



Course Guide

Senior Wellbeing Practitioner Postgraduate Diploma



Anna Freud



Overview

The senior wellbeing practitioner (SWP) course is a part-time postgraduate diploma completed over two years. Commissioned by NHS England (NHSE), the course aims to develop the careers and employability of practitioners who have completed Children and Young People's Psychological Trainings – CYP PT (formerly CYP IAPT) Low-Intensity Trainings.

The SWP course is designed to help qualified children and young people's wellbeing practitioners (CWPs) and education mental health practitioners (EMHPs) extend their clinical skillset by providing specialist training in a broader range of presentations.

The training also aims to expand the number of supervisors able to support low-intensity practitioners registered on workforce programmes delivered at Anna Freud in collaboration with University College London (UCL). UCL and King's College London are jointly commissioned to deliver these training programmes across London and south-east England.

January 2027 will see the fifth cohort of SWPs begin the diploma. The second year of the SWP course is closely aligned with the UCL PG Cert Supervision programme.



Background

The CYP Psychological Trainings (formerly CYP IAPT) initiative launched in 2011 and by 2018 it had 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 aimed to increase this capacity and meet gaps in service provision by focusing on prevention and early intervention.

In 2017, the green paper Transforming children and young people's mental health provision set out the creation of new mental health support teams to reduce waiting times by a fifth by the end of 2022.

These teams were linked 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.

As the low-intensity workforce continues to grow, so does the need to equip our workforce with a broader range of interventions for children and families from a wider range of backgrounds, and in spaces beyond the clinic and education settings. Supervisory capacity within this workforce also needs to increase. The SWP role has been designed to meet these needs and support career progression for qualified EMHPs and CWPs.

Programme ethos

A clear need has been identified to support and train the low-intensity workforce in a wider range of clinical presentations including obsessive compulsive disorder, self-harm, tics and school anxiety. There is also a need to train the workforce in trauma-informed practice and working with neurodivergent children and young people (e.g., autistic young people, those with attention deficit hyperactivity disorder) and those who have learning disabilities.

The SWP programme will extend the practitioner's understanding of evidence-based practice within child and adolescent mental health services, schools and community settings. It will support and enable the delivery of a range of models aligned to the evidence base for low-intensity interventions.

Course structure

Teaching will be delivered both in person and online. Students will complete four modules across two years:

Year one:

- ✓ Module Three (PSYC0294) Enhanced Practice in Early Intervention (30 credits)
- ✓ Module Four (PSYC0295) Adapting Low-intensity Practice with Neurodivergent Children, Young People and Families (30 credits)

Year 1 will comprise approximately 35-38 teaching days, plus four study days. Students attend university on average one day per week, typically on Thursdays.

Year two:

- ✓ Module One (PSYC0248) Supervision Theory and Context (30 credits)
- ✓ Module Two (PSYC0252) Supervision Practice (30 credits)

Year two will comprise approximately 17-19 teaching days plus four study days. Teaching will be combined with students undertaking the PG Cert in Supervision. Students attend university weekly during Term 1, with attendance reducing to fortnightly in Term 2 and monthly in Term 3, Teaching is typically scheduled on Wednesdays.





Teaching

Core teaching is delivered through lectures and skills-based workshops. Students further their learning in practice tutor groups.

Year one covers the advanced clinical modules, including working with neurodivergence (Autism and ADHD) and working with learning disabilities. The SWP competency framework is used alongside teaching to develop and practice clinical skills.

Year two covers supervision models. Competency frameworks are introduced, alongside the use of feedback tools and topics related to delivering effective supervision for low-intensity practitioners.

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

How many clients and supervisees do I need?

You need to complete a minimum of seven low-intensity interventions across the range of clinical presentations for modules three and four combined.

In year two you are required to supervise at least one workforce practitioner. You will also need access to appropriate supervision from a senior clinician within the service, both while in training and once qualified.

Who can apply?

The programme is open to graduates of one of the following programmes:

1. PG Cert/PG Dip Child and Young Persons Psychological Wellbeing Practice (CWP)
2. PG Dip Educational Mental Health Practitioner (EMHP)

Entry requirements

A minimum of an upper second-class bachelor's degree in a relevant subject (psychology, health, social care or youth-related) from a UK university, or an overseas qualification of an equivalent standard.

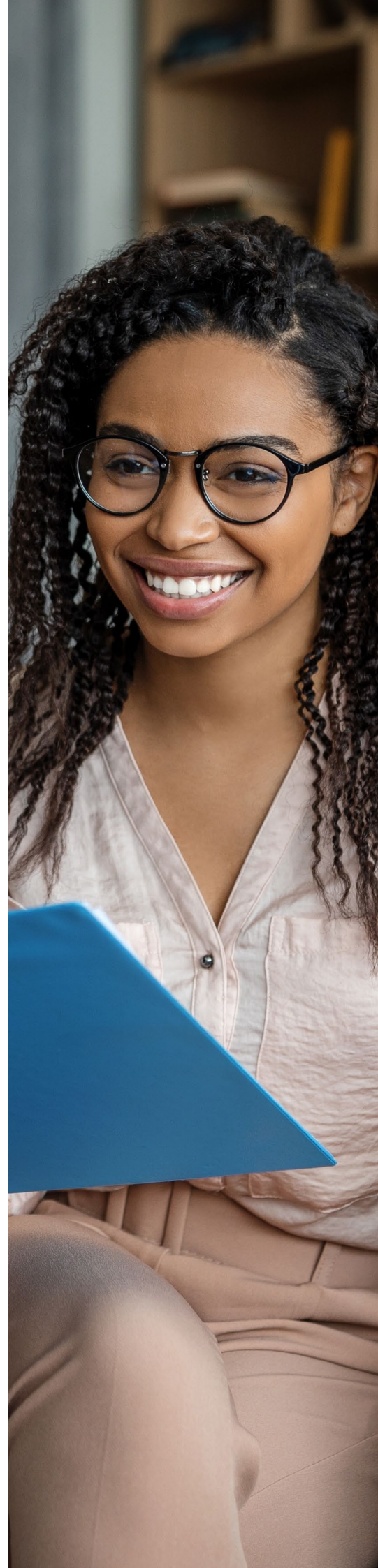
A registerable professional qualification in a relevant subject (e.g., medicine, psychology or social work) from a UK university or an overseas professional qualification of an equivalent standard may also be accepted.

Candidates must:

- be qualified EMHPs (Graduate/Postgraduate Diploma) or CWPs (Graduate or Postgraduate Certificate or Diploma).
- have two years' post-qualification experience as a CWP or EMHP, starting from the date of receipt of certification (a minimum of one year post-qualification experience can be considered).
- be competent, trained and accredited in the clinical models they are supervising.
- have secured a locally created SWP role.

Can I apply if I have already completed CWP or EMHP Supervisor training?

If you have completed modules one and two (PG Cert Supervision training) you do not need to take them again. Credits can be used towards the PG Dip Senior Wellbeing Practitioner qualification through a process called 'accreditation of prior learning'.





Funding

The course is funded by NHSE. Please note that this course is not open to direct access – applications for SWP training places must be put forward by CYP-MH services.

How to apply

Find out more about this course on our [website](#) and speak to your service manager if you'd like to apply.

Information for services can also be found on our [website](#).

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:
swp.admin@annafreud.org

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

Further information

More information can also be found here: www.ucl.ac.uk/prospective-students/graduate/taught-degrees/senior-wellbeing-practitioner-pg-dip