

Course Guide

Postgraduate Diploma in Children and Young People's Psychological Trainings:

Therapy: Interpersonal Psychotherapy for Adolescents (IPT-A)

Anna Freud UCL



Introduction

This postgraduate diploma in the Interpersonal Psychotherapy for Adolescents (IPT-A) 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.

Completing our IPT-A module will increase your confidence and competence as an evidence-based therapist. It will give you the knowledge and skills required to assess and treat young people aged 12-24 with depression by using structured and evidence-based approaches.

The clinical casework completed throughout the course can potentially contribute up to 50% of the supervised casework needed for IPT UK accreditation.

What will I study?

Teaching on the IPT-A modality will explore:

- theory, research and application of IPT-A, Family Based Interpersonal Psychotherapy (FB-IPT) and Interpersonal Psychotherapy – Adolescent Skills Training (IPT-AST)
- theories of evidence-based practice, feedback informed practice, multi-cultural orientation, participation, adolescent psychological development and mentalization.
- how to deliver IPT-A competently, creatively and to act as a constructive resource for young people, their families and professional colleagues
- developing appropriate care pathways for IPT-A referrals and young people's informed choice as part of service transformation

What are the course requirements during the training year?

Students will attend IPT-A practice tutor groups facilitated by accredited IPT-A supervisors throughout the course. These groups will provide competency based feedback on skills development.

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, assess, formulate and deliver a treatment plan for at least six individual cases. You will be assessed on these through formative and assessed written reflections and video recorded casework.

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 has 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 clinical skills 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.

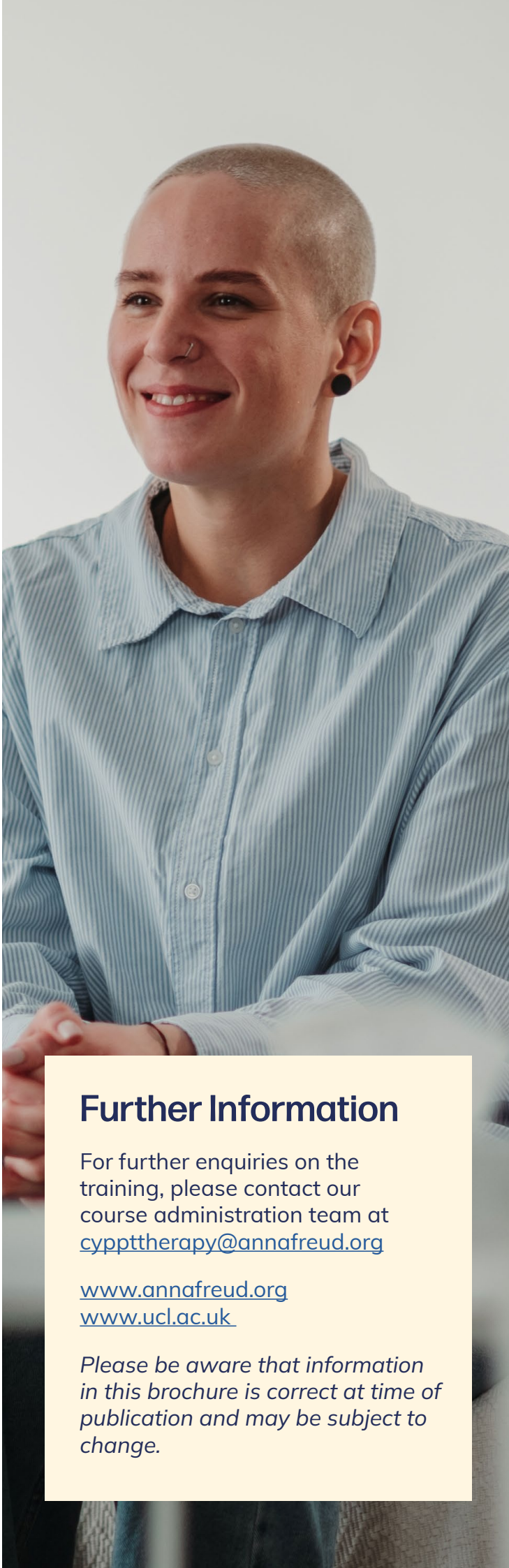


Suitability for the course

Candidates interested in applying for the IPT-A training would ideally have:

- Minimum second-class bachelor's degree or equivalent standard in a relevant subject (e.g. psychology, mental health nursing etc.),
- A registered or accredited qualification in a mental health profession e.g. counselling, child psychotherapy, mental health nursing - this is a pre-requisite for future accreditation with IPTUK.
- Two or more years working with young people or adolescents in a therapeutic setting
- Experience of multi-agency or multi-disciplinary working and liaising across internal and external agencies
- A basic knowledge of IPT-A principles and a keen interest in working with young people and adolescents using this approach.

Applicants who do not fulfil the academic criteria but have relevant professional experience and a core mental health profession 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.