

Course Guide

Postgraduate Diploma Children and Young People's IAPT Therapy: Interpersonal Psychotherapy for Adolescents



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 (IPT-A) 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.



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 PG Dip in CYP IAPT Therapy (IPT-A route) starts in January 2018 and will be completed over 2 years. Students will need 2 days per week throughout the year allocated for CYP IAPT related work. During term time this will include: for the first 5 weeks of Term 1, 2 days per week attendance at university, on a Monday and Tuesday; and from week 6 onwards, 1 day per month attendance at university, on a Monday, plus weekly telephone practice tutorials. The remaining 1 day per week during term time and 2 days per week outside of term time will be spent working on CYP IAPT caseload in your service.

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.

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.

Course Content

Core Skills module (all trainees)

This module aims to help practitioners to develop their skills that are fundamental to the effective provision of the different modules 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 client groups such that they are better able to plan interventions regardless of therapeutic approach.

Students will be introduced to the various measures that are routinely used as part of the CYP-IAPT data set, 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 client groups (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. The Core Skills module is integrated with the specialist module that students undertake. Students cases will therefore involve the integration of core skills into their chosen speciality therapy area or client group.

- **Minimum number of cases needed:** three separate cases for two case reports and one whole session recording. For one of the assignments students will also be required to interview two separate clients (children, young people or carers).
- **Assessment:** Assessment will include case studies, whole session recording, oral presentation and reflective analyses.
- **Location:** Anna Freud National Centre for Children and Families and King's College London

Modality Module: Interpersonal Psychotherapy for Adolescents

The Interpersonal Psychotherapy for Adolescents (IPT-A) course is an opportunity to develop your confidence and competence as a therapist and to learn about an effective and evidence based intervention for young people. You will learn how to use IPT-A for adolescents and pre adolescents with depression and their families and how to conduct interpersonal skills training groups for young people at risk of becoming depressed.

You will be supported to be an active participant in your own learning through interactive workshops, discussion, watching live and recorded role plays and peer to peer learning. This course is delivered by experts in the field and clinicians who use this approach on a day to day basis, and offers a valuable opportunity to become confident in your knowledge and understanding of the current evidence base and to develop a package of resources to enhance your clinical work. Theory will be routinely linked to practice during teaching and through weekly practice tutorials that will include review and discussion of your videoed practice.

You will be required to complete at least 4 examples

The course description is correct at time of going to print but is subject to change without notice

of IPT-A based casework throughout the course and, depending on your clinical setting, may also conduct a family based case with a pre-adolescent and parent or group work with adolescents at risk of depression. You will be assessed on these through written and video work. In addition, you must have a clinical supervisor, where possible IPT-A trained, in your partnership who you meet for 1 hour weekly in supervision. The course aims to enable you to deliver IPT-A competently and creatively and to act as an expert resource to young people, their families and to professional colleagues, thus ensuring the development of appropriate care pathways for IPT-A referrals and informed choice as part of the CYP IAPT service transformation. In providing this time limited and effective intervention is likely that you will be able to achieve improved and quicker positive outcome for young people and their families. This will benefit your practice and your service as these targets are in line with CYP IAPT principles and Future in Mind plans and contributes to their implementation for therapists, managers and commissioners.

- **Supervisor Requirements:** Partnership based supervisor, IPT-A training if possible PLUS IPTUK accredited IPT-A practice tutor (allocated by the course)
- **Minimum number of cases needed:** For IPT-A you will be required to complete a minimum of 4 examples of IPT-A based casework. At least two, and potentially all, of the four cases will use IPT-A for adolescents with moderate to severe depression (12 weekly session plus 3 parent sessions). Up to two of the four interventions may use either Family Based IPT (FB-IPT) for pre-adolescents with depression (14 weekly sessions) or an IPT-A Skills Training group (IPT-AST) for adolescents at risk of developing depression (8 weekly group sessions plus three individual sessions per participant).
- **Assessment:** 4 case reports, two whole session recordings and a clinical log.
- **Location:** Anna Freud National Centre for Children and Families

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**.

Interview dates for this course are 21/7/17, 13/9/17 and 30/10/17. 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: cypiapt.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



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