



Course Guide

Supervision: Children and Young People's Mental Health and Wellbeing Services, PG Cert



Anna Freud





Introduction

This course is a one-year, part-time postgraduate programme. It is designed to support individuals in their role as site supervisors of trainees registered on a variety of workforce programmes delivered at Anna Freud in collaboration with UCL. These programmes are:

- Pg Dip Children and Young People's Psychological Training: Therapy (previously called: CYP IAPT)
- Therapy Recruit to Train) – (CYP PT: Therapy)
- PG Dip Children and Young People's Psychological Wellbeing Practice – (CWPs)
- PG Dip Educational Mental Health Practice – (EMHPs)

UCL and King's College London are jointly commissioned to deliver these training programmes across London and south east England. Both courses are closely aligned.

Background

The CYP (Children and Young People's) Psychological Trainings (formerly CYP IAPT) initiative launched in 2011 and by 2018 reached services covering a significant proportion of the 0-19 population. In 2016, the Five Year Forward View for Mental Health set a target of offering evidence-based interventions to 70,000 more children and young people annually by 2020. This includes providing an accessible service for at least 35% of those with a diagnosable condition.

These targets required an additional 1,700 staff to enter the workforce. The CWP programme set out to increase capacity and meet gaps in service provision by focusing on prevention and early intervention. The CYP PT: Therapy initiative also created new therapist roles by enabling individuals to undertake CYP Psychological Trainings (formerly CYP IAPT) in several specialist areas.

In 2017, the green paper *Transforming children and young people's mental health* provision set out the creation of the new mental health support teams to reduce waiting times by one fifth by the end of 2022. These teams were connected to schools and colleges, providing interventions to support children and young people with mild-to-moderate needs. The EMHP programme was subsequently established, training clinicians to work directly in schools.

Programme ethos

To support the training needs of students registered on government-funded programmes, site supervisors need to be equally supported and trained to oversee trainees' work within various settings. The UCL Supervision programme will help to extend supervisors' knowledge and understanding of evidence-based practice within child and adolescent mental health services (CAMHS), community and school settings.

The programme represents a departure from discipline-based supervision. Instead, it supports you to develop competence in supervision and enables delivery of a range of models in your service. It also ensures delivery is aligned with the evidence base for both low-intensity and high-intensity interventions.

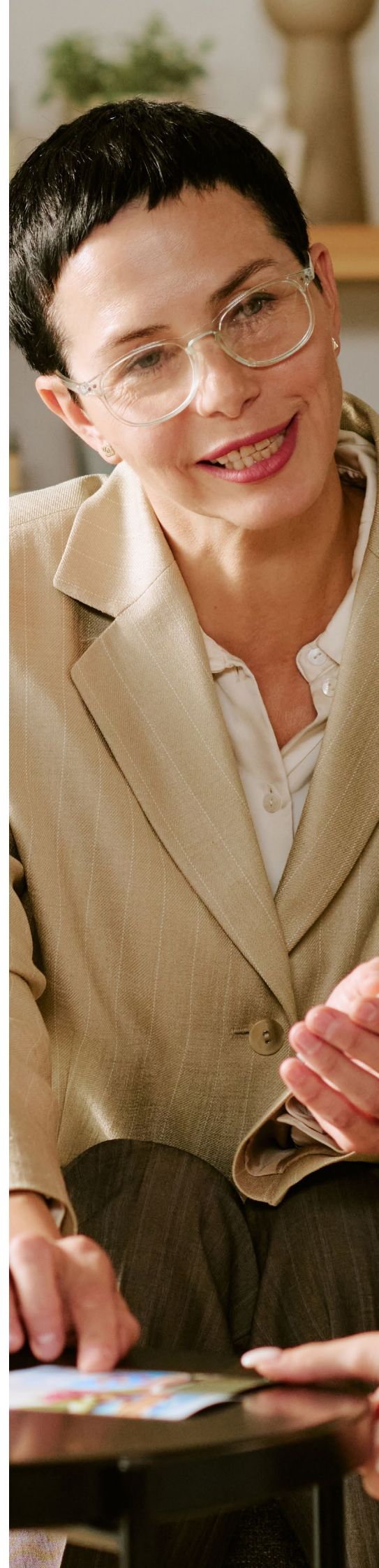
Course structure

Students will complete two modules across the year.

-  **Module One (PSYC0248)**
Supervision theory and context (30 credits)
-  **Module Two (PSYC0252)**
Supervision practice (30 credits)

Teaching takes place in person and online. There are approximately 17-19 teaching days plus four study days. Students attend university weekly during Term 1, with attendance reducing to fortnightly in Term 2 and monthly in Term 3. Teaching takes place on Wednesdays and is combined with students undertaking the PG Dip Senior Wellbeing Practitioner course.

Supervisors are assigned trainees undertaking the following programmes: CYP PT: Therapy (formerly Recruit to Train), CWP or EMHP programmes. Supervision students also attend lectures and supervision practice groups specific to the trainees they supervise, from the CYP PT: Therapy, CWP or EMHP programmes.



Teaching

Core teaching is delivered through lectures and skills-based workshops. Learning is further developed in practice tutor groups. Teaching covers:

- ✓ supervision models
- ✓ competency frameworks
- ✓ the use of feedback tools
- ✓ topics related to delivering effective supervision for practitioners
- ✓ working with difference and diversity in supervision

This also includes the key CYP Psychological Trainings (formerly CYP IAPT) principles of evidence-based practice, participation, accessibility, accountability and awareness.

Students are expected to film their supervision sessions and share videos as part of small group learning and reflective practice.

How many supervisees do I need?

You need to supervise at least one trainee. All supervisors are required to offer weekly individual supervision and additional group supervision where appropriate.

You'll also need access to monthly supervision of your own supervisory practice within your service while in training. Please follow this link to see more information: [Supervision: Children and Young People's Mental Health and Wellbeing Services, PG Cert | Anna Freud.](#)

Assessments

There are four pieces of assessed work:

- ✓ an essay on effective supervision
- ✓ a reflective essay
- ✓ a video recording of a supervision session with a reflective analysis
- ✓ a supervision portfolio

Entry requirements

Qualifications

- 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, education, childhood development, social work).
- Or a degree in any subject with further training or experience in a relevant field (e.g., teaching or TA, learning support, healthcare assistants, youth work, counselling).
- 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.

Applicants who do not fulfil the academic criteria are encouraged to apply and may be considered on a case-by-case basis. There may be additional entry requirements per course or modality. Please contact us with queries at supervision@annafreud.org.

Experience

- At least two years as a qualified mental health professional working therapeutically or clinically with children and young people with mental health difficulties.
- Demonstrable experience of clinically delivering the therapeutic approach for which they are applying (e.g., CBT).

Please see below breakdown for specific modalities.

English language requirements

You need to have an appropriate level of English to complete academic work at postgraduate diploma level.

UCL: [level 2](#)

King's College London: [band D](#)

You may be asked to provide evidence of your English language proficiency, such as an [IELTS](#) or equivalent test certificate dated within the last two years.



Cognitive behavioural therapy (CBT) supervisor requirements

Accreditation

The key principle for clinical supervision is that it must meet the needs of the supervisee. CBT supervisors should ideally be accredited with the British Association for Behavioural and Cognitive Psychotherapies (BABCP). If you don't hold BABCP accreditation, you may be able to supervise a CBT trainee if you hold an international qualification and accreditation in CBT, such as European Association for Behavioural and Cognitive Therapies.

You may also be able to supervise a CBT trainee if you have completed postgraduate training in CBT (see section six of the [BABCP minimum training standards document](#)) and CBT is one of your main therapeutic models in your clinical practice. Please see section seven of the [BABCP minimum training standards document](#) for more information.

Experience

The applicant must have at least two year's clinical experience in delivering CBT.

Autism and learning disabilities supervisor requirements

Applicants will need to:

- have professional training/qualification in mental health practice with children and young people.
- have two years post-qualification experience working with autistic children/young people and their families/systems, or working with those with learning disabilities and their families/systems.
- be able to support trainees to deliver best practice, informed by evidence-base, integrating adaptations for neurodivergence and utilising monitoring of progress/outcomes. Supervisors will be encouraged to consider the social model of disability and the significance of contextual/environmental factors influencing child/young person's well-being as part of any mental health intervention.



Children's wellbeing practitioner (CWP) supervisor requirements

Applicants will need:

- at least two years' experience working therapeutically, clinically or consultatively within a children and young people's mental health setting.
- experience delivering CBT-informed interventions.
- motivation to supervise this approach.

This supervision will be part of the student's learning support and should be in addition to caseload management. Attending the supervision course is essential for BPS and BABCP registration of CWPs and Education Mental Health Practitioners (EMHPs).

BPS: www.bps.org.uk/wider-psychological-workforce

BABCP: www.babcp.com/what-is-wellbeing-registration/childrens-wellbeing-practitioner-cwp-registration

EMHP supervisor requirements

Applicants will need:

- at least two years' experience working therapeutically, clinically or consultatively within a children and young people's education or mental health setting.
- experience delivering CBT-informed interventions.
- motivation to supervise this approach.
- experience of delivering mental health interventions in education settings (preferred but not essential).

Attending the supervision course is essential for [BPS](http://www.bps.org.uk) and [BABCP](http://www.babcp.com) registration for EMHP and CWPs

Funding

The course is funded by NHS England. Please note that this course is not open to direct access – applications for supervision training places must be put forward by children and young people's mental health services.

How to apply

Speak to your service manager if you'd like to apply. Further information for services is available on the [workforce development](#) webpage.

Student application deadline

The application deadline is November 2026.
Teaching will begin in January 2027.



Contacts

If you have any questions or need more information, email:

Prospective students:
supervision@annafreud.org

Services interested in nominating prospective students:
cypptworkforce@annafreud.org

Further information

[Supervision: Children and Young People's Mental Health and Wellbeing Services PG Cert | Prospective Students Graduate - UCL – University College London](#)

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