

Course Guide

Postgraduate Certificate Children and Young People's IAPT Supervision



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 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 Cert in CYP IAPT Supervision will start in January 2018. The programme is completed over one year, and consists of a total of 16 days of teaching on Mondays and occasional Tuesdays spread over the course of the year, with the first 6 days taking place in mid-January to mid-February 2018.

CYP IAPT Supervisors will supervise therapists on your own site within your organization/ Trust. It is expected that you will provide weekly (30 minutes) or fortnightly (60 minutes) individual or group supervision (longer required). The course combines academic teaching through lectures, seminars and tutorials, and this is complemented by learning through the reflection on the process of supervision itself, underpinned by a peer support and coaching/mentoring process

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.

Course Summary

The supervisor course is an exciting opportunity to develop core CYP IAPT supervision practice and also specific supervision skills in a modality of:

- Cognitive Behavioural Therapy (CBT),
- Parent Training (PT),
- Systemic Family Practice (SFP),
- Autism Spectrum Disorders & Learning Disabilities (ASD/ LD),
- Evidence Based Counselling Practice
- Under-5s and
- Interpersonal Psychotherapy.

You will need to have at least 2 years' experience of supervising in that modality and be either accredited or accreditable in that modality where applicable (for example with BABCP). We do understand that for some modalities/ populations this is complex and so we would advise that if you are unsure about your eligibility please do get in touch and talk to the Supervisor Lead.

There are a number of teaching days with all supervisors providing a rich sense of learning from each other, and then monthly module supervision groups. These groups provide supervisors with a unique and beneficial opportunity to bring their own tapes and dilemmas of supervision and increase their confidence and skills in supervising.

Supervisors will have at least 1 supervisee whom they meet either weekly for 30 minutes or fortnightly for 1 hour (preferably a therapist on the CYP IAPT course but this is not a necessity). Assessments on the course include tapes of supervision, an essay and logs of supervision.

Managers will benefit from your course attendance since good supervision is pivotal in ensuring that CYP IAPT principles are embedded in the service. In addition supervisors are key change agents within organisations. Commissioners will also benefit since effective supervision means that young people are receiving the best service possible.

It is expected that you will provide weekly- fortnightly individual or group supervision.

- Assessment:

- Essay on effective supervision (4000 words)
- Supervision reflective essay (2500 words)
- Supervision Log
- SAGE rated whole tape of supervision with 1000 word reflective analysis.

- **Location:** 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: 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



Contact Details

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