Programme Guide

Doctorate in Child and Adolescent Psychotherapy







INDEPENDENT PSYCHOANALYTIC CHILD & ADOLESCENT PSYCHOTHERAPY ASSOCIATION

bpf BRITISH PSYCHOTHERAPY FOUNDATION

UCL

Anna Freud

Overview

This four year full time, professional doctorate aims to develop the academic, clinical and research skills needed to practice as a professional Child and Adolescent Psychotherapist, and will lead to the award of DPsych and professional membership of the Association of Child Psychotherapists (ACP). The theoretical orientation of the training represents the thinking of the Independent tradition within psychoanalysis, recognising the value of diverse perspectives and independent thinking. A Jungian pathway has been developed for those in Jungian analysis.

The programme is a collaboration between UCL, Anna Freud and the Independent Psychoanalytic Child and Adolescent Psychotherapy Association (IPCAPA) at the British Psychotherapy Foundation (bpf), alongside NHS training placement providers. It combines working in a clinical setting, with lectures and seminars to support academic development and the opportunity to complete a doctoral level research project. Teaching is offered in a mixture of large and small group settings and aims to provide a thorough understanding of normal child development, childhood psychopathology and psychotherapeutic techniques linked with direct experience of clinical work and conducting relevant research.

Clinical Programme Component



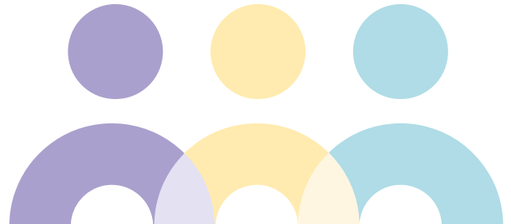
Training placements are in NHS or voluntary sector settings, and the placement programme is planned to ensure exposure to a wide range of populations and contexts and to ensure experience of working in multi-disciplinary teams. Trainees are in their funded clinical placements for part of the week over the four years, learning and honing their skills, guided by experienced clinicians within their service. All trainees are required to be in personal psychoanalysis with an ACP approved therapist, at least four times per week throughout their training.

NHS Placements

The clinical training is funded and quality assured by NHS England. A limited number of training posts are offered by the NHS, for which trainees can apply. The posts are usually four-year fixed term training contracts, usually based in a Child and Adolescent Mental Health Service (CAMHS) team, and provide funding (including salary and contributions to training expenses), time for study and training as well as the opportunities to meet all the clinical requirements of the training. There are a number of posts across London, the South- East, South West and East of England. All trainees must be working within a clinical placement during the whole course of the doctorate, but where trainees are not able to take up an NHSE-funded placement (including international applicants), they may self-fund and training school staff will endeavour to organise appropriate clinical experience for them.

The training is a four-year journey through the theoretical, clinical and research elements of child & adolescent psychotherapy in the Independent Tradition. With expert supervision and seminars - all supporting my placement in a child and adolescent mental health service - this is a demanding, inspiring and life-changing experience. This clinical doctorate honed my research skills, enabled me to advocate for the effectiveness of the profession within CAMHS, and enhanced my knowledge and ability as a clinician. I feel it will continue to stand me in good stead throughout my professional life.

Sarah, Recent Graduate



Academic Component

A continuous programme of theoretical seminars specific to each of the four years of the programme is led by experienced child and adult psychotherapists. These cover theories of development, psychoanalytic thinking about the aetiology of psychological problems and how best to treat them, having regard to cultural and social diversity.

The curriculum gives attention to knowledge of the evidence base for the efficacy of psychological interventions and includes information on the impact of neuro-psychosocial factors on the psychological well-being of young people. The programme also includes regular seminars and opportunities to discuss ongoing clinical work, using the theories learned to understand the case material. There are additional events, such as master classes, race and diversity workshops, and termly conferences to enable students to learn about specific topic areas in more depth.

In order to fulfil programme requirements, each trainee must complete a combination of intensive and non-intensive child cases. Each trainee sees three children in intensive psychotherapy, with individual weekly supervision for each case. Trainees are also required to see at least five children in non-intensive treatment, and to have experience of time-limited work; work with parents; diagnostic assessments and of consulting to other professionals who are working to promote children's well being.

Research Component

In year one students receive direct teaching on psychotherapy research, including different methodologies and how to critically evaluate research findings. First year students conduct a service-related project in their clinical placement. From the second year, trainees will undertake a research project on an area relevant to the child psychotherapy profession, fully supported by a supervisor. This programme has been created with an emphasis on the practical research skills that will be needed by a modern practitioner and designed specifically to be completed within four full-time academic years. In this integrated programme, research thinking will sit alongside the clinical programme so that graduates will become able to use research to inform their clinical practice.

UCL

UCL is one of the foremost teaching and research institutions in the United Kingdom. It was founded in 1826 to provide higher education for all who could benefit from it, regardless of religion, race or class, and is both the oldest and the largest of the various colleges and institutes that make up the University of London. Psychology at UCL has an outstanding track record of innovative research. www.ucl.ac.uk

Anna Freud

Anna Freud began as the Hampstead War Nurseries, set up by Anna Freud in 1940 and is a leading centre for clinical research as well as running a variety of clinical projects. Its aim is to promote the emotional well being of families and healthy child development from infancy to adolescence. www.annafreud.org

The British Psychotherapy Foundation (bpf)

The bpf is a leading organisation in the psychotherapy and mental health sector, providing access to treatment for the public, education and training to the next generation of psychotherapists and comprehensive support to our members. This clinical training in child and adolescent psychoanalytic psychotherapy was founded in 1982. The theoretical orientation of the clinical training represents the thinking of the Independent School within the British Psychoanalytic movement and also provides Freudian and Kleinian thinking, both classical and contemporary. It allows trainees flexibility and scope to find in time their own theoretical position. Additional Jungian theory modules are provided for trainees on the Jungian pathway. www.britishpsychotherapyfoundation.org.uk

Programme Duration

The training usually lasts four years full time.

Applying for this Doctorate

Entry requirements for this programme are:

- A 2.1 Honours degree, (or equivalent) OR a Masters degree from a UK University in a relevant subject.
- There are a number of criteria, laid down by the Association of Child Psychotherapists, which applicants must fulfil before they can apply to this doctoral clinical training.

Please see www.childpsychotherapy.org.uk for further details.

Those seriously interested in undertaking this doctorate are advised to make contact with the Training Co-ordinator who can help to establish at an early stage whether individuals have the necessary experience and, if not, link them up with those who can direct them as to how to achieve it.

Fees

For those offered one of a limited number of NHS England funded training posts (for applicants outside of England please contact the training school for guidance), UCL fees, plus a salary and contribution to training costs, are covered. Fees for overseas applicants are available on the UCL website.

Further Information

Training Co-ordinator at
ipcapatraining@bpf-psychotherapy.org.uk

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

UCL

Anna Freud