Course Guide

Postgraduate Diploma Children & Young People’s IAPT Therapy: Interpersonal Psychotherapy for Adolescents (IPT-A)
Introduction

The PGDip in CYP IAPT, Interpersonal Psychotherapy for Adolescents (IPT-A) stream, will equip you with the knowledge and skills required to assess and treat young people between 13-24 with depression, using structured and evidence-based approaches. Your confidence and competence as a therapist will increase as you learn how to use IPT-A for adolescents with depression. You will also learn about Family Based IPT (FB-IPT) for pre-adolescents with depression and IPT-A skills training groups (IPT-AST) for young people at risk of becoming depressed.

What support will I have at my new service?

In addition to the course practice tutorials, which are run by qualified IPT-A supervisors, you should have a minimum of 1 hour a week site supervision with an experienced supervisor in your service. This case management supervision aims to support you with identifying young people likely to benefit from IPT-A, conducting assessments, managing risk and monitoring outcomes, with good communication between site and course supervisors.

What will I gain from the training?

The course will enable you to deliver IPT-A competently and to act as an expert resource to young people, their families and to professional colleagues, ensuring the development of appropriate care pathways for IPT-A referrals and informed choice as part of the CYP IAPT service transformation. Over the year, you will receive teaching on Core Therapeutic Skills (30 + 30 credits), IPT-A (30 + 30 credits) to make up a 120 credit post graduate diploma certified by UCL.

Caseload Requirements

Core Skills
2 young people for individual course of IPT-A (minimum 6 sessions) plus 2 young people for a participation project

IPT-A
3 young people for individual courses of IPT-A for depression (minimum of 10-12 sessions)

You will be supported to be an active participant in your own learning through interactive workshops, group discussion, role plays, written reflections, between sessions deliberate practice and peer to peer learning. Theory will be routinely linked to practice during teaching and through weekly practice tutorials during term time, which will include review and discussion of your video recorded casework. We understand that this can be anxiety provoking and make every effort to make this a safe learning environment for students. Past students feedback confirms that this is an effective and valuable strategy for developing and improving clinical skills.

You will be required to assess and formulate a treatment plan in at least five different individual cases, at least four of which should result in completed case-work (12-15 sessions). You will be assessed on these through formative and assessed written reflections and video recorded casework.

What does training involve?

Students attend university 2 days per week during Term 1 and approximately 2 days per fortnight during Terms 2 and 1 day per fortnight during Term 3. Teaching is scheduled for Mondays and Tuesdays. The remaining time in role will be spent on academic assignment and working clinically within your service with young people and families. Students will be assessed through written case reports, whole session video recordings with reflective analysis, literature review and participation assignment. You should also keep a clinical log of your cases for your own records.
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 subject e.g. psychology, social work.

AND a registered or accredited professional qualification in a relevant subject (e.g., CBT therapist, psychotherapy, counselling) from a UK university of overseas professional qualification of an equivalent standards.

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

Desirable

Experience of working therapeutically with children/young people in a mental health setting.

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