



Course Guide

Postgraduate Diploma Children & Young People's IAPT Therapy (1 Year, Full-Time)



Overview

National Child Mental Health Training courses, which aim to increase access to psychological therapies and increase the mental health workforce, are founded on curricula developed originally through the national CYP IAPT programme by working groups of experts in their field, and in turn delivered by leading academics and clinicians at world class training organisations. The courses are heavily rooted within the development of clinical skills associated with a patient-centred approach and focus on the skills required to support CBT (Cognitive Behavioural Therapy), SFP (Systemic Family Practice), PT (Parent Training), IPT-A (Interpersonal Psychotherapy Training for Adolescents), Infant Mental Health (0-5s) and Autism Spectrum Conditions and Learning Disabilities (ASC/LD) evidence based therapies.

You will develop a clear understanding of the CYP IAPT principles and their application to front line services. Training focusses on the delivery of these principles within a collaborative approach with children, young people and families. The course provides a combination of core therapeutic competencies and specialist evidence based interventions

CYP Mental Health Training (CYP MH)

The CYP MH Training programme is a whole service transformation model that seeks to improve the quality of children and young people's mental health services. As such, it is different from the adult IAPT model, which is focused on setting up new services. The principles behind CYP MH underpin the

development and delivery of the '[Local Transformation Plans](#)' and run throughout '[Future in Mind](#)'. CYP MH seeks to improve services to children, young people and their families through:

- Better evidence based practice - Increasing the availability and knowledge of best evidence based interventions.
- Better collaborative practice - Goal focused and client centered interventions, [using feedback tools](#) to facilitate better working between mental health professionals and families and young people leading to more personalised care.
- Better service user participation - Children young people and their families having a voice and influence at all levels of the organization.
- Better Cross Agency Working - Encouraging and supporting cross agency collaboration between Health, Social Care and Voluntary and Independent sectors .
- More accountable services – through the rigorous monitoring of clinical outcomes to be able to share outcomes with young people and families and demonstrate effectiveness to commissioners.
- Increased awareness – working in partnership with organisations delivering mental health services, and those in other sectors working with young people and families to increase understanding of the importance of emotional well-being and decrease stigma.

Prospective Trainee Applications

This is a fully funded course where prospective trainees are recruited by services to train. Prospective trainees need to fill in two applications concurrently to be successful:

- A Job Application (often advertised on jobs.nhs.uk and healthjobsuk.com).
- A University Course Application (information to which University can be found on the job advert).

Applicants must be successful at recruitment to receive a place on the course.

More information about the course and how to apply can be found [here](#). We recommend you also read the FAQ on this page.

Information for Services

This is a Recruit to Train course, where Health Education England (HEE) provide salary support and course funding. Each year, services need to apply for placements and if successful will go to recruitment. More information for services on funding applications can be found [here](#). We recommend you also read the FAQ on this page.

“Love, love, love the course - content, teaching, Keats, tutor groups. Feel privileged to be here. Keep up the good work!”

“The knowledge, skills and aptitude gained during the training informed the usability of the CYP IAPT principles in all tiers in the CAMHS service. The course was great: made me work more collaboratively with the children and young people I work with!”

Feedback from recent graduates

Modules by University

University College London (UCL)/Anna Freud Centre	King's College London (KCL)
Cognitive Behavioural Therapy (CBT) Depression & Anxiety	Cognitive Behavioural Therapy (CBT) Depression & Anxiety
Autism Spectrum Conditions and Learning Disabilities (ASC/LD)	Systemic Family Practice (SFP CDD) Conduct Disorders and Depression
Interpersonal Psychotherapy for Adolescents (IPT-A)	Systemic Family Practice (SFP ED) Eating Disorders
Infant Mental Health (0-5s)	Parent Training (PT)



Prospective Trainees Contact:
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cyp-mh@kcl.ac.uk

Further Information
[Recruit to Train Website](#)

Social Media
@KingsCollegeLon @AFNCCF
@UCL