

Course Guide

Postgraduate Certificate Children and Young People's IAPT Therapy: Evidence Based Counselling Practice



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 the CYP IAPT (Children & Young People Improving Access to Psychological Therapies) programme.

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 rooted within the development of clinical skills associated with a patient-centred approach and focus on the skills required to support Cognitive Behavioural Therapy (CBT), Parent Training (PT), Systemic Family Practice (SFP), Evidence Based Counselling Practice (EBCP) and Interpersonal Psychotherapy Training for Adolescents (IPTA) evidence based therapies, as well as working with specialist groups: Autism Spectrum Disorder and Learning Disabilities (ASD-LD), and Infant Mental Health.

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.

[Metanoia Institute](#) is one of the largest and most highly respected counselling and psychotherapy training organisations in the UK with an international reputation for Humanistic therapy training and research.



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 and certificates.

What does training involve?

The Counselling (EBCP) training is a Postgraduate Certificate programme, starts in January 2018 and will be completed over 1 year. Students will need 2 days per week throughout the year allocated for CYP IAPT related work. During termtime this will include 1 day per week attendance at university, on a Monday. The remaining 1 day per week during termtime and 2 days per week outside of termtime will be spent working on CYP IAPT caseload in the trainee's service and on assignments.

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). Counselling qualification to diploma level or above), with or without experience of working with children and young people.

Therapy trainees need to have a supervisor within their agency or agency partnership, who has recognized skills in the modality they are studying and who has skills and knowledge of the CYP IAPT programme.

Trainees need to be actively and persistently doing child (and/or parent, family) work where they can write-up case reports and bring video excerpts from a range or number of cases.

This is an HEE commissioned programme linked to CAMHS services and applications for places must be fully supported by the applicant's employing organisation. The employing organisation must provide access to counselling cases suitable for training purposes throughout the course, and must provide supervision.

Course Content

This is a training programme commissioned by Health Education England. The aims of the Evidence-Based Counselling Practice programme are to increase your confidence and competence in providing care and treatment for children and young people that is evidence-based, collaborative and hence guided by client feedback through monitoring of outcomes, goals and the therapeutic process, based on comprehensive assessment and supported through a facilitative therapeutic system, and delivered as part of a collaborative network.

The programme will cover topics in the National Curriculum, under the following three main headings:

- CYP IAPT principles and Counselling (e.g. use of outcome measures; evidence-based practice, and participation – in application to counselling)
- Counselling for Mild Depression;
- Cognitive-Behavioural Methods for Anxiety.

Students will need to complete a total of 100 hours of relevant clinical practice, with a minimum of 1.5 hours of individual supervision (or equivalent group supervision) for every month of practice.

This EBCP training is not intended as an entry-level counselling skills training but rather for those practitioners who have already developed standard counselling competencies and who aim to develop advanced evidence-based competencies. The clinical skills taught will be suitable for delivery in a range of settings including schools, the voluntary and community sector, and the NHS.

This is a unique opportunity to receive up-to-date teaching that is applicable to your work from experts in the field. The EBCP curriculum will be delivered through a range of teaching and learning methods, including didactic teaching, workshops and skills classes. Students will also be expected to undertake substantive independent study where a key component of this requirement will be e-learning through the MindEd programme, primarily sessions from Counselling MindEd and the CYP IAPT Core Curriculum. In addition, there will be the completion of written and video work, background reading, and preparation for therapy sessions.

- **Supervisor requirements:** 1.5 hours of individual supervision (or equivalent group supervision) for every month of practice.
- **Cases:** You will need to have access to suitable counselling cases throughout the course (mild depression and mild to moderate anxiety)
- **Assessment:** Case reports, clinical log and tapes of practice with accompanying reflective analyses.
- **Location:** Institute of Psychiatry, Psychology & Neuroscience, Kings College London

Application Deadlines

Early bird deadline: Partnerships that submit applications before **14th July 2017** will be guaranteed 5 places on CYP IAPT therapy training (subject to candidates meeting entry criteria and course availability).

The final deadline for applying to the CYP IAPT therapy courses is **2nd October 2017**.

Successful candidates will need to attend the CYP IAPT training launch event on 20th October 2017.

Next steps

If you are interested in this training, you can register your interest on the [collaborative website](#) and speak to your service manager about applying.

You will receive updates and information about how to apply, as well as the requirements that need to be in place before you start the course.

Information

Find course brochures, videos, student testimonials, [FAQs](#) and application information on our website: cypapt.com/postgraduate-cyp-iapt-training/

An open day for courses will be held on 19th May - see webpage for details

There are a limited number of places available



Contact Details

London and South East CYPIAPT
Learning Collaborative
Hosted by: The Anna Freud National
Centre for Children and Families
21 Maresfield Gardens
London NW3 5SD

T +44 (0)20 7794 2280

cypiapt@annafreud.org
www.cypiapt.com