

Course Guide

Postgraduate Diploma Children and Young People's IAPT Therapy: Infant Mental Health (0-5s)



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 (Under-5s 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 (2.5 days per week if they are recruited via recruit to train). During term time this will include: for the first 5 weeks of Term 1, 2 days per week attendance at university; and from week 6 onwards, 1 day per week attendance at university (Tuesday during 2018, day may change for 2019). 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 0-5s caseload in your service. Trainees will not be trained in working with children over the age of 5 years old.

Services need to put forwards a minimum of 2 students for the training.

Entry Requirements

This programme is aimed at the early years workforce and the broader CAMHS community.

1. A training in a mental-health related profession (e.g. psychology, nursing, health visiting; social-work, occupational therapy, speech and language therapy, special needs teaching, psychiatry, other psychotherapy, counselling). If applicants do not have a core profession listed above (e.g. health visitors, early intervention workers), yet feel they have sufficient experience in entry requirements (2) and (3), they can access the training via the knowledge and skills assessment (KSA) route (please contact Hannah.Evans@annafreud.org for further information).
2. Two years experience of working within a professional setting concerned with the mental health, development and wellbeing of children and young people or families.
3. Some experience of delivering clinical work with families.

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: Infant Mental Health (0-5s)

The Infant Mental Health module will provide you with a comprehensive skill set to assess and treat parents and their infants who are experiencing common mental health and relationship difficulties using the latest evidence based approaches.

The programme includes theoretical teaching and practical skills based training in two main interventions: Video-feedback for positive parenting and sensitive discipline (ViPP-SD) and an evidence based parenting programme. These interventions are recommended by NICE and the Healthy Child Programme, and are effective in improving parenting quality and sensitivity when that is of concern.

This module is made up of 3 main sub-units:

- 1. Fundamental Principles of Infant Mental Health**
The formal teaching will present the latest research on a range of clinical presentations relevant to infants (attachment problems, conduct problems, regulatory difficulties, and social and emotional difficulties) and their main co-occurring disorders. It will also address how to effectively engage and assess families, how to develop formulations for complex presentations and integrate biological, psychological, relational, systemic and social factors.
 - 2. Intervention to support attachment**
You will be trained to deliver ViPP-SD with parents and infants showing signs of attachment difficulties. It is the leading intervention for supporting parents to develop more attuned parenting in the context of difficulties in the parent-infant relationship. ViPP will be used with parents of infants under 18 months and the adapted version, ViPP-SD, will be used with children between 18 and 60 months where the evidence shows that the inclusion of sensitive discipline is beneficial.
 - 3. Intervention to support emerging difficulties**
Evidence Based Parenting Programme
You will be trained in an evidence based parenting programme to support the needs of parents of infants/children between the ages of 18 to 60 months. This year students will be trained in Incredible Years and this will be reviewed for the 2018 cohort. You will also be trained in individualising parenting programme's enabling you to 'personalise' the delivery of an evidence-based parenting programme to high risk and complex family situations.
Developing more evidence-based skills in infant mental health 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.
- **Supervisor requirements:** Students will need a minimum of one hour per fortnight workplace supervision from a practitioner who has specialist skills and knowledge in working with infant mental health. Supervisor training can be provided through CYP IAPT. Supervisors retain clinical oversight of students work.
 - **Caseload & delivery requirements:** See next page
 - **Assessment:** 3 case reports, clinical log and whole tapes of ViPP, individual parenting or group parenting sessions with accompanying reflective analyses.
 - **Location:** Anna Freud National Centre for Children and Families

Caseload requirements

Students will need access to children across the full age range of 0-5s. They will need to see at least 8 cases for assessment and treatment planning including 4 children 0-1.5 years and 4 children 1.5-5 years.

VIPP

You will need to see a minimum of 4 completed cases (seen across 6 sessions or more from start to completion or termination). At least one of these cases must be with a family with an infant under 18 months.

Parent training

All parent training cases should consist of parents of infants/children between the ages of 18 to 60 months. Clinical caseloads should focus on infants and children with conduct problems, as well as those with **either** regulatory difficulties **or** social and emotional difficulties.

Group programme

Able to run one parenting programme of at least 12 sessions, with another therapist.

Individual Parenting Cases

You will need to complete a minimum of 3 cases and 1 case should be at least 6 sessions in duration. Some of these will be families where additional sessions are offered to parents attending the parent group.

All cases used in Infant Mental Health assignments must be different to each other and those used in Core Skills.

Delivery Requirements

VIPP

- A camcorder to record parents and children on
- A range of age appropriate toys to take to home visits including hand puppets
- Ability to transfer the recorded material to a format that can be played in the family home and add a timecode to this
- VIPP manuals will be provided as part of the training

Group Programme

- For 0-5s training 2 trained practitioners to deliver parenting programme
- A comfortable room for delivery of the group and audiovisual equipment to show DVD's
- A Crèche for younger children in the family
- Provision of transport for some parents if required
- Purchase of IY programme materials for both toddler and preschool children
- Purchase of an IY book for each parent for each group, which parents keep
- Provision of a range of handouts and other sundry items for parents and refreshments
- Provision of presentation materials including flipchart and pens
- Toys to practice skills in the group with parents.
- Each practitioner will need at least 1 day a week to deliver the IY programme effectively. This

includes planning and preparation for each group with co-leader, supervision, weekly phone calls to parents, some home visits and contact with other professionals as needed.

Individual programme

- Programme can be conducted at home or in an agency setting
- Provision of range of handouts and other sundry items for parents
- Toys to practice skills with parents, if programme is delivered in an agency setting

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: 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

Contact Details

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