

Course Guide

Postgraduate Diploma in Children and Young People's Psychological Trainings:

Therapy: Infant and Early Years Practitioner (IEYP)

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Introduction

This postgraduate diploma in the Infant and Early Years Practitioner (IEYP) pathway is a one-year full-time course with a salaried position. You will work in a clinical setting providing mental health support for children and young people, alongside attending teaching with Anna Freud and University College London (UCL). Funding is provided by NHS England as part of the NHS Long Term Plan.

Our IEYP modality will increase your confidence and competence as an evidence-based therapist by giving you the knowledge and skills required to work effectively and thoughtfully with infants, toddlers and their families.

What will I study?

Teaching on the IEYP modality will explore:

- Theoretical principles, competencies, and skills for work with children aged 0-5
- The latest research on a range of clinical presentations in infants (e.g. attachment problems, conduct problems, regulatory difficulties, and social and emotional difficulties) and their main co-occurring disorders
- How to effectively engage and assess families, develop formulations for complex presentations and integrate biological, psychological, relational, systemic and social factors
- How to support children and their families with regulatory difficulties (sleeping, feeding or toileting)
- Teaching in NICE guideline recommended evidence-based micoanalytic video observational skills to use to support parent-infant relationships.

Trainees will either undertake the Parent-Infant or Early Childhood pathway depending on the population and age range your service works with.

Parent-Infant Pathway
This pathway offers an accredited specialism, with core practice in attachment and parent-infant interaction (VIPP). It focuses on addressing parental mental health difficulties and wider systemic factors.

Early Childhood Pathway
This pathway offers training in a parenting group programme for this age range, with a particular focus on attachment and social learning theory (Incredible Years). It also focuses on tailoring this approach to work with individual families.

What are the course requirements during the training year?

Students will undergo a variety of assessments, including written case reports, verbal case presentations, a clinical portfolio and video recordings of your practice with accompanying written reflections.

All Trainees: All trainees will be required to see three families where the child is experiencing regulatory difficulties.

Parent-Infant Pathway: Over the course of the year, you will be required to see five families using a video feedback intervention. You must address parental mental health difficulties and wider systemic factors with at least one family you see.

Early Childhood Pathway:
Over the course of the year, you will be required to run one Incredible Years informed parenting group of at least 10 sessions and to work with 3 families individually in relation to parenting.

How does the employment work?

To apply for the training, you will first need a job offer from a participating CYP Mental Health Service that has secured funding with NHSE. These include NHS CAMHS, third sector and local authority services. Services typically advertise for roles during July to October each year, to start the following January.

During the course, you will be based at your employing service for 2-3 days a week during term time and full-time during course holidays.

You will have a supervisor in your employing service who will support you in finding suitable cases for your assignments, managing risk and monitoring outcomes. Your site supervisor will provide one hour a week individual supervision or a longer group supervision to support your clinical skills development.

Student feedback reflects that this is one of the most helpful aspects of the course, promoting professional growth and distinguishes it from other training paths.

Please see our FAQs for more information on the application process.



Suitability for the course

Candidates interested in applying for the IEYP training would ideally have:

- A second-class bachelor's degree or equivalent standard in a relevant subject (e.g. psychology, social work) or higher
- Two or more years experience working in children and young people's development and wellbeing, or with their families – ideally working with children age 0-5, such as in a family support team, preschool, nursery

  or experience of children aged 0-5 and their development in a personal, voluntary or observational capacity
- Experience of multi-agency or multi-disciplinary working and liaising across internal and external agencies
- Knowledge of the importance of early years (0-5) on development and mental wellbeing and understanding of the range of factors that can impact developmental and emotional wellbeing
- A strong desire for working therapeutically with the early years population and their families.

Applicants who do not fulfil the academic criteria but have relevant professional experience and a core mental health profession are still encouraged to apply and will be considered on a case-by-case basis.



Further Information

For further enquiries on the training, please contact our course administration team at cypttherapy@annafreud.org

www.annafreud.org
www.ucl.ac.uk

Please be aware that information in this brochure is correct at time of publication and may be subject to change.