Course guide

CYP Psychological Training: Postgraduate Diploma Children's Wellbeing Practitioner (CWP)





UCL

Anna Freud

Introduction

The Children's Wellbeing Practitioner (CWP) role has been developed by NHS England as part of the Children and Young People's Psychological Trainings (formerly CYP Improving Access to Psychological Therapies – CYP IAPT) programme. It is being rolled out in children and young people's mental health services across the country.

The course focuses on working within community and primary care settings to increase access to support for children, young people and families. You'll be trained as a CWP to offer evidence-based interventions like low intensity support and guided self-help.
This course enables you to support children and young people with mild to moderate:

- anxiety (working with primary and secondary school pupils, parents and carers)
- low mood (adolescents)
- common behavioural difficulties (working with parents and carers).

Additionally, you will:

- be trained to offer consultations and training to colleagues from partner agencies
- be introduced to a range of outcome and feedback measures used in CYP Psychological Trainings (PT), and review and interpret them with children, young people, parents and carers
- develop an understanding of the core principles of participation and collaboration, and learn how to integrate this into your work.

"I've never had a learning experience like this before. The tutors are exceptional, I really value how skilled, experienced and just generally lovely approachable people they are."

- Previous CWP trainee

Please note: The CWP programme is not a standalone CYP PT training course. Candidates need to apply for the university-led training course and a CWP role in a participating mental health service.

About CYP Psychological Trainings

CYP (formerly CYP IAPT) was developed to help meet targets set out in the NHS mental health plan, 'Implementing the Five-Year Forward View for Mental Health.' These targets include offering evidence-based interventions to 70,000 more children and young people a year and training 1,700 new staff in evidence-based treatments. Anna Freud, University College London and Kings College London deliver the training in London and the south east.

CYP is a whole service transformation model that seeks to improve the quality of children and young people's mental health services. It is different from the adult PT model, which focuses on setting up new services.

The principles behind CYP underpin the development and delivery of Local Transformation Plans and run throughout Future in Mind. CYP seeks to improve services to children, young people and their families through:

- better evidence-based and collaborative practice
- increased availability and awareness of evidence-based interventions
- goal-focused, client-centred interventions using feedback tools to facilitate collaboration between professionals, young people and families, leading to more personalised care
- improved service user participation
- giving children, young people and families a voice and influence
- cross-agency collaboration between health, social care, voluntary and independent sectors
- working with partner organisations to reduce stigma of mental health and improve understanding of the importance of emotional wellbeing
- making services accountable by monitoring and sharing outcome data with young people, families and commissioners.

Course content



Training is delivered through lectures and seminars.
You'll also participate in skills sessions through role plays, group discussions, presentations and sharing videos of your clinical practice.

You'll develop an understanding of:

- a CWP's role in local and national contexts, including connections with other professionals, the wider network and external or multi-agency working
- the range of children and young people's mental health therapies and their evidence base, focusing on delivering guided self-help interventions for low mood, anxiety and behavioural difficulties
- using a range of delivery formats including one to one, group sessions and webinars
- diversity, culture and social inclusion
- caseload management and clinical decision-making
- service-user engagement, participation and collaborative practice
- children and young people's mental health policy
- confidentiality, ethics, capacity, consent and safeguarding procedures
- outcomes informed practice.

Compulsory modules

- Fundamental skills: children and young people's mental health settings: context and values
- Fundamental skills: assessment and engagement
- Evidence based interventions: theory and skills
- Working, assessing and engaging in community based and primary care settings
- Mental health prevention in community based and primary care settings
- Interventions for emerging mental health difficulties in community and primary care settings

"This course was probably one of the best decisions I've ever made. I love it!"

- Previous CWP trainee



Course details

Qualification: Children's Wellbeing Practitioner Postgraduate Diploma

Duration: one year, full time

Learning methods

The programme takes a blended learning approach, combining online and face-to-face teaching, in-service work, self-directed study time, small group discussions and reflection.

You'll work under supervision to gain experience to meet the competence required to deliver high-quality, evidence-based early interventions within community settings.

Teaching hours

There are approximately 64 teaching days in the year, split between three terms:

- Term one: three days per week
- Term two: two days per week
- Term three: one day per week

During university holidays, you're expected to work full time in your service. Trainees will have the usual annual leave allocation in line with their site policy.

Assessment

You'll be assessed through presentations, reflective analysis, a poster, a case report and video clips of your clinical practice.

This programme emphasises putting skills into practice and consolidating learning. You'll develop a portfolio of a range of case work over the year, aiming for a minimum of 30 pieces of case work.

Accreditation

The course is accredited with the British Psychological Society (BPS). Upon successful completion of the course qualified practitioners can apply for registration as a CWP via the BPS or the British Association for Behavioural and Cognitive Psychotherapies (BABCP).

Funding

Funding is subject to NHS England's Two Year Psychological Professions Funding Rule. Please see their website for full details.

Salary support is available for trainees up to upper NHS band four.

Application deadline and course start

Application deadline: estimated November 2024

Course start: January 2025

"We are being eased into the course very gently which feels 100% supportive and leaves no room for uncertainty or worry. This is good because everyone is joining at different levels in terms of experience and academic know how, so it gives good grounding for the rest of the course to cover the basics in such detail."

- Previous CWP trainee

Entry requirements

You need to secure a role as a trainee CWP in a service to apply for this course. Visit our website for more information on this process.

Academic criteria

Candidates must have either:

- second-class or higher bachelor's degree from a UK university in a relevant subject (e.g. psychology, education, childhood development, social work)
- an overseas qualification of an equivalent standard in a relevant subject
- a degree in any subject with further training or experience in a relevant field (e.g. teaching, TA, learning support, HCA, youth work, counselling).

We are keen to increase diversity in the workforce, including widening access to the CWP training programme for those who have extensive experience relevant to working with CYP but do not quite meet these academic criteria. In line with this, applicants who do not meet the academic criteria will be considered on a case-by-case basis. Please discuss this with the service you are applying to. You can also contact the Workforce Development Team on cwp@annafreud.org if you would like discuss this further.

English language requirements

If your education was not conducted in English, you need to provide recent evidence of proficiency in English.

The English language requirement for this programme is level two. Find out more about language requirements.

Next steps



Register your interest on our contact form.

Visit our website for more information on the CWP programme, an example job description and answers to frequently asked questions.

Contact us

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