Anna Freud
National Centre for
Children and Families

KING'S College LONDON

Course Brochure

Postgraduate Diploma in Children's Wellbeing Practice (CWP)

This year-long full-time course includes a 120 credit post graduate diploma certified by KCL







Overview

CWP stands for Children's Wellbeing Practitioner and is a role within the low-intensity workforce which has been developed and rolled out by the London and South East CYP-MH learning collaborative within children and young people's mental health services across London and the South East of England.

The programme was 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.'

What does training involve?

The Children's Wellbeing Practitioner Postgraduate Diploma is a full-time, one-year course. This role will involve a mixture of in-service work and university-led training.

During the first term, trainees will attend 3 days of university training and will spend the remaining 2 days working within their service. During the second term, trainees will attend 2 days of university training and the rest of the week in their service. In the third term they will attend 1 day of university and spend the rest of the time in their service.

University teaching will take place at the Institute of Psychiatry, Psychology and Neuroscience, part of King's College London.

What does the training look like?

This training, delivered by world class training organisations and with teaching from leaders in the field, is an opportunity to develop your skills in a new, evidence-based intervention supported by the CYP-MH (Children & Young People Mental Health) programme.

Over the course of a year and under intense supervision, 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, or working through their parents/carers to provide support for those who demonstrate mild/moderate:

- Anxiety
- Low mood
- Common behavioural difficulties

As such, graduates of the CWP programme will essentially create a new sub-service; working alongside existing practitioners (with a particular focus on work within community and primary care settings) to develop support to children, young people and families who wouldn't ordinarily meet the threshold for CAMHS.

The training also covers skills in delivering focus groups and engagement projects with CYP and training community and primary care staff.

How many cases do I need to see to complete training?

Overall, you will need to complete low intensity interventions with at least 30 cases during the year of the course. This will involve delivering a mixture of group intervention work, psycho-education workshops and individual guided self-help interventions. You will need to see at least 8 completed individual cases for guided self-help during the year of the course. You will be assessed through written and video material.

What support will I have at my new service?

You will have a supervisor within your service who will see you for at least an hour a week for individual supervision, and group supervision every fortnight.

What will I gain from the training?

The ability to deliver evidence-based early interventions to children and young people and their families within a service into which you will qualify as a CWP.

Module	Requirement/Assessment
Children and Young People Mental Health Settings: Context and Values (15 credits)	Complete a service-related problem-based learning task looking into mental health provision local to your service, in consultation with education staff, with reflective analysis
Fundamental Skills: Assessment and Engagement (15 credits)	Demonstrate skills learned in a video-recording of an assessment session with case background and reflective analysis
Evidence Based Interventions: Theory and Skills (30 credits)	Demonstrate skills learned in a video-recording of an intervention session with reflective analysis plus a written-case report with a distinct case Over the course of the year see 8+ individual cases with a range of presentations and 30+ cases overall with groups/psycho-education workshops, evidenced in a case portfolio signed by your supervisor Modules 1-3 should include at least 80 hours of clinical practice with 40 hours of supervision on these cases.
Working, Assessing and Engaging in Community-Based and Primary Care Mental Health Service Models (15 credits)	Complete a piece of engagement / focus group work with recommendations in relation to mental health access and provision in a community or primary care setting
Mental Health Prevention in Community and Primary Care settings (15 credits)	Complete a staff training workshop in a community/primary care setting and write a report with reflective analysis
Interventions for Emerging Mental Health Difficulties in Community and Primary Care Settings (30 credits)	Demonstrate skills learned in a written case report of a completed group intervention of with a group of children and young people or parents/carers

"An engaging and well-organised course, giving a thorough overview of how mental health practitioners can work with the whole school community to promote positive emotional wellbeing for all."

"*Thanks for making me feel so welcome and inspired to continue. I have really enjoyed and learnt from the variety of tutors from different professional backgrounds. Using their unique styles of teaching and incorporating their skills into our lectures was so valuable. What made it so special was the students on the course. They each brought with them their unique expertise coming from various professional backgrounds and included their personalities in their work. We learnt so much from each other and I feel so thankful to each and every one of them for teaching me so much.*"

- Previous Training Practitioners on the Education Mental Health Practice Programme

Entry Requirements

Essential
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 academic subject (e.g. Psychology, Education, Childhood Development, Social Work, etc), **OR** any subject with further training or experience in a relevant field (e.g. Teaching/Teaching Assistance, Learning Support, Healthcare Assistance, Youth Work, Counselling, etc)* ***Applicants who do not fulfil the academic criteria are encouraged to apply and may be considered on a case-by-case basis. Please contact us with queries.***
Evidence of prior experience working with children and young people is preferred
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) https://www.kcl.ac.uk/study/postgraduate/apply/entry-requirements/english-language.aspx
Motivation to undertake the course

KCL Application Deadline – Monday 20th November 2023
Teaching will begin on Monday 22nd January 2024

Next Steps

If you are interested in this training and would like further information, please email cyp-mh@kcl.ac.uk, or visit the website here

*Please note: The CWP programme is not a standalone CYP MH 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.

Application Process

- To apply online go to https//apply.kcl.ac.uk
- Please do contact cyp-mh@kcl.ac.uk for any queries





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The programme description is correct at time of going to print but is subject to change without notice