

Course Guide

Postgraduate Diploma Children & Young People's IAPT Therapy: Parent Training for Conduct Disorder

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 (Parent Training) 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 approximately 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 with conduct problems.

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 group parenting programme needs to be identified.

Module summary

The Parent Training module will provide you with a comprehensive

skill set to assess and treat children aged between 3 and 11 presenting with significant behavioural problems using the latest evidence based approaches.

The programme includes theoretical teaching and practical skills based training in two main interventions: *Incredible Years evidence based parenting programme as well as a Personalised Individual Parent Training Programme [PIPT]*. Group and Individual approaches are recommended by NICE for addressing conduct problems in children in a range of family contexts.

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 theoretical and practical skills teaching to support the 2 social learning theory interventions:

1. Theoretical and practical skills teaching

The formal teaching will present the latest research on social learning theory approaches and the recent evidence based innovations as well as understanding the varieties of ways conduct disorder can present, as well as the main co-occurring issues (e.g., ADHD; attachment issues; special populations). It will also address how to engage and assess families – including observing parenting interactions; and how to develop formulations for complex presentations and integrate biological, psychological, relational, systemic and social factors.

"I've thoroughly enjoyed undertaking the CYP IAPT Parent Training course. Overall, I've found the course well organised and workload manageable... Recording my practice within work and reflecting on this tape in practice tutor groups has been a rewarding process for skill development. The course has provided me with a wealth of training and experience... It has enthused my passion for Parent Training, and provided me with skills for career development. During the course, staff supported me with my Incredible Years Group Leader accreditation"

3rd Sector Parenting Support Worker, CYP IAPT Parenting Student 2017-2018

2. Group based intervention: Incredible Years

You will be trained at the very beginning of the course in the Incredible Years Programme (IY) for both the Pre-school, and School Aged modules. These are the leading group based programmes for treating conduct problems and will enable you to be able to run your first IY group in the first part of Year 1. We provide group supervision from an official IY mentor during this period to help you set up and deliver your first group, and for this to count towards an IY Group Leader accreditation.

3. Individual interventions for complex presentations: PIPT

Towards the end of the first year will also be trained in an advanced individualised social learning theory parenting programme [PIPT] enabling you to 'personalise' the delivery of an evidence-based parenting programme to high risk and complex family situations based on the formulation. This approach works 'live' with the interaction between the parent and the child in the room, so you can witness the impact of the techniques in real time.

Caseload Requirements

Unit	Case Requirement
Group parenting [IY]	1 group comprising at least 6 families [some trainees run further groups to obtain Group Leader accreditation]
Individual parenting (PIPT)	6 families seen for at least 6 sessions of PIPT; of which at least 1 and no more than 3 are from an IY group

Workplace supervision: Students are required to receive a minimum of one hour per fortnight workplace supervision from a practitioner who has specialist skills and knowledge in parenting interventions for conduct disorder. Workplace 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 across the services working with children with conduct problems, e.g., CAMHS, local authority and 3rd Sector

Essential	Desirable
Experience of working professionally with children & families (e.g. as family support worker; teaching assistant)	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, 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 children with behavioral disorders and their families and/or schools.
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 CYP-IAPT cyp-iapt@kcl.ac.uk for further information)