

## Course Guide

# Postgraduate Diploma Children & Young People's IAPT Therapy: Systemic Family Practice

This 60 credit module, alongside the 60 credit core skills module makes up the 120 credit post graduate diploma certified by KCL.



### What does training involve?

The Postgraduate Diploma in CYP IAPT Therapy in Systemic Family Practice (SFP) 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, continuing just on Mondays during term time. On your second CYP-IAPT day, from this time, you will be seeing young people and their families in your service where you will be applying what you learn on the course.

### Summary of Systemic Modules

The Systemic Family Practice course comprises three modules: a 30 credit Basic Systemic Skills module which will introduce a range of systemic approaches for working with families from diverse socio-cultural backgrounds and will teach you techniques and interventions from these approaches, and two 15 credit modules where you will learn specialist skills and knowledge in order to work effectively with adolescents with Depression and

Self Harm and with Conduct Disorders.

To help you develop and embed your developing skills, you will be required to video record your own practice and review recordings in small, safe and supportive practice tutor groups. We receive consistent feedback that this is a highly valuable part of the course.

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

You will need to see at a minimum 8 cases over the two years of the course with at 2 cases for the Basic Systemic Skills module and 3 cases per specialist modality. You will be assessed on these through written and video presentation. You will need to accrue at least 60 hours of systemic practice working directly with families and receive supervision on each case.

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

You will have an allocated Systemic Psychotherapy supervisor within your

service, who you will meet with for at least 1 hour every two weeks, or half an hour every week to review and plan your work with families.

### What will I gain from the training?

The skills and knowledge you develop will enable you to work more effectively and confidently with young people and their families.

The course has been accepted by the Association for Family Therapy as meeting the criteria for an Intermediate Level training in Systemic and Family Practice, and graduates are eligible to apply for the final two years of family therapy training leading to registration with United Kingdom Council for Psychotherapy as a Family and Systemic Psychotherapist.

Unit	Case Requirements
Basic Systemic Practice	2 children/young people and their families. A minimum of 12 hours of clinical practice.
Systemic Family Practice for Depression / Self-Harm	3 young people and their families where the young person presents with depression / self-harm. A minimum of 24 hours of clinical practice.
Systemic Family Practice for Conduct Disorder	3 young people and their families where the young person presents with conduct disorder. A minimum of 24 hours of clinical practice.

**Assessment:** Students will be assessed through written case reports, whole session video recordings with reflective analysis, a theory-oriented case report, a participation assignment and a portfolio which includes a clinical log.

### Entry Requirements

Essential	Desirable
<p>Normally a minimum of a second-class Bachelor's degree from a UK university or equivalent in a relevant subject e.g. psychology, social work</p> <p><b>AND</b> a registerable professional qualification in a relevant subject (e.g. medicine, psychology, social work, nursing, occupational therapy) from a UK university or equivalent</p> <p>Applications <b>MAY</b> be considered from those with a relevant first degree who do not have a registerable professional training if they have at least 3 years experience in a CAMHS or equivalent setting</p>	<p>Experience working with children/young people in a mental health setting</p> <p>Experience working with families</p>
<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>	