

Course Guide

Postgraduate Diploma Children and Young People's IAPT Therapy: Parent Training



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.



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 (PT 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 termtime 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 week attendance at university, on a Tuesday. 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 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 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. 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 case reports 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 Centre and King's College London

Modality Module: Parent Training

The parent training module will provide you with a comprehensive skill set to assess and treat children with severe conduct problems using the latest evidence based approaches. The programme includes theoretical teaching and practical skills based training in two social learning theory based interventions, consistent with the recommendations in the 2013 NICE Guidelines and 2006 NICE Technology Appraisals for treating children with conduct disorder. The parenting interventions are also recommended by NICE for children with ADHD, which commonly co-occurs with conduct problems, and are effective in improving parenting when that is of concern.

Firstly, you will be trained in both the Incredible Years (IY) Pre-school, and School Aged programmes. These are the leading parent group programmes for treating conduct problems. Secondly, you will also be trained in an advanced individualised social learning theory parenting programme enabling you to 'personalise' the delivery of an evidence-based parenting programme to high risk and complex family situations based on the formulation of child and family difficulties.

The formal teaching will present the latest research on conduct disorders, its main co-occurring disorders (i.e., 'comorbidities') and how to develop formulations for complex presentations, including biological, psychological and social factors.

The King's College London team are national leaders in this field, with several publications showing that the interventions they use are effective in randomised controlled trials. They are members of the National Academy for Parenting Research, which was given £30 million by central government to disseminate this effective and cost-effective approach to improving children's lives. The course is also working towards BABCP accreditation.

- **Supervisor requirements:** The Site supervisor will be an experienced parenting practitioner using one of the evidence-based parenting programmes, for example but not restricted to, the Incredible Years. Other programmes are acceptable, and we can offer a training in IY for supervisors who wish to see how this specific programme is similar to or different from those they already practice.
- **Minimum number of cases needed:**
Group programme: Able to run one (Incredible Years) group of at least 14 sessions with 8-12 parents in the group, with another therapist.
Individual Parenting Cases: 1 or 2 cases of at least 6 sessions. These are likely to be families where additional parent sessions are offered to parents attending the parent group
Individual parenting programme: Minimum of 5 families given an individual parenting programme of 6-10 sessions. All cases used in Parent Training assignments must be different to each other and those used in Core Skills.
- **Assessment:** 2 case studies and an extended case study, clinical log, 2 whole session recordings with reflective analysis
- **Location:** Institute of Psychiatry, Psychology and Neuroscience

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: cypipt.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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