

Course Guide

Postgraduate Diploma Children & Young People's IAPT Therapy: Under Fives Module (Infant Mental Health)

This course is delivered alongside the core skills module, both are worth 60 credits towards 120 credit post graduate diploma certified by UCL.



What does training involve?

The PG Dip in CYP IAPT Therapy (Under-5s route) starts in January 2019 and will be completed over 2 years. Students will be required to attend university 1-2 days per week during Term 1, 1 day per week during Term 2 and 1 day per fortnight during Term 3 and the second year. Teaching is scheduled for Mondays or Tuesdays. The remaining time in role will be spent working clinically within your service with children aged 0-5 years.

Preference will be given to sites who put forwards 2 students for the training. If only 1 student is put forward a co-facilitator for Incredible Years will need to be identified.

Module summary

The Under Fives 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 *Incredible Years 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.

You will be video recording your own practice and reviewing these in small facilitated practice tutor groups. Feedback from current students is that whilst initially anxiety provoking video recording brings the biggest opportunity for reflection and change.

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. You will also have the opportunity to undertake a mini infant observation, observing a child aged 0-18 months 5 times over 6 months in their home environment.

"Watching myself on the videos has shown me my own blind spots"

"Now people in the [MDT] look to me for creating that formulation. Because I've seen it, observed it, no one doubts you ... the doctors and psychologists see that you understand it, it's not that you're talking from nowhere, you know the theories and you put it into practice as well, so I feel like I'm part of a team, I feel respected."

Mental Health Nurse, CYP IAPT Under Fives Student 2018-2019

2. Intervention to support attachment: ViPP-SD

You will be trained to deliver ViPP-SD with parents and infants showing signs of attachment difficulties. This 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: Incredible Years

You will be trained in Incredible Years, an evidence based parenting programme to support the needs of parents of infants/children between the ages of 18 to 60 months. You will also be trained in individualising parenting work, enabling you to 'personalise' the delivery of an evidence-based parenting programme to high risk and complex family situations.

Caseload Requirements

Unit	Case Requirement
Fundamental Principles (Assessment)	8 Families: 4 children 0-1.5yrs, 4 children 1.5-5 yrs.
ViPP-SD	4 Families: At least 3 completed cases (6+ sessions). At least one of cases with infant 0-1.5 years.
Parenting (18-60 months)	Group parenting programme >12 sessions run with another therapist Individual parenting – 3 cases, 1 case at >4 sessions

Workplace supervision: Students are required to ensure students receive 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. Supervisors retain clinical oversight of students work.

Assessment: Students will be assessed through written case reports, keeping a log of your clinical practice and submitting recordings of your practice with written reflections based on these.

Entry Requirements

This programme is aimed at the Early Years workforce and the broader CAMHS community.

Essential	Desirable
Experience of working professionally with children & families (e.g. as family support worker, psychosocial liaison, midwife, health visitor)	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, midwifery, psychotherapy, counselling).
Two years experience of working within a professional setting concerned with the mental health, development and wellbeing of children and young people or families.	Two years experience of working within a professional setting concerned with the mental health, development and wellbeing of infants age 0-5.
Capability to complete academic work at postgraduate diploma level	Degree level qualification (if you do not have a degree level qualification you can submit alternative evidence of your academic capability, please contact cypiapttherapy@annafreud.org for further information)