental illness, respectively.

Day 2 approaches the subject of mental wellbeing from another direction. What is the relationship between economic growth, subjective wellbeing and reducing national levels of depression - so that people are less dependent on welfare benefits? Sir Gus O'Donnell, the Cabinet Secretary, launched the first national survey of wellbeing earlier this year. Lord Freud, the Minister for Welfare reform, has the task of getting the long-term unemployed back to work. Their keynotes on day 2 will address how the Coalition expects us to help towards improved 'public mental health'. Bruce Calderwood, Director of Mental Health, will close the conference setting out next steps for implementing the government's mental health strategy, and its comprehensive talking therapies plan.

Each year, your support for this conference renews our collective commitment to the New Savoy Declaration. At our Evening Reception this year, we hope to take that commitment a significant step further. When the devil of year-on-year efficiency savings drives, whose needs must: will the principle of free and fair access to a comprehensive range of psychological therapy services be defended? Or will it be a case of 'last in, first out'? In welcoming you to Savoy Place, you will be standing firmly in support of the former. Do not stand by and watch the latter!

"Choice and personal responsibility have always been at the heart of what we offer in Talking Therapies. But how we develop a Payment for Outcomes Framework that now balances patient choice with clinical collaboration and fair competition will determine whether evidence based psychological therapies should keep their place at the heart of a modern healthcare system."

*Jeremy Clarke Chair New Savoy Partnership*



09.30 Registration

10.00 Welcome and introduction

Jeremy Clarke *Chair New Savoy Partnership*

10.10 Opening keynote: GPs, Commissioning &amp; Talking Therapies: how will we get it right?

Chair – Neil Deuchar

Co-Chair Joint Commissioning Panel  
Medical Director (Mental health) NHS West Midlands

Helen Lester

Co-Chair

Joint Commissioning Panel, Royal College General Practitioners and  
Royal College Psychiatrists

Respondent: Heather Wood

Tavistock & Portman NHS Trust and Association for Psychoanalytic Psychotherapy in  
the NHS

10.50 Questions and answers, followed by coffee and exhibition at 11.15

11.45 Panel Q&amp;A session: Talking Therapies: what counts as credible evidence?

Chair – Mike King

Professor of Primary Care Psychiatry  
University College London Medical School

Sir Michael Rawlins

Chair

NICE

Panellists:

Clare Gerada *Chair, RCGP*Nancy Cartwright *Professor of Philosophy LSE President Philosophy  
of Science Association*Nick Midgley *Anna Freud Centre, London*

13.15 Lunch and exhibition

14.15 Afternoon plenary: 50 Years On: from Asylums to Care Homes – how can we extend the reach of  
psychological therapies in 2012?

Chair – Jeremy Clarke

Chair

New Savoy Partnership &amp; IAPT National Professional Adviser

Paul Burstow

MP

Minister for Care Services

Respondents: Young Minds – Representatives, Young Persons  
Advisory Group for IAPT

15.15 Tea and exhibition

15.45 Conference Splits

Main Auditorium

**Symposium:** Talking therapies for children and young  
people – how do we transform the system?Chair: Sheila Shribman, *National Clinical Director for Children Young People &  
Maternity Services*Peter Fonagy *National Advisor IAPT*Respondent: Bernadette Wren *Head of Psychology Child and Family Department,  
Tavistock & Portman NHS Trust*

Riverside Room 1

**Expert Focus Group 1:** Care models for people with long-term  
conditions and medically unexplained symptoms – how do we  
embed collaboration?Co-Chairs: Andre Tylee & Rhona Ross-Morris *National Advisers IAPT*

Riverside Room 2

**Expert Focus Group 2:** Can we open up a window of recovery  
for people with serious mental illness: what do therapy experts  
say?Co-Chairs: Alison Brabban & Alex Stirzaker *National Advisers IAPT*

Riverside Room 3

**Expert Focus Group 3:** How can Health & Wellbeing  
Boards improve public mental health?Co-Chairs: Gregor Henderson *Public Mental Health Advisor* and Nancy Rowland  
*Director of Research Policy and Professional Practice*

Faraday Room

**Open Forum:** 7-fold variation in access; minimal difference in  
outcomes – what impact does the service model have?Chair: Mike Crawford *Director Centre for Quality Improvement, Royal College of  
Psychiatrists*Richard Byng *GP Mental Health Lead and Principal Investigator Peninsula  
Medical School Evaluation of IAPT in the South West*Comment: Alison Warson *IAPT Research Associate East of England*

Council Chamber

**Open Forum:** Who cares? Without an integrated model for  
commissioning talking therapies older people will be left out.Chair: David Behan *Director General for Social Care Local Government and Care  
Partnerships, Department of Health*Cath Burley and Sue Watts *BPS Psychology Specialists working with Older  
People*Reply: Alistair Burns *National Clinical Director for Dementia*

16.45 Return to main auditorium for closing debate

16.55 Closing keynote: Psychological care based on robust evidence from science, practice and policy: what role for IAPT?

Chair – Susan Mizen

Deputy Chair Faculty of Psychotherapy  
Royal College of Psychiatrists  
Consultant Medical Psychotherapist Devon Partnership NHS TrustPeter Kinderman *Chair Division of Clinical Psychology, BPS*

Professor of Clinical Psychology University of Liverpool

Respondent: Andrew Samuels *Chair UKCP*

Professor of Analytical Psychology Essex University

17.45 Close

**Nick Clegg (Invited)**  
Deputy Prime Minister

**Stephen Fry (Invited)**  
Honorary Fellow  
Royal College of Psychiatrists

## Day 2 - Friday 25 November Distress, Disorder & Wellbeing: together in the Marketplace?

### 09.30 Welcome and introduction

**Jeremy Clarke** Chair New Savoy Partnership

### 09.40 Opening keynote: What do we know about national wellbeing, economic growth and whether reducing levels of depression is key?

**Chair – Jeremy Paxman**  
Journalist and Broadcaster

**Sir Gus O'Donnell**  
Cabinet Secretary

**John Cape**  
Clinical adviser National Audit of Psychological Therapies  
**Response: Simon Lawton-Smith** Mental Health Foundation

### 10.40 Questions and answers, followed by coffee and exhibition at 11.00

### 11.30 Panel session: From welfare to work via talking therapies: the contribution of welfare reform to better mental health and better working lives

**Chair – Paul Farmer**  
Chief Executive  
Mind

**Lord David Freud**  
Minister for Welfare Reform

**Response: Rachel Perkins** author Perkins Review  
**Lord Victor Adebawale** CEO Turning Point  
**Andrew Cooper** Professor of Social Work Tavistock & Portman NHS Trust

### 12.30 Questions and answers, followed by Lunch and exhibition at 13.00

### 14.00 Conference Splits

#### Main Auditorium

#### Symposium: IAPT & Payment by Outcomes: a new currency model

**Chair: David Clark** National Clinical Adviser IAPT  
**Claire Maguire** Clinical lead Psychological therapies, Pennine Care NHS Foundation Trust  
**Felix Davies** Chair West Midlands Regional Advisory Committee Director of Psychological Services South Staffordshire and Shropshire Healthcare NHS Foundation Trust

#### Riverside Room 1

#### Expert Focus Group 1: E-mental health - Innovation & revolution in talking therapies: towards 24/7/365 universal access by 2015?

**Chair: Miranda Wolpert** National Informatics Adviser IAPT  
**Representatives from the New Technologies Group**

#### Riverside Room 2

#### Expert Focus Group 2: Beyond 'diagnosis and disposal': mental health clustering as a new way to assess need and commission care for talking therapies

**Chair: Louise Lyon** Trust Director Tavistock & Portman NHS Trust  
**Anna Rigby** Research Manager Care Pathways and Packages Project

#### Riverside Room 3

#### Expert Focus Group 3: Government Regulation of Psychological therapies

**Co-Chairs: Sally Aldridge** Director of Regulatory Policy British Association for Counselling and Psychotherapy and **Julian Lousada** Chair British Psychoanalytic Council  
**Christine Braithwaite** Director of Policy & External Relations Council for Healthcare Regulatory Excellence

#### Council Chamber

#### Debate Forum: "... the NHS is still in hock to monopoly providers. Unless we open up choice and competition universal entitlement to talking therapies will be a mirage"

**Chair: Stephen Waring** Deputy Director Mental health  
**FOR:**  
**Benjamin Fry** Founder STABLE  
**Baroness Claire Tyler** CEO Relate

#### AGAINST:

**Steve Shrubbs** Chair Mental Health Network NHS Confederation  
**Kevin Healey** Chair Faculty of Psychotherapy Royal College of Psychiatrists

### 15.00 Return to main auditorium for closing plenary

### 15.10 Closing Plenary: Looking to the next phase for IAPT and the mental health strategy: the role of the NHS Commissioning Board

**Chair – Matthew Patrick**  
CEO  
Tavistock & Portman NHS Trust

**Bruce Calderwood** Director Mental Health & Disability

### 16.00 Close

# Psychological Therapies in the NHS

## Conference Registration



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### Evening Drinks Reception

Please indicate here if you wish to attend the evening drinks reception on Thursday 24th November. ☐

#### Venue

Savoy Place, London, WC2R 0BL. A map of the venue will be sent with confirmation of your booking.

#### Date

Thursday 24 and Friday 25 November 2011

#### Conference Fee

- ☐ £300 plus VAT for NHS Delegates  
☐ £250 plus vat for NSP Members  
☐ £200 plus vat – bulk booking rate for 10 or more NHS delegates  
☐ £150 plus vat – bulk booking rate for 10 or more NSP Member Delegates

The fee includes lunch, refreshments and a copy of the conference handbook. VAT at 20%.

#### Single Day Attendance

One day attendance is available at half the cost of the relevant conference fee. If you wish to attend for just one day, please indicate which day:

- ☐ Thursday 24 November 2011  
☐ Friday 25 November 2011

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