



Course Guide

CYP IAPT Training: Postgraduate Certificate Children's Wellbeing Practitioner (CWP)

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 by NHS England as part of the CYP IAPT (Children & Young People Improving Access to Psychological Therapies) programme and is being rolled out within children and young people's mental health services across the country.

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.' The training in London and the South East is delivered by UCL/AFNCCF and KCL.

Over the course of a year and under intense supervision in CAMH services, 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 would not 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.



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

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. Importantly, trainees are required to have a successful appointment in a job as a trainee CWP in a service in order to apply for this course. Please see [here](#) for more information on this process.

The programme takes a blended learning approach, so some of this teaching will be online and some face to face in small groups, including workshops and seminars. There are approximately 32-35 teaching days through the year, approximately three days a week in the first term near the beginning of your employment, reducing to approximately one day per week which will include some self-directed study time, and then increasingly spread out for the remainder of the year. In university holidays, trainees will be expected to be in their service full time (with protected study time). Trainees will have the usual annual leave allocation in line with their site policy.

Due to COVID-19 pandemic, UCL/AFNCCF and the organisations that employ trainees will be working to their own Coronavirus policies to ensure remote/safe working for trainees.

Entry Requirements

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

- Having been employed by a CWP service as a trainee CWP
- 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)
- Motivation to undertake and complete the course
- 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.
- The English language requirement for this programme is: Good. Further information can be found [here](#).



Course Content

Training will be delivered as part of lectures, seminars and skills sessions; allowing CWP's 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
- Fundamental Skills: Assessment and Engagement
- Evidence Based Interventions: Theory and Skills

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

- An understanding of the CWP role within local & national contexts, including links with other professionals, the wider network and external and multi-agency working;
- 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;
- An understanding of issues surrounding diversity, culture and social inclusion;
- Caseload management and clinical decision-making under close supervision;
- An understanding of the service-user engagement, participation and collaborative practice;
- An understanding of CYP mental health policy;
- An understanding of issues surrounding confidentiality, ethics, capacity and consent/safeguarding procedures;
- Outcomes informed practice

This programme strongly emphasises putting the skills learnt above into practice and consolidating learning within a mental health context. As a result, CWP's 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 pieces of CWP informed case work in total.

Assessment

Assessments on the programme will comprise of a combination of written, oral and video assessments.

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

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

To be confirmed.

Contact Details:

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