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

The course focuses on enhancing counselling practices with children and young people to ensure that they are evidence-based, collaborative, and at an appropriate level of competence.

You will also develop practical skills in the use of outcome and feedback measures used in CYP IAPT in and an understanding of the core principles of participation and collaboration.

The training is fully funded, supported by your service for your current role and salary support will be provided which will enable you to have the time needed to develop your clinical skills without impacting on waiting times and access to services.

Postgraduate Training courses in CYP IAPT Therapy, Supervision and Leadership are offered for existing staff as part of the CYP IAPT national service transformation programme to improve the effectiveness of psychological services for children and young people.

The course is heavily rooted within the development of clinical skills associated with a patient-centred approach and focus on the skills required to support training in both Counselling for Depression and CBT (Cognitive Behavioural Therapy) for Adolescents, both evidence based therapies.

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:

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.

King’s College London is one of most prestigious universities in the UK and is a global leader in mental health sciences.

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.

“Love, love, love the course - content, teaching, Keats, tutor groups. Feel privileged to be here. Keep up the good work!”

“Really interesting discussions providing critical and positive perspectives on [Evidenced Based Practice]. Thank you!”

Feedback from Wave 5 students
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
- **Better service user participation** - Children young people and their families having a voice and influence at all levels of the organisation
- **Better 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.

A key component of the programme, which drives the change in clinical practice at the heart of CYP IAPT, is the therapist, supervisor and leadership postgraduate diplomas and certificates.

What does training involve?
The Counselling (EBCP) certificate starts in January 2017 and will be completed over 1 year. Students will need 2 days per week throughout the year allocated for CYP IAPT related work. During termtime this will include 1 day per week attendance at university, on a Monday. The remaining 1 day per week during termtime and 2 days per week outside of termtime will be spent working on CYP IAPT caseload in the trainee’s service and also on assignments.

Trainees will need to specify upon application their supervision provision. If there is not an appropriate supervisor already in place, additional supervision may be required. Please note that a free post graduate certificate training course is on offer for counselling supervisors.

Trainees need to be actively and persistently doing child (and/or parent, family) work where they can write-up and bring video excerpts from a range or number of cases. Each module will have specific requirements for the minimum number of cases required.

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Pass rates for therapy courses

![Pass rates for therapy courses](image)

*Particularly enjoyed the small group discussion, and the ongoing comments from participants (as well as material of lecture of course!)*

*Feedback from Wave 5 students*
Modality modules

Evidence-Based Counselling Practice
The aim of the Evidence-based Counselling Practice module is to increase your confidence and competence in providing care and treatment for children and young people that is evidence-based, collaborative and hence guided by client feedback through monitoring of outcomes, goals and the therapeutic process, based on comprehensive assessment and supported through a facilitative therapeutic system, and delivered as part of a collaborative network.

This EBCP is not intended as an entry-level counselling skills training but rather for those practitioners who have already developed standard counselling competencies and who aim to develop advanced evidence-based competencies. The clinical skills taught will suitable for delivery in a range of settings including schools, the voluntary and community sector, and the NHS.

This is a unique opportunity to receive up-to-date teaching that is applicable to your work from experts in the field. The EBCP curriculum will be delivered through a range of teaching and learning methods, including didactic teaching, workshops and skills classes. Students will also be expected to undertake substantive independent study where a key component of this requirement will be e-learning through the MindEd programme, primarily sessions from Counselling MindEd and the CYP IAPT Core Curriculum. In addition, there will be the completion of written and video work, background reading, and preparation for therapy sessions.

Students will need to complete a total of 80 hours of relevant clinical practice, with a minimum of 1.5 hours of individual supervision (or equivalent group supervision) for every month of practice.

Cases: You will need to have access to suitable counselling cases throughout the course

Assessment: case reports, clinical log and whole tapes of practice with accompanying reflective analyses.

**Information correct at time of writing**

Entry requirements
Qualified counsellors (to diploma level or above, typically two year part-time), with or without experience of working with children and young people OR Professionals who have experience of working in a counselling role with children and young people, to a level commensurate with exit from a diploma in counselling.

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) and/or a registerable professional qualification in a relevant subject (e.g. medicine, psychology, social work) from a UK university or overseas professional qualification of an equivalent standard. Candidates without a degree, but with a minimum of three years professional experience in a CAMHS (or equivalent) setting together with a relevant professional qualification will also be considered.

“"The lecturer's delivery is clear and honest and his enthusiasm infectious!""

Feedback from Wave 5 students

More information/useful links/contact details
- Children and Young People’s Improving Access to Psychological Therapies Programme
- UCL Website
- IoPPN Website
- Anna Freud Centre Website

Next steps
If you are interested in this training, you can register your interest online: https://cypiapt.wordpress.com/postgraduate-cyp-iapt-training/ and speak to your service manager about applying.

Information
Find course brochures, videos from the open day, student testimonials and application information on our website: https://cypiapt.wordpress.com/postgraduate-cyp-iapt-training/

Application timeline
Deadline for applications is 31st October 2016.

There are a limited amount of places available