



Course Guide

Postgraduate Diploma Children & Young People's Mental Health Therapy: Cognitive Behavioural Therapy



What does training involve?

The Postgraduate Diploma in CYP-MH Therapy, in Cognitive Behavioural Therapy (CBT) starts in January 2023 and will be completed over 12 months, finishing in December 2023. Trainees attend university teaching Mondays–Tuesdays for the first two terms, dropping down to Mondays only during the final term. Throughout the course, the remainder of the week will be spent seeing cases appropriate for learning CBT in your service.

What does the training look like?

The Cognitive Behavioural Therapy course will increase your confidence and competence as a therapist. You will learn how to use CBT for both anxiety disorders and depression through a combination of workshops, watching videos of therapy, role plays and through your own supervision, including viewing your own videoed practice in small, safe and supportive practice tutor groups. We receive consistent feedback that this is a highly valuable part of the course.

The anxiety and depression teaching will run in parallel throughout the course.

University teaching will take place at the [Institute of Psychiatry, Psychology and Neuroscience](#), part of King's College London. This is a unique opportunity to receive up-to-date teaching that is applicable to your work from experts in the field.

How many cases do I need to see to complete the training?

You will need to see 8 individual anxiety and depression cases throughout the course and you will be assessed on these through written and video work. Each case must be seen for a minimum of six sessions and you must receive at least five hours of supervision for each case (this can include supervision at your service as well as in your practice tutor groups at university).

What support will I have at my new service?

You should have a minimum of 1 hour a week CBT supervision from a BABCP accredited, or accreditable supervisor. If your CBT supervision is provided externally to your service, you must also have at least 1 hour a month case management supervision within the service, to support you with identifying appropriate cases, assessments, managing risk and monitoring outcomes, with good communication between supervisors.

What will I gain from the training?

Improving your CBT skills will position you to offer evidence based therapy within your service. In providing this more effectively, cases may be discharged with more positive outcomes sooner. During the course, you will receive teaching on Core Therapeutic Skills (60 credits), CBT for Anxiety (30 credits) and CBT for Depression (30 credits) to make up a 120-credit post graduate diploma certified by KCL.

Entry Requirements

Essential

Normally a minimum of a second-class Bachelor's degree from a UK university or an overseas qualification of an equivalent standard in a relevant academic subject (e.g. Psychology, Education, Childhood development, Social Work etc), OR any subject with further training or experience in a relevant field (e.g. Teaching/TA; Learning Support; HCA; Youth Work; Counselling etc)*

AND/OR a registerable professional qualification in a relevant subject (e.g. medicine, psychology, social work, nursing) from a UK university or overseas professional qualification of an equivalent standard

**Applicants who do not fulfil the academic criteria may still be considered on a case-by-case basis. Please contact us with queries.*

At least one year's experience working therapeutically with children/young people in a mental health setting

Desirable: Previous experience of working within a CBT framework

Capability to complete academic work at postgraduate diploma level, including IELTS or equivalent to the appropriate level for students with English as a foreign language (BAND D) <https://www.kcl.ac.uk/study/postgraduate/apply/entry-requirements/english-language.aspx>

KCL Application Deadline – Monday 21st November 2022
Teaching will begin on Monday 23rd January 2023

Next Steps

If you are interested in this training, you can find out more information [here](#).

Application Process

- To apply online go to <https://apply.kcl.ac.uk>
- Please do contact cyp-mh@kcl.ac.uk for any queries

“I’m truly enjoying the learning and putting it straight into practice...being a mental health nurse, this course really complements my background. Well recommend it!”

Student on the CYP-MH CBT Postgraduate Diploma Programme, 2021

“The course is fantastic. The standard of teaching is excellent. I’ve really benefitted from the Practice Tutor groups, which is a really powerful way of learning about your own practice. Six months in I already feel like a better practitioner.”

Student on the CYP-MH CBT Postgraduate Diploma Programme, 2018-20



Programme Contact:
Prospective Students:
cyp-mh@kcl.ac.uk

Further Information
[Recruit to Train Website](#)