**Psychological Perspectives in Primary Care (PPIPCare)**

**What is PPIPCare?**

The PPIPCare programme offers professional training and development opportunities in advanced primary care consultation skills and CBT techniques for GPs and other primary care health professionals to
- enable Primary Care staff to maximise their contact with patients and build resilience through supporting self-care and self-management
- support an integrated approach to physical and associated psychological distress in Primary Care consultations, including Long Term Conditions
- enable Primary Care staff to offer optimal Step 1 support to those suffering with mild to moderate depression and anxiety

**What exactly is on offer?**

The programme has 5 short (30, 60 or 90 minutes) teaching modules which cover techniques and frameworks for enhancing PC consultations as well as a couple of longer (half day) teaching modules for more in-depth skills development (‘10 minute CBT’). Details below. All sessions are delivered FREE by specially trained, local IAPT/ Talking Therapies staff and adapted to local needs. The modules have been selected by GPs and written by experts in the field.

**The Modules, the first 5 modules are offered as 30, 60 or 90 minute sessions**

1. **Detecting Anxiety and Depression**: This module has been designed to enhance existing clinical skills and give primary care health professionals the opportunity to reflect upon (a) the difficulties that clinicians may face in diagnosing depression and anxiety, and (b) how best these can be overcome or minimised.

2. **Motivational Interviewing techniques**: This module describes a simple method of engaging patients and facilitating change, be it in mental health or long term physical conditions. It has been specifically designed for use within the primary care setting, and has the potential to be of use for patients who are considering any form of behaviour change e.g. lifestyle changes, weight loss, smoking cessation, medication issues etc.

3. **Problem Solving techniques**: This module discusses a number of simple techniques which are drawn from problem solving therapy. It is particularly relevant for patients with anxiety and/or depression, for whom problem solving may be a particular challenge, but is also highly relevant for anyone who has to deal with problems in everyday living (i.e. everyone).

4. **Behavioural Activation techniques**: This module describes techniques taken from full behavioural activation therapy and may be particularly relevant for mildly depressed patients. It is a simple and often fast-acting technique that seeks to introduce relevant pleasant activities to those with chronic low mood in order to break the cycle of withdrawal and foster a sense of enjoyment, pleasure and mastery.

5. **Guided Self Help**: This module describes how GPs and other healthcare professionals can support patients to work through self-help material (self help is up to 10 times more effective when it’s guided than when it isn’t). It will also cover a selection of appropriate self-help material, and reviewing progress.
6. **10 Minute CBT** was developed by Dr Lee David, a GP with a special interest and training in Cognitive Behavioural Therapy (CBT). She noticed that CBT was useful in her routine GP consultations as it helped her structure her conversations with patients better and manage common mental health issues and long term conditions more satisfactorily.

These sessions will help busy health professionals learn effective cognitive-behavioural therapy (CBT) skills to use in typical primary care consultations for patients with depression and anxiety and patients with common physical health and long-term conditions. The training is designed for GPs and all other primary care health professionals and sessions are available on both Mental Health (including depression, panic attacks, Generalised Anxiety Disorder, stress at work and insomnia) and Physical Health and Long Term Conditions (including diabetes, MS, cancer. chronic pain and asthma).

**For all modules, attendees will be encouraged to bring along their own case examples for discussion.**

For more information contact your local Talking Therapies/ IAPT service lead or

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PPiPCare sessions are available to NHS staff in Isle of Wight, Southampton, Portsmouth, Hampshire, Berkshire, Oxfordshire, Buckinghamshire and Milton Keynes.