

# Course Guide

## Postgraduate Diploma Children and Young People's IAPT Therapy (2 year, part-time)



### Overview

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. The courses are heavily rooted within the development of clinical skills associated with a patient-centred approach and focus on the skills required to support CBT (Cognitive Behavioural Therapy), PT (Parent Training), SFP (Systemic Family Practice), IPT-A (Interpersonal Psychotherapy Training for Adolescents), Infant Mental Health (0-5s) and Autism Spectrum Disorders and Learning Disabilities (ASD/LD) evidence based therapies.

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.

### 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.

*"Love, love, love the course - content, teaching, Keats, tutor groups. Feel privileged to be here. Keep up the good work!"*

*"Really interesting discussions providing critical and positive perspectives on [Evidenced Based Practice]. Thank you!"*  
Feedback from Wave 5 students