



## Course Guide

# Postgraduate Diploma Children & Young People's Mental Health Therapy: Parent Training for Conduct Disorder



### What does training involve?

The PG Dip in CYP-MH Therapy (Parent Training) starts in January 2023 and will be completed over 1 year. Students will be required to attend university 2-3 days per week during Term 1, 2 days per week during Term 2 and approximately 1 day per fortnight during Term 3. Teaching is scheduled for Mondays or Tuesdays. The remaining time in role will be spent working clinically within your service with children with conduct problems.

University teaching will take place at the [Institute of Psychiatry, Psychology and Neuroscience](#), part of King's College London.

### Module Summary

The Parent Training module will provide you with a comprehensive skill set to assess and treat children aged between 3 and 11 presenting with significant behavioural problems using the latest evidence-based approaches.

The programme includes theoretical teaching and practical skills-based training in: a) Incredible Years evidence-based parenting programme; b) guided self help programme; as well as c) a Personalised Individual Parent Training Programme [PIPT].

All three approaches share the same theoretical framework as supported by NICE Guidance and allow tailoring an approach to the individual family's needs, including remote / video working.

You will be video recording your own practice and reviewing these in small facilitated practice tutor groups. Feedback from current students is that whilst initially anxiety provoking video recording brings the biggest opportunity for reflection and change.

This module is made up of theoretical and practical skills teaching to support these social learning theory interventions:

#### 1. Theoretical and practical skills teaching

The formal teaching will present the latest research on social learning theory approaches and recent evidence-based innovations as well as understanding the varieties of ways conduct disorder can present, as well as the main co-occurring issues (e.g., ADHD; attachment issues; special populations). It will also address how to engage and assess families – including observing parenting interactions; and how to develop formulations for complex presentations and to integrate biological, psychological, relational, systemic and social factors.

## 2. Group based intervention: Incredible Years

You will be trained at the very beginning of the course in the Incredible Years Programme (IY) for both the Pre-school, and School Aged modules. These are the leading group-based programmes for treating conduct problems and will enable you to be able to run your first IY group in the first part of the Year. We provide group supervision from an official IY mentor during this period to help you set up and deliver your first group, and for this to count towards an IY Group Leader accreditation.

## 3. Individual interventions for complex presentations: PIPT

Towards the middle of the year you will also be trained in an advanced individualised social learning theory parenting programme [PIPT] enabling you to 'personalise' the delivery of an evidence-based parenting programme to high risk and complex family situations based on the formulation. This approach works 'live' with the interaction between the parent and the child in the room, so you can witness the impact of the techniques in real time. Trainees will learn how to deliver this programme live and also remotely using video-based working, where appropriate.

## 4. Guided self help

Some families may benefit from an additional individual approach of guided self help (as used in the CWP & EMHP programmes). especially for families who prefer remote working.

## Caseload Requirements

Unit	Case Requirement
Group Parenting [IY]	1 group comprising at least 6 families (some trainees run further groups to obtain Group Leader accreditation)
Individual Parenting [PIPT]	6 families seen for at least 6 sessions of PIPT; of which at least 1 and no more than 3 have attended an IY group.

### Workplace Supervision

Students are required to receive a minimum of one hour per fortnight workplace supervision from a practitioner who has specialist skills and knowledge in parenting interventions for conduct disorder. Workplace supervisors retain clinical oversight of students work.

### 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.



"I've thoroughly enjoyed undertaking the CYP-MH Parent Training course. Overall, I've found the course well organised and workload manageable... Recording my practice within work and reflecting on this tape in practice tutor groups has been a rewarding process for skill development. The course has provided me with a wealth of training and experience... It has enthused my passion for Parent Training, and provided me with skills for career development. During the course, staff supported me with my Incredible Years Group Leader accreditation"

3<sup>rd</sup> Sector Parenting Support Worker, CYP-MH Parenting Student 2017-2018

# Entry Requirements

Essential	Desirable
Experience of working professionally with children & families (e.g., as family support worker; teaching assistant)	A training in a mental-health related profession (e.g. psychology, nursing, health visiting, social-work, occupational therapy, speech and language therapy, special needs teaching, counselling)
Two years experience of working within a professional setting concerned with the mental health, development and wellbeing of children and young people or families.	Two years experience of working within a professional setting concerned with children with behavioural disorders and their families and/or schools
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)* Capability to complete academic work at postgraduate diploma level.  <i>*Applicants who do not fulfil the academic criteria may still be considered on a case-by-case basis. Please contact us with queries.</i>	Degree level qualification. (if you do not have a degree level qualification you can submit alternative evidence of your academic capability, please contact <a href="mailto:cyp-mh@kcl.ac.uk">cyp-mh@kcl.ac.uk</a> for further information)
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) <a href="https://www.kcl.ac.uk/study/postgraduate/apply/entry-requirements/english-language.aspx">https://www.kcl.ac.uk/study/postgraduate/apply/entry-requirements/english-language.aspx</a>	

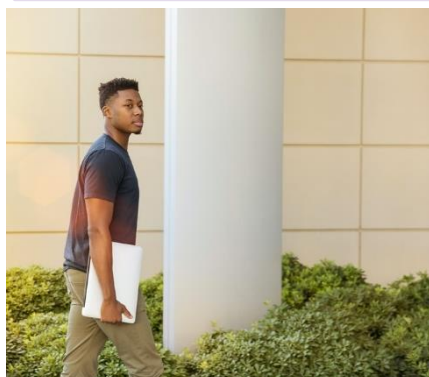
**KCL Application Deadline – Monday 21<sup>st</sup> November 2022**  
**Teaching will begin on Monday 23<sup>rd</sup> January 2023**

## 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](mailto:cyp-mh@kcl.ac.uk) for any queries



Programme Contact:  
 Prospective Students:  
[cyp-mh@kcl.ac.uk](mailto:cyp-mh@kcl.ac.uk)

Further Information  
[Recruit to Train Website](#)