

Course Guide

Postgraduate Diploma Children and Young People's IAPT Therapy: Systemic Family 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.



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 (SFP 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

Applications will be accepted from those who have completed an intermediate level training in family and systemic practice but who may wish to benefit from training in the specialist modules. 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 Centre and King's College London

Modality Module: Systemic Family Practice for Depression and Self-Harm and Conduct Disorders or Eating Disorders

The aim of the module is to develop practical competency in evidence based Systemic Family Therapy (SFT) treatment interventions and approaches for depression and self-harm, conduct disorder and eating disorders (please note: this course needs minimum of 8 students to run), and to develop critical knowledge of theoretical and research literature in these areas.

The course has been accepted by the Association for Family Therapy as meeting the criteria for an Intermediate Level training in Systemic and Family Practice, and graduates are eligible to apply for the final two years of family therapy training leading to registration with United Kingdom Council for Psychotherapy as a Family and Systemic Psychotherapist.

The course is delivered by experienced clinicians with expertise in their respective areas– the Eating Disorders module by Professor Ivan Eisler and the team at the Child and Adolescent Eating Disorders Service at the

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Maudsley Hospital and the Depression and Self-Harm module by clinicians and researchers from the Self Harm Intervention Family Therapy (SHIFT) trial.

Over the course trainees will be required to undertake supervised practice with a minimum of 2 cases for the Basic Systemic Skills module and 3 cases per specialist modality. Trainees on the Eating Disorder module will be expected to attend a four-day Multi-Family Therapy training with members of their Eating Disorders team.

- Minimum number of cases needed:

Basic Systemic Module: minimum of 2 cases over the course of the 2 years

Depression and Self Harm module: minimum of 3 cases over the course of the 2 years

Conduct Disorder: minimum of 3 cases over the course of the 2 years

Eating Disorders module: minimum of 3 cases and 50 sessions in total.

A maximum of one case in one assignment in the Basic Systemic Module can be the same as one of the cases used in the Core Skills assignments.

- Assessment:

Basic Systemic Skills: Whole tape with reflective analysis and clinical log

Depression and Self Harm and Conduct Disorder : Case Study;

Eating Disorders: Case Study and oral assignment with written component.

- Location:

Basic systemic skills, Conduct Disorder and Eating Disorders: Institute of Psychiatry, Psychology and Neuroscience;

Depression and Self Harm: The Tavistock Centre.

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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