



## Course Guide

### Postgraduate Diploma Children & Young People's IAPT Therapy: 0-5s Module (Infant Mental Health)



#### What does training involve?

The PG Dip in CYP IAPT Therapy (0-5s route) starts in Jan 2022 and will be completed over 1 year. Practitioners will study their 0-5 modules alongside Core Skills modules. Practitioners will be required to regularly attend UCL University teaching at the Anna Freud Centre in Kings Cross on Mondays and Tuesdays with occasional additional teaching days. The remaining time in role will be spent working clinically with children aged 0-5 years.

#### How can you apply?

Applications are made by sites for salary support and on-costs for two or more practitioners. Once funding is approved, sites recruit practitioners in collaboration with UCL. Interested practitioners must apply for both the job role advertised by sites, and for a place on the course via UCL. **Sites MUST provide Incredible Years Manuals (approx. cost £1200).**

#### Module summary

The 0-5s module will provide practitioners with a comprehensive skill set to assess and treat parents and their infants who are experiencing common mental health and relationship difficulties using the latest evidence-based approaches.

The programme includes theoretical teaching and practical, skills-based training in two main

interventions: *Video-feedback for positive parenting and sensitive discipline* (ViPP-SD) and *Incredible Years parenting programme*. These interventions are recommended by NICE and the Healthy Child Programme, and are effective in improving parenting quality and sensitivity when that is of concern.

Practitioners will be video recording their own practice and reviewing these in small facilitated practice tutor groups. Feedback from current practitioners is that whilst initially anxiety provoking, video recording brings the biggest opportunity for reflection and change.

#### Further information about the module

This module is made up of 3 main sub-units:

##### 1. Fundamental Principles of Infant Mental Health

The formal teaching will present the latest research on a range of clinical presentations relevant to infants (e.g. attachment problems, conduct problems, regulatory difficulties, and social and emotional difficulties) and their main co-occurring disorders. It will also address how to effectively engage and assess families, how to develop formulations for complex presentations and integrate biological, psychological, relational, systemic and social factors.

## 2. Intervention to support attachment: ViPP-SD

You will be trained to deliver ViPP-SD with parents and infants showing signs of attachment difficulties. This is the leading intervention for supporting parents to develop more attuned parenting in the context of difficulties in the parent-infant relationship.

ViPP will be used with parents of infants under 18 months and the adapted version, ViPP-SD, will be used with children between 18 and 60 months where the evidence shows that the inclusion of sensitive discipline is beneficial.

## 3. Intervention to support emerging difficulties: Incredible Years

You will be trained in Incredible Years, an evidence-based parenting programme to support the needs of parents of infants/children between the ages of 18 to 60 months. You will also be trained in individualising parenting work, enabling you to 'personalise' the delivery of an evidence-based parenting programme to high risk and complex family situations.

### Assessment of Modules

Practitioners will be assessed through written case reports, keeping a log of their clinical practice and submitting recordings of their practice with written reflections based on these.

## Caseload Requirements

Unit	Case Requirement
Fundamental Principles (Assessment)	8 Families: 4 children 0-1.5yrs, 4 children 1.5-5 yrs.
ViPP-SD	4 Families: At least 3 completed cases (6+ sessions). At least one of cases with infant 0-1.5 years.
Parenting (18-60 months)	Group parenting programme >12 sessions run with another therapist. Individual parenting – 3 cases, 1 case at >4 sessions

### Workplace Supervision

Workplaces are required to ensure practitioners receive a minimum of one hour per week of workplace supervision from a practitioner who has specialist skills and knowledge in working with infant mental health. Supervisor training can be provided. Supervisors retain clinical oversight of students work. If your supervision is provided externally to your service, you must also have at least 1 hour a month case management supervision within the service, to support you with identifying appropriate cases, assessments, managing risk and monitoring outcomes, with good communication between supervisors.

## Entry Requirements

This programme is aimed at the Early Years workforce and the broader CAMHS community.

Essential	Desirable
Experience of working professionally with children & families (e.g. as family support worker, psychosocial liaison, midwife, health visitor).	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, midwifery, psychotherapy, 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 the mental health, development and wellbeing of infants age 0-5.
Capability to complete academic work at postgraduate level.	Degree level qualification (if you do not have a degree level qualification you can submit alternative evidence of your academic capability, please contact <a href="mailto:cypipttherapy@annafreud.org">cypipttherapy@annafreud.org</a> for further information).

“Watching myself on the videos has shown me my own blind spots.”

“Now people in the [MDT] look to me for creating that formulation. Because I’ve seen it, observed it, no one doubts you ... the doctors and psychologists see that you understand it, it’s not that you’re talking from nowhere, you know the theories and you put it into practice as well, so I feel like I’m part of a team, I feel respected.” **Mental Health Nurse, CYP IAPT Under Fives Student 2018-201**



Programme Contact:  
Prospective Students:  
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Further Information  
[Recruit to Train Website](#)

Social Media  
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