

## Course Guide

# Postgraduate Diploma Children and Young People's IAPT Therapy: Cognitive Behavioural Therapy



### Overview

This training, delivered by world class training organisations and with teaching from leaders in the field, is an opportunity to develop your clinical skills in one of the evidence-based modalities supported by CYP IAPT (Children & Young People – Improving Access to Psychological Therapies ).

You will be introduced to the range of outcome and feedback measures used in CYP IAPT and develop practical skills in how to administer, score and interpret measures in order to inform your clinical practice.

You will develop an understanding of the core principles of participation and collaboration, and learn how to integrate this into your work in CYP IAPT.

The training is fully funded, supported by your service for your current role and salary support will be provided which will enable you to have the time needed to develop your clinical skills without impacting on waiting times and access to services.

Postgraduate Training courses in CYP IAPT Therapy, Supervision and Leadership are offered for existing staff as part of the CYP IAPT national service transformation programme to improve the effectiveness of psychological services for children and young people.

The courses are heavily rooted within the development of clinical skills associated with a patient-centred approach and focus on the skills required to support CBT (Cognitive Behavioural Therapy), PT (Parent Training), SFP (Systemic Family Practice) and IPT-A (Interpersonal Psychotherapy Training for Adolescents) evidence based therapies.

The IAPT training courses are founded on curricula developed through the national CYP IAPT programme by working groups of experts in their field, and in turn delivered by leading academics and clinicians at world class training organisations:

[University College London](#) is one of the foremost teaching and research institutions in the world, consistently placed in the global top 20 in a variety of world rankings.

[King's College London](#) is one of most prestigious universities in the UK and is a global leader in mental health sciences.

[Anna Freud National Centre for Children and Families](#) is a children's charity with a commitment to the emotional wellbeing of children. A centre of practice and a centre of learning.

*"Love, love, love the course - content, teaching, Keats, tutor groups. Feel privileged to be here. Keep up the good work!"*

*"Really interesting discussions providing critical and positive perspectives on [Evidenced Based Practice]. Thank you!"*



## CYP IAPT

The CYP IAPT programme is a **whole service transformation** model that seeks to improve the quality of children and young people's mental health services. As such, it is different from the adult IAPT model, which is focused on setting up *new* services.

The principles behind CYP-IAPT underpin the development and delivery of the '[Local Transformation Plans](#)' and run throughout '[Future in Mind](#)'.

CYP-IAPT seeks to improve services to children, young people and their families through:

- **Better evidence based practice** - Increasing the availability and knowledge of best evidence based interventions
- **Better collaborative practice** - Goal focused and client centred interventions, using feedback tools to facilitate better working between mental health professionals and families and young people [using feedback tools](#) leading to more personalised care
- **Better service user participation** - Children young people and their families having a voice and influence at all levels of the organisation
- **Better Cross Agency Working** - Encouraging and supporting cross agency collaboration between Health, Social Care and Voluntary and Independent sectors

- **More accountable services** – through the rigorous monitoring of clinical outcomes to be able to share outcomes with young people and families and demonstrate effectiveness to commissioners
- **Increased awareness** – working in partnership with organisations delivering mental health services, and those in other sectors working with young people and families to increase understanding of the importance of emotional well-being and decrease stigma.

A key component of the programme, which drives the change in clinical practice at the heart of CYP IAPT, is the therapist, supervisor and leadership postgraduate diplomas.

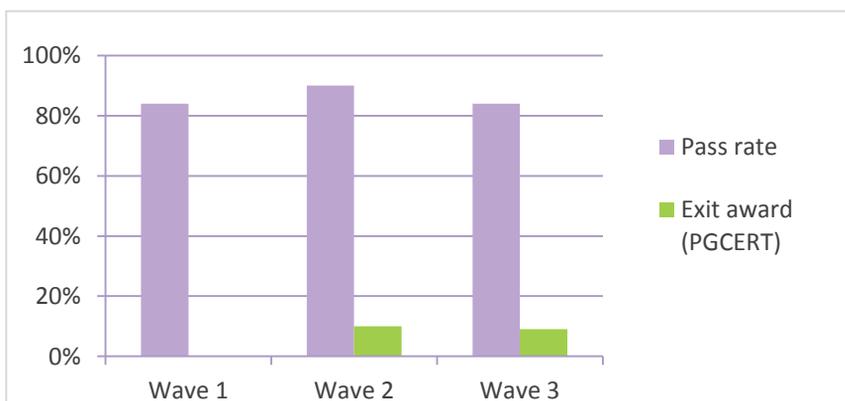
## What does training involve?

Each course will start in early 2017. CYP IAPT Therapy courses will now be completed over 2 years. All trainees complete a core skills and an elective therapy specific module.

Therapy trainees need to have an appropriate modality supervisor who has skills and knowledge of the CYP IAPT programme. If there is not an appropriate supervisor already in place, a free post graduate certificate training course is on offer.

Trainees need to be actively and persistently doing child (and/or parent, family) work where they can write-up and bring video excerpts from a range or number of cases. Each module will have specific requirements for the minimum number of cases required.

## Pass rates for all courses



*"Particularly enjoyed the small group discussion, and the ongoing comments from participants (as well as material of lecture of course!)"*

*"Really useful and thought-provoking"  
Feedback from Wave 5 students*

## Compulsory module

### Core Skills module (all trainees)

This module aims to help practitioners to develop essential skills that are fundamental to the effective provision of the different evidence-based therapies that are taught as part of the CYP-IAPT programme. Developmental psychopathology will be presented as a conceptual framework that is useful across different therapies to enable students to formulate the presenting problems of clients such that they are better able to plan interventions regardless of therapeutic approach.

Students will be introduced to the various measures available within CYP-IAPT, and will be shown how best to administer, score and interpret the measures in such a way as to enhance clinical practice. The policy frameworks and the evidence supporting increased participation of clients (whether children, young people, families, parents or carers) in service planning and delivery will be presented and students will take part in skills workshops aimed at increasing participation of, and collaboration with clients.

The module will have a strong emphasis on applying what is learned to students' on-going client work.

Minimum number of cases needed: 1 case for assignment 1, 1 (different) case for assignment 2, 2 interviews with children, young people or carers for assignment 3 .

Assessment: Assessment will include case studies, whole session recording, oral presentation and reflective analyses.

Location: Anna Freud National Centre for Children and Families

*"The lecturer's delivery is clear and honest and his enthusiasm infectious!"*

Feedback from Wave 5 students

## Modality modules

### CBT

The Cognitive Behavioural Therapy course will increase your confidence and competence as a therapist. You will learn how to use CBT for both anxiety disorders and depression through a combination of workshops, watching videos of therapy, role plays and through your own supervision including viewing your videoed practice. The anxiety and depression teaching will run in parallel throughout the course.

This is a unique opportunity to receive up-to-date teaching that is applicable to your work from experts in the field. You will need to see at least 8 individual anxiety and depression cases throughout the course and you will be assessed on these through written and video work. In addition you will need to have a CBT supervisor (BABCP accredited or accreditable) in your partnership who you meet for 1 hour weekly supervision. Improving your specific CBT skills to BABCP standard will strategically position you to offer evidence based therapy within your setting. This will benefit your service as this is a target in line with CYP IAPT and Future in Mind plans. In providing this effectively, cases may be discharged with more positive outcomes sooner. Therefore we hope this course will appeal to the therapist, service manager and commissioner.

In total you will need to see a minimum of 8 completed cases (seen for 5 sessions or more from start to completion or termination). You need to have received at least 5 hours supervision on each of these cases

Assessment: 3 case reports in anxiety and depression, clinical log and 2 whole tapes of CBT practice with accompanying reflective analyses.

Location: Institute of Psychiatry, Psychology and Neuroscience

\*\*Information correct at time of writing\*\*

## Entry requirements

Normally a minimum of a second-class Bachelor's degree from a UK university or an overseas qualification of an equivalent standard in a relevant subject (e.g. psychology) and/or a registerable professional qualification in a relevant subject (e.g. medicine, psychology, social work) from a UK university or overseas professional qualification of an equivalent standard. Candidates without a degree, but with a minimum of three years professional experience in a CAMHS (or equivalent) setting together with a relevant professional qualification will also be considered.

### More information/useful links/contact details

- [Children and Young People's Improving Access to Psychological Therapies Programme](#)
- [UCL Website](#)
- [IoPPN Website](#)
- [Anna Freud Centre Website](#)

### Next steps

If you are interested in this training, you can register your interest online: <https://cypiapt.wordpress.com/postgraduate-cyp-iapt-training/> and speak to your service manager about applying.

### Information

Find course brochures, videos from the open day, student testimonials and application information on our website: <https://cypiapt.wordpress.com/postgraduate-cyp-iapt-training/>

### Application timeline

**Deadline for the second wave of applications is 30th September 2016.**

There are a limited amount of places available