

Metacompetences

Ability to adapt the core IPT strategies to the client's individual needs and the time available

An ability to adapt the model and technique in response to the individual needs of the client, e.g.:
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the client's developmental level/stage of life
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changes in the client's functioning (e.g. risk of suicide)
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An ability to identify and implement the adaptations of the core IPT model which are required in order to work within a specified time frame (e.g. within 8 sessions as opposed to 16)
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Ability to balance being focused and maintaining the therapeutic alliance

An ability to implement IPT flexibly:	
	An ability to note when the client may be reacting negatively to the therapist's rigorous attention to the agreed focus
	An ability to respond to the client's experience through engaging the client in:
	jointly understanding what they may be experiencing as difficult/challenging
	problem solving how this may be resolved within the therapy
An ability to assess when to deviate from an agreed focus:	
	An ability to identify when the client's immediate state of mind may require a temporary shift away from the agreed focus (e.g. due to an unexpected life event that precipitates a crisis) so as to maintain engagement
An ability, where appropriate, to re-negotiate with the client the focus of the work and/or consider the need for further intervention that can encompass a broader focus once IPT is completed	

Ability to establish an appropriate balance between therapist activity and non-directive exploration

An ability to monitor the therapist's level of activity to ensure that while the agreed focus is maintained the client:
is given sufficient space to explore their emotional experience:
an ability to allow silences where these help to deepen the client's exploration of current feelings/experiences
is helped to feel they are also actively engaged in the session and in resolving their own difficulties (rather than passively responding to the therapist's focus):
an ability to monitor and limit the use of direct suggestion/advice