Course Guide

Postgraduate Diploma Children & Young People’s IAPT Therapy: Cognitive Behavioural Therapy (CBT)
Introduction

The Postgraduate Diploma (PG Dip) for the CBT modality starts in January 2024 and the studies are expected to be completed over 12 months. During term-time students usually attend university teaching twice per week for the first two terms dropping down to one day at some point in the final term. Throughout the year, the remainder of the week will be spent seeing cases appropriate for learning CBT in your service, while having a half day dedicated to independent study. During university holidays students are also entitled to six study leave days.

The CBT course will increase your confidence and competence as an evidence-based therapist. You will learn to use up-to-date CBT interventions for both anxiety disorders and low mood/depression through a combination of workshops, role plays and self-reflection of your own videoed practice.

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

You will need to see a minimum of 8 individual cases across a variety of clinical presentations including low mood/depression and anxiety, and you will be assessed on these through written work and video submissions. Each case must be seen for a minimum of six sessions or more (with a start, middle and end part) and you must receive at least five hours of CBT Supervision for each case in your service.

What support will I have at my new service?

You should have a minimum of 1 hour per week of supervision. If your supervision is provided externally, 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. Good communication links between supervisors and line managers are essential.

What will I gain from the training?

Improving your CBT skills will position you to offer robust evidence-based therapy within your service. During the course, you will receive teaching on Core Therapeutic Skills (60 credits) and CBT for Anxiety and Low Mood/Depression (60 credits) to make up a 120-credit PG Dip certified by UCL. Please note this is not a BABCP accredited course, but your clinical work may contribute towards BABCP’s accreditation portfolio. Check BABCP website regarding supervision requirements for non-accredited courses.
Entry Requirements

Essential

Normally a minimum of a second-class Bachelor’s degree from a UK university and/or an overseas qualification of an equivalent standard in a relevant subject (e.g. psychology, sociology, anthropology).

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

Trainees without a University degree may also be considered on a case-by-case basis depending on their professional experience.

A minimum of one year’s experience working therapeutically with children/young people and families in a mental health setting.

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).

Desirable

Previous experience of working within a CBT framework and/or using CBT informed interventions.

A year or more experience working within a CBT framework and/or using CBT informed interventions (i.e. PWP, CWP, EMHP and Parent Trainer).

Please note, funding is subject to NHSE's 2 Year Psychological Professions Funding Rule. Please view their website for full details.

Application Process

cypiapttherapy@annafreud.org

Click here to view the programme webpage.

annafreud.org  ucl.ac.uk