

# Course Guide

## CYP IAPT Training: Children's Wellbeing Practitioner (CWP) Course

\*Please note: The CWP programme is not a standalone CYP IAPT training course. The programme requires potential candidates to apply for both the University led training course and the role within a participating mental health service.



### Overview

CWP stands for Children's Wellbeing Practitioner and is a new role which has been developed and rolled out by the London and South East CYP IAPT learning collaborative within children and young people's mental health services across London and the South East of England.

The programme is a response to the target for offering evidence based intervention to 70,000 more children and young people annually by 2020, by training up 1700 new staff in evidence-based treatments, outlined in 'Implementing the Five Year Forward View for Mental Health.'

This training, delivered by world class training organisations and with teaching from leaders in the field, is an opportunity to develop your skills in a new, evidence-based intervention supported by the CYP IAPT (Children & Young People Improving Access to Psychological Therapies) programme.

Over the course of a year and under intense supervision, Children's Wellbeing Practitioners (CWPs) will be trained to offer brief, focused evidence-based interventions in the form of low intensity support and guided self-help to young people who demonstrate mild/moderate:

- Anxiety (primary and secondary school age)
- Low mood (adolescents)
- Common behavioural difficulties (working with parents for under 8s)

As such, graduates of the CWP programme will essentially create a new sub-service; working alongside existing

CAMHS practitioners (with a particular focus on work within schools and primary care settings) to develop support to children, young people and families who wouldn't ordinarily meet the threshold for CAMHS.

You will also be introduced to a range of outcome and feedback measures used in CYP IAPT and develop practical skills in how to collaboratively review and interpret them with children, young people and parents. You will develop an understanding of the core principles of participation and collaboration and learn how to integrate this into your work as a CWP.

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:

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[University College London](#) is one of the foremost teaching and research institutions in the world, consistently placed in the global top 20 in a variety of world rankings.

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[King's College London](#) is one of the most prestigious universities in the UK and is a global leader in mental health sciences.

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[Anna Freud National Centre for Children and Families](#) is a children's charity with a commitment to the emotional wellbeing of children. A centre of practice and a centre of learning.



## 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

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- 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

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- Better service user participation - Children young people and their families having a voice and influence at all levels of the organisation

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- Better Cross Agency Working - Encouraging and supporting cross agency collaboration between Health, Social Care and Voluntary and Independent sectors

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- 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

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- 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.

## What does training involve?

The Children's Wellbeing Practitioner Postgraduate Certificate is a full-time, one-year course. This role will involve a mixture of in-service work and university led training.

During the first term, trainees will attend 3 days of University training and will spend the remaining two days working within their service.. During the second term, trainees will attend 1 day of university training and the rest of the week in their service. The programme takes a blended learning approach, so some of the university training is online and some face to face in small groups.

In university holidays, trainees will be expected to be in their service full time (with protected study time).

## Entry Requirements

Applications to the programme will be reviewed against the following criteria:

- 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)

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- Motivation to undertake and complete the course

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- If your education has not been conducted in the English language, you will be expected to demonstrate evidence of an adequate level of English proficiency.

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- Further information can be found on our [English language requirements page](#) (see band D).



## Course Content

Training will be delivered as part of lectures, seminars and skills sessions; allowing CWPs to put the skills they have learnt into practice as part of role plays and group discussions. Over the course of the year, training will focus on:

- Fundamental Skills: Children and Young People's Mental Health Settings: Context and Values

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- Fundamental Skills: Assessment and Engagement

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- Evidence Based Interventions: Theory and Skills

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More specifically, trainees will focus on developing skills in the following areas:

An understanding of the CWP role within local and national contexts, including links with other professionals, the wider network and external and multi-agency working;

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An overview of a range of CYP mental health therapies and their evidence base, focusing particularly on developing guided self-help interventions for low mood, anxiety and behavioural difficulties;

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An understanding of issues surrounding diversity, culture and social inclusion;

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Caseload management and clinical decision-making under close supervision;

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An understanding of the important of service-user engagement, participation and collaborative practice; An understanding of CYP mental health policy;

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An understanding of issues surrounding confidentiality, ethics, capacity, and consent/safeguarding procedures; Outcomes informed practice

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This programme strongly emphasises putting the skills learnt above into practice and consolidating learning within a mental health context. As a result, CWPs will be required to develop a portfolio of cases and will be required to see a range of cases over the course of the year, with the aim of 30 cases in total.

### Assessment

Assessments will include a service-related problem-based learning task, reflective analysis of session recordings and a case report.

### Funding

Trainees will be recruited as new members of staff by a number of successful organisations. Salary support will be available for trainees up to mid-point NHS band 4, plus 25% for service on-costs and London weighting (where appropriate).

### Next steps

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If you are interested in this training, you can register your interest [here](#).

If you would like more information on the CWP programme, would like to see an example job description or would like to read our FAQs, please [visit our website](#).

### Application Deadline

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To be confirmed.



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