

Course Guide

Postgraduate Diploma in Children and Young People's Psychological Trainings: Therapy: Cognitive Behavioural Therapy (CBT)

Anna Freud UCL



Introduction

This postgraduate diploma in the Cognitive Behavioural Therapy (CBT) 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 CBT training aims to develop your competence as high-intensity CBT therapist by giving you the skills and knowledge to deliver evidence-based CBT interventions for specific anxiety disorders and depression in children and young people (CYP).

What will I study?

Teaching on the CBT modality will cover:

- fundamental skills in delivering high-intensity cognitive behavioural therapy, taught using a CYP-specific competency framework.
- theory and research in CBT, promoting a critical approach towards the evidence-base.
- the theoretical origins of CBT and research literature on CBT for anxiety disorders and depression
- skills in critically evaluating the use of CBT
- core therapeutic skills in CBT for a range of presenting difficulties in children and adolescents, including different types of anxiety (e.g. OCD, PTSD) and depression.
- feedback-informed practice, young people's participation, psychological development and neuropharmacology

Please note this is not a BABCP accredited course, but your clinical work, attendance at teaching and coursework may be used towards future accreditation applications with BABCP. Always check the BABCP's Minimum Training Standards on their website for more information. Information regarding supervision requirements for non-accredited courses can also be found on the BABCP's website.

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 audiovisual recordings of your practice with accompanying written reflections.

Over the course of the year, you will need at least eight individual cases across a variety of clinical presentations including low mood, depression and anxiety, using a range of interventions.

You will be asked to keep a clinical case portfolio throughout the year to help you stay on track with achieving these requirements. Each of your eight cases will be seen for an adequate course of therapy with a clear beginning, middle and end. This will be closely supervised by your clinical supervisor within the service We also encourage you to complete 200 hours of supervised clinical CBT practice throughout the year.

How does the employment work?

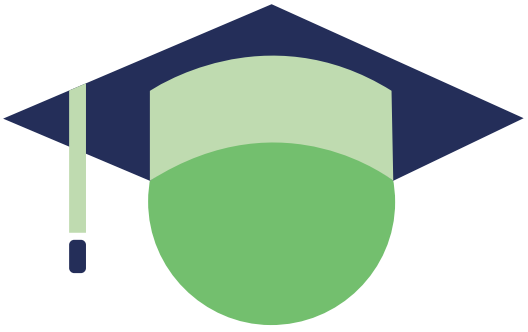
To apply for the training, you will first need a job offer from a participating CYP Mental Health Service that have secured funding with NHSE. These include NHS CAMHS, third sector and local authority services. Services typically advertise for roles from July to October each year, to start the following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

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

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



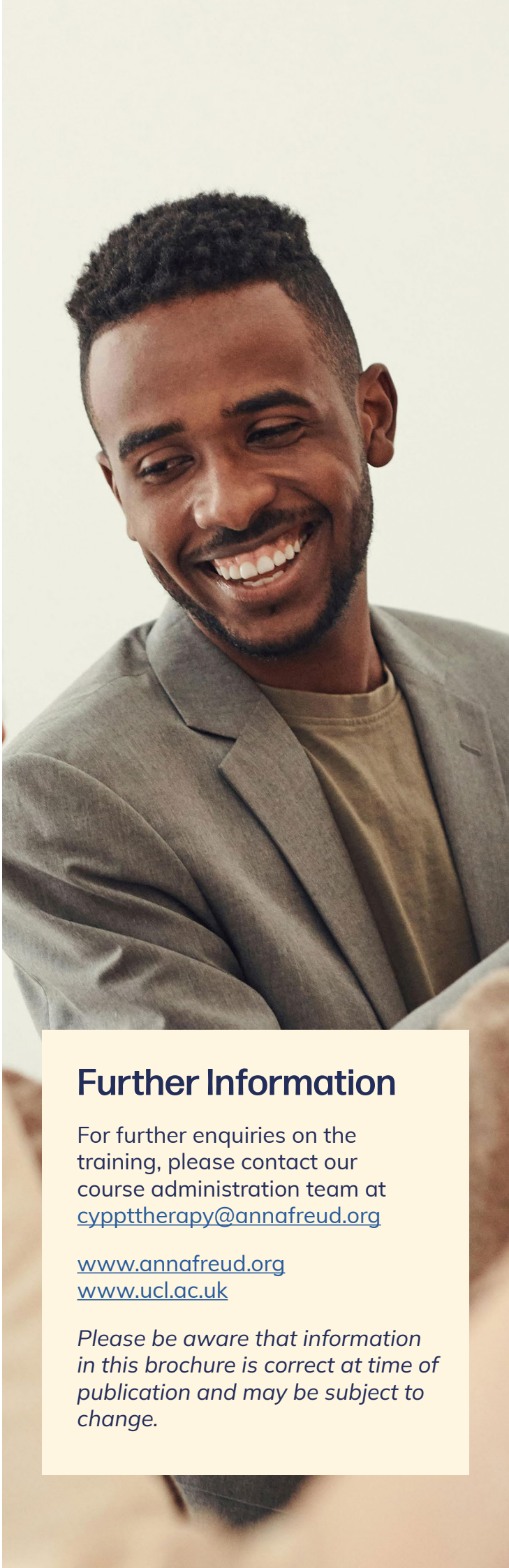


Suitability for the course

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

- minimum second-class bachelor's degree or equivalent standard in a relevant subject (e.g. psychology, social work)
- A Core profession as recognised by the BABCP. Please see: Core Professions List – BABCP OR a minimum of 3 years relevant experience (which can include relevant study, formal and informal training) which demonstrate that you have the knowledge, skills and experience required to complete a KSA portfolio (Knowledge, Skills & Attitudes – BABCP). Note that work experience linked to your core profession or relevant experience must include substantial work with children and young people in a mental health setting.
- experience of multi-agency or multi-disciplinary working and liaising across internal and external agencies
- a keen interest in working with and specialising in CBT interventions for children and young people

Applicants who do not fulfil the academic criteria but have relevant professional experience 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 cypptherapy@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.