



Course Guide

Postgraduate Diploma Children & Young People's IAPT Therapy: Autism Spectrum Conditions and Learning Disabilities Pathway



What does training involve?

The PG Dip in CYP IAPT Therapy ASC/LD starts in January 2023 and will be completed over 1 year. Students will study two ASC/LD Modules alongside two Core Skills Modules. Students will be required to attend university regularly each week (expected Monday and Tuesdays). The remaining time in role will be spent working clinically within your service with children, young people with ASC and/or LD, their families, schools and wider systems.

ASC/LD Pathway Summary

Our program will provide you with an opportunity to gain understanding, expertise, and a broad range of skills and practical strategies required to meet the needs of children and young people with ASC and LD. Due to the heterogeneity of the unique strengths and difficulties in this population, the focus of the curriculum is to cover the main assessment and treatment approaches recommended by the NICE guidelines, which have the evidence-base for improving mental health, adaptive functioning and emotional well-being of this population.

Activities of our curriculum are co-designed and co-delivered with autistic CYP, their families and autistic adults.

The main aim of the CYP IAPT ASC/LD pathway is to facilitate the integration and application of the learned concepts within the clinical practice.

It is therefore an integral part of the training to video-record your clinical work and to reflect on your practice in small facilitated practice tutor groups. Feedback from current students is that this is one of the most helpful components of the course, which makes it stand out from other trainings and significantly facilitates professional growth.

The ASC/LD pathway is made up of 2 main modules:

Mental Health in ASC (including LD): Theory and Assessment (30 Credits)

This Module is covered during the first term, and it covers relevant legislation, neurodiversity and social model of disability and practice as well as covering the adjustments required in practice. The key learning outcomes of this module are:

- Core knowledge of aetiology, presentation and developmental trajectories of children and young people with a diagnosis of ASC and/or LD
- Awareness and understanding of neuro-developmental and mental health conditions commonly co-occurring with ASC and LD
- Awareness of relevant legislation and signposting to the critical theoretical foundations that inform approaches to working with children and young people with ASC and LD.

Evidence Based Mental Health Intervention and Support in ASC (including LD) (30 Credits)

Due to the broad range of therapeutic skills needed to meet the mental health needs of this population, this module forms the most substantial part of the course, and covers the following :

- Teaching on implementation of specialist ASC/LD positive support in the home and school environment for behaviours of concern.
- Training on adapting and delivering evidence-based interventions for co-occurring mental health conditions such as anxiety and depression.

Teaching & Learning with us

Didactic teaching to ensure baseline knowledge in particular areas: CYP IAPT core skills, ASC/LD assessment principles and modifications, ASC/LD evidence-based psychological therapies and environmental support.

Large and small group discussions: Intimate, self-exposing, reflective discussion and skills-development should take place in small groups with plenary sessions to consolidate learning.

Extensive use of case discussion and role-play: Allows trainees to examine their own existing skills and practices in an experimental way.

There is a strong clinical component across all modules as students will be supported to develop skills necessary for enhancing the quality of diagnostic process of mental health difficulties and implementation of psychological therapies with children and young people with a diagnosis of ASC and LD.

Caseload Requirements

Unit	Case Requirement
Mental Health in ASC (including LD): Theory and Assessment	A minimum of 3 comprehensive assessments as part of a multi-disciplinary team. This could involve contributing to diagnostic assessments of ASC and/or LD, in the context of co-occurring mental health and neuro-developmental difficulties as well as mental health assessments as part of clinical formulation
Evidence Based Mental Health Intervention and Support in ASC (including LD)	A minimum of 4 cases; 2 cases involving individual mental health intervention for anxiety or depression, 1 case where intervention will be delivered via parent/carer, and 1 involving a broader system (e.g. school).

Workplace Supervision

You should have a minimum of 1 hour a week personal modality supervision and at least 1 hour a month case management supervision within the service. This should support you with identifying appropriate cases, assessments, managing risk and monitoring outcomes, with good communication between supervisors. Training for Supervisors can be provided by the IAPT Supervision Course.

Assessment of Modules

Students will be assessed through written case reports, keeping a log of your clinical practice and submitting recordings of your practice with written reflections based on these.

Entry Requirements

Aimed towards practitioners in specialist ASC/LD services and the broader CAMHS community.

Essential	Desirable
Two years experience of working within a professional setting concerned with the mental health of children and young people or families (e.g. as a mental healthworker).	A training in a mental-health related profession (e.g. psychology, nursing, social-work, occupational therapy, speech and language therapy, special needs teaching, psychotherapy, counselling).
Basic level of clinical competence and experience of having worked with this clinical group for at least one year.	Degree level qualification - if applicants do not have a core profession listed above yet they have sufficient experience listed in the essential criteria, you can submit alternative evidence of your academic capability, please contact cypiapttherapy@annafreud.org for further information.
Capability to complete academic work at postgraduate diploma level	High level of motivation to improve mental health, emotional well-being and self-realisation in this client group.

“The lectures in this year have been particularly powerful and I have learned so much from these - the inclusion of autistic voices has been especially important and very powerful learning for my context...My learning has been transformed by these lectures.”

2019 Graduate Student on the ASC/LD Course.



Programme Contact:
Prospective Students:
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Further Information
[Recruit to Train Website](#)

Social Media
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