

## Course Guide

# Postgraduate Diploma Children & Young People's IAPT Therapy: Cognitive Behavioural Therapy

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



### What does training involve?

The Postgraduate Diploma in CYP IAPT Therapy, in Cognitive Behavioural Therapy starts in January 2019 and will be completed over 2 years, finishing December 2020.

Students attend university teaching on Mondays and Tuesdays for the first half term, and then continuing just on Mondays during term time. On your second CYP-IAPT day, from this time, you will be busy seeing cases appropriate for learning CBT in your service.

### What does the training look like?

The Cognitive Behavioural Therapy course will increase your confidence and competence as a therapist. You will learn how to use CBT for both anxiety disorders and depression through a combination of workshops, watching videos of therapy, role plays and through your own supervision, including viewing

your own videoed practice in small, safe and supportive practice tutor groups. We receive consistent feedback that this is a highly valuable part of the course.

The anxiety and depression teaching will run in parallel throughout the course.

This is a unique opportunity to receive up-to-date teaching that is applicable to your work from experts in the field.

### How many cases do I need to see to complete the training?

You will need to see at least 8 individual anxiety and depression cases throughout the two years of the course and you will be assessed on these through written and video work. Each case must be seen for a minimum of six sessions and you must receive at least five hours of supervision for each case (this can include supervision at your service as well as in your practice tutor groups at university).

### What support will I have at my new service?

You will have a CBT supervisor within your service (BABCP accredited, or accreditable), who you will meet with for at least 1 hour every two weeks, or half an hour every week.

### What will I gain from the training?

Improving your CBT skills will position you to offer evidence based therapy within your service. In providing this more effectively, cases may be discharged with more positive outcomes sooner.

Over the two years, you will receive teaching on Core Therapeutic Skills (60 credits), CBT for Anxiety (30 credits) and CBT for Depression (30 credits) to make up a 120 credit post graduate diploma certified by KCL.

Unit	Case Requirement
Core Skills	3 children/young people for individual course of CBT (minimum 6 sessions)
CBT for Anxiety	2 children/young people for individual course of CBT for anxiety disorders (minimum 6 sessions)
CBT for Depression	3 children/young people for individual course of CBT for depression (minimum 6 sessions)

**Assessment:** Students will be assessed through written case reports, whole session video recordings with reflective analysis, literature review and participation assignment. You should also keep a clinical log of your cases for your own records.

### Entry Requirements

Essential	Desirable
<p>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</p> <p><b>AND/OR</b> a registerable professional qualification in a relevant subject (e.g. medicine, psychology, social work, nursing) from a UK university or overseas professional qualification of an equivalent standard</p>	
Experience working with children/young people in a mental health setting	
<p>Capability to complete academic work at postgraduate diploma level, including IELTS or equivalent to the appropriate level for students with English as a foreign language (BAND D)</p> <p><a href="https://www.kcl.ac.uk/study/postgraduate/apply/entry-requirements/english-language.aspx">https://www.kcl.ac.uk/study/postgraduate/apply/entry-requirements/english-language.aspx</a></p>	

*"The course is fantastic. The standard of teaching is excellent. I've really benefitted from the Practice Tutor groups, which is a really powerful way of learning about your own practice. Six months in I already feel like a better practitioner."*

*Student on the CYP-IAPT CBT Postgraduate Diploma Programme 2018-20*