



Course Guide

Postgraduate Diploma Children & Young People's IAPT Therapy: Interpersonal Psychotherapy for Adolescents (IPT-A)



What does training involve?

Students attend university 1 day per week during Term 1 and approximately 1 day per fortnight during Terms 2 and 3. Teaching is scheduled for Mondays and, occasionally, on Tuesdays. The remaining time in role will be spent on academic assignment and working clinically within your service with young people and families .

What does the training look like?

The PGDip in CYP IAPT, Interpersonal Psychotherapy for Adolescents (IPT-A) stream, will equip you with the knowledge and skills required to assess and treat young people between 9-18 with depression, using structured and evidence-based approaches. Your confidence and competence as a therapist will increase as you learn how to use IPT-A for adolescents with depression, Family Based IPT (FB-IPT) for pre-adolescents with depression attending with a parent and IPT-A skills training groups (IPT-AST) for young people at risk of becoming depressed.

You will be supported to be an active participant in your own learning through interactive workshops, group discussion, role plays, written reflections and peer to peer learning. Theory will be routinely linked to practice during teaching and through weekly practice tutorials during term time, which will include review and discussion of your video recorded

casework. We understand that this can be anxiety provoking and make every effort to make this a safe learning environment for students. Past students feedback confirms that this is an effective and valuable strategy for developing and improving clinical skills

You will be required to assess and formulate a treatment plan in at least six different individual cases, four of which should result in completed casework (12-15 sessions). If early casework is successfully completed, you may also conduct a family based case with a pre-adolescent and parent. You will be assessed on these through formative and assessed written reflections and video recorded casework.

“Teaching today was very well paced with enough time for us to explore our clinical practice in terms of IPT A expectations. Practice tutor group is extremely helpful in gaining perspectives from others on our practice.”

Student on the CYP-IAPT IPT-A Postgraduate Diploma Programme 2018-20

What support will I have at my new service?

In addition to the course practice tutorials, which are run by qualified IPT-A supervisors, you should have a minimum of 1 hour a week IPT-A supervision from an IPT-A accredited supervisor or practitioner, or a graduate of CYP IAPT training. If your IPT-A 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.

What will I gain from the Training?

The course will enable you to deliver IPT-A competently and to act as an expert resource to young people, their families and to professional colleagues, ensuring the development of appropriate care pathways for IPT-A referrals and informed choice as part of the CYP IAPT service transformation. Over the year, you will receive teaching on Core Therapeutic Skills (30 + 30 credits), IPT-A (30 + 30 credits) to make up a 120 credit post graduate diploma certified by UCL.

Entry Requirements

Essential	Desirable
<p>Normally 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. The University may accept some trainees with professional experience but without a University degree. This will be on a case-by-case basis.</p> <p>AND a registerable professional qualification in a relevant subject (e.g. psychology, psychotherapy, counselling) from a UK university or overseas professional qualification of an equivalent standard.</p>	<p>Experience of working therapeutically with children/young people in a mental health setting.</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>https://www.kcl.ac.uk/study/postgraduate/apply/entry-requirements/english-language.aspx</p>	

Caseload Requirements

Unit	Case Requirement
Core Skills	3 children/young people for individual course of IPT-A (minimum 6 sessions)
IPT-A	4 young people for individual course of IPT-A for depression (minimum 12 sessions)

Assessment of Modules

Students will be assessed through written case reports, whole session video recordings with reflective analysis, literature review and participation assignment. You should also keep a clinical log of your cases for your own records.



Programme Contact:
Prospective Students:
cypiatptherapy@annafreud.org

Further Information
[Recruit to Train Website](#)

Social Media
@AFNCCF @UCL