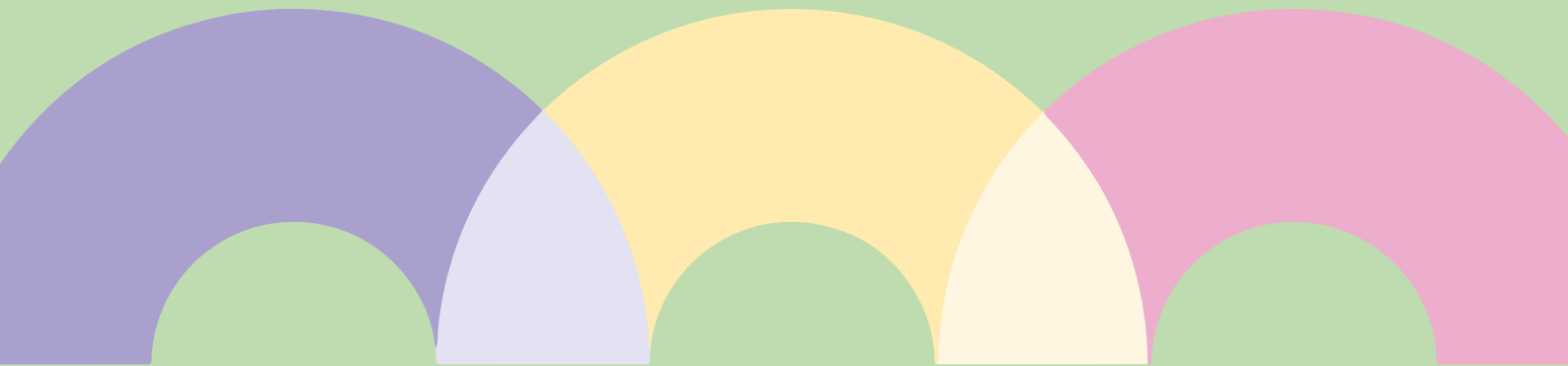


Course Guide

Supervision: Children and Young People's Mental Health and Wellbeing Services PG Cert



Anna Freud

Overview

The supervision course is a one-year part-time post-graduate programme. It is specifically designed to support individuals in their role as Site Supervisors of trainees registered on a variety of workforce programmes, delivered in collaboration with UCL at Anna Freud (AF). These programmes are:

- Pg Dip CYP IAPT Therapy (Recruit to Train)
- Pg Dip Children & Young People's Psychological Wellbeing Practice (CWPs)
- Pg Dip Educational Mental Health Practice (EMHPs)



UCL is jointly commissioned with KCL to deliver these training programmes across London and the South East of England, and the two courses will remain closely aligned.

Background



The CYP IAPT initiative which commenced in 2011 reached services covering a significant proportion of the 0–19 population by 2018. In 2016 the Five Year Forward View for Mental Health set out a target of offering evidence-based interventions to 70,000 more children and young people annually by 2020, providing an accessible service for at least 35% of those with a diagnosable condition. This required an additional 1700 new staff to enter the workforce. The CWP programme set out to increase this capacity and meet gaps in service provision by focusing on prevention and early intervention. The Recruit to Train initiative also implemented new therapist roles by enabling individuals to undertake CYP IAPT Therapy training in a number of specialist areas.

In 2017 the Green Paper 'Transforming Children & Young People's Mental Health Provision' set out the creation of the new Mental Health Support Teams to reduce wait-times by one fifth by the end of 2022. These teams were linked to schools and colleges providing interventions to support those children and young people with mild-moderate needs. The EMHP programme was subsequently established, training clinicians to work directly in schools.

Programme Ethos



In supporting the training needs of students registered on these government funded programmes, there has been a clear need identified for Site Supervisors to be equally supported and trained to adequately oversee the work of trainees within all these various settings. The UCL Supervision programme will help to extend the Supervisor's knowledge and understanding of evidence-based practice within CAMHS, community and school settings. The programme represents a departure from discipline-based supervision to supporting the development of competencies in supervisors to enable the delivery of a range of models in their services aligned to the evidence base for both low intensity and high intensity interventions.

What is the structure of the course?



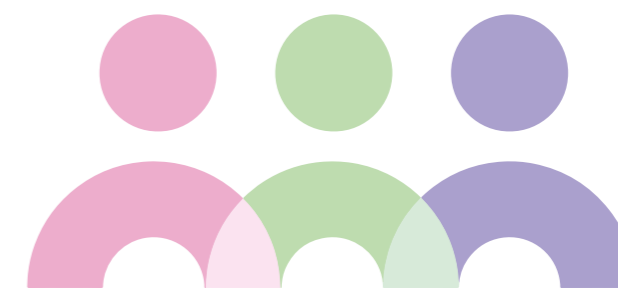
Students will complete two modules across the year.

PSYC0248 (Module 1) - Supervision Theory & Context (30 credits)

PSYC0252 (Module 2) - Supervision Practice (30 credits)

Teaching days are a combination of both in-person and online sessions and there are approx. 15 teaching days, plus 4 study days across the year. Students attend university fortnightly in term 1, thereafter on average monthly, typically on Wednesdays.

The structure of teaching involves whole-group sessions with supervisors assigned across all trainee programmes as well as students undertaking the PG Dip Senior Wellbeing Practitioner course. Students also attend lectures and supervision practice groups specific to the trainees they are supervising, from the recruit to train therapies (RtT), Children and Young Person's Wellbeing Practice (CWP) or Education Mental Health Practice (EMHP) programmes.



What does the teaching look like?



Lectures and skills-based workshops form the core teaching, and these are developed further in Practice Tutor Groups (PTGs). Teaching covers supervision models, and competency frameworks are introduced alongside the use of feedback tools and a range of topics related to delivering effective supervision for practitioners. This is alongside the key CYP-IAPT principles of evidence-based practice, participation, accessibility, accountability and awareness.

Students are expected to video record their supervision sessions and share these as part of small group learning and reflective practice.

How many supervisees do I need?



Supervisors are required to supervise at least one trainee practitioner to meet requirements for this course. All supervisors are required to offer weekly individual supervision and additional group supervision (where appropriate).

Supervisors also need to have access to their own monthly supervision of supervision within their service whilst in training to meet requirements for the course.

What assessments are there?



There are four pieces of work: An essay on effective supervision, a reflective essay, and a video recording of a supervision session with a reflective analysis, plus a supervision portfolio.

Entry Requirements



- **Qualification:** 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) from a UK university or overseas professional qualification of an equivalent standard.
- **Experience:** Candidates will need to be experienced Mental Health professionals as evidenced by 2 years working therapeutically/clinically within a CYP Mental Health Setting with children and young people with mental health difficulties. They must demonstrate experience of clinically delivering and supervising in the therapeutic approach for which they are applying. (e.g., CBT).
- **English Language Requirements:** 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 \(BAND D\)](#).
- **Motivation** to undertake and complete the course.

*** Applicants who do not fulfil the academic criteria are encouraged to apply and may be considered on a case-by-case basis. There may be additional entry requirements per Course/Modality. Please contact us with queries.**



Funding



The course is funded by NHS England. Please note that this course is not open to direct access and applications for Supervision training places must be put forward by CYP-MH services.

Student Application Deadline: November 2023

Teaching will begin in January 2024

Next Steps

If you are interested in this training, you can register your interest, find out [more information here](#) and speak to your service manager about applying.

Application Process

- Prospective students, for further information and enquiries, please contact swp.admin@annafreud.org.
- Services interested in nominating prospective students, for further information and enquiries, please contact swp@annafreud.org.

Further Information

[Supervision: Children and Young People's Mental Health and Wellbeing Services PG Cert | Prospective Students Graduate \(ucl.ac.uk\)](#)

[Supervision: Children and Young People's Mental Health and Wellbeing Services, PG Cert \(annafreud.org\)](#)



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