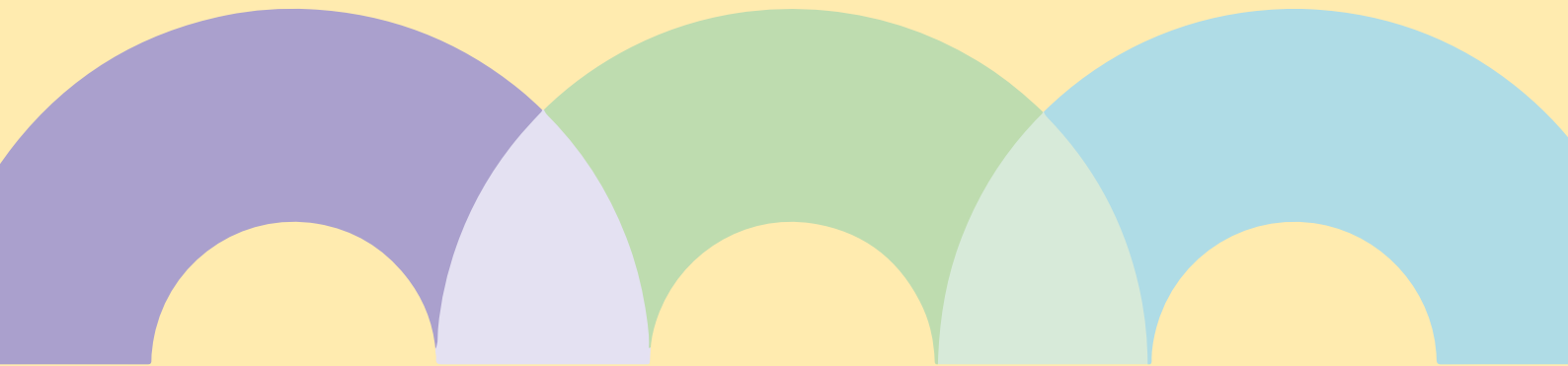


Course Guide

Senior Wellbeing Practitioner Post Graduate Diploma



Anna Freud

Overview

The Senior Wellbeing Practitioner (SWP) course is a two year part-time post-graduate diploma, commissioned by NHS England (NHSE) with a view to developing the careers and employability of those trained on Children and Young People's Mental Health CYP-MH (previously CYP-IAPT) Low Intensity Trainings. The SWP course is specifically designed for qualified CWPs and EMHPs to extend their clinical skillset by providing specialist training in a broader range of presentations. The training also aims to expand the numbers of supervisors able to supervise the new workforce of low-intensity practitioners registered on the new workforce programmes delivered in collaboration with UCL at the Anna Freud Centre.

UCL is jointly commissioned with KCL to deliver these training programmes across London and the South East of England. Jan 2024 will be the second cohort of the SWPs. The SWP course is closely aligned with the UCL Supervision programme in year two.

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.

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.

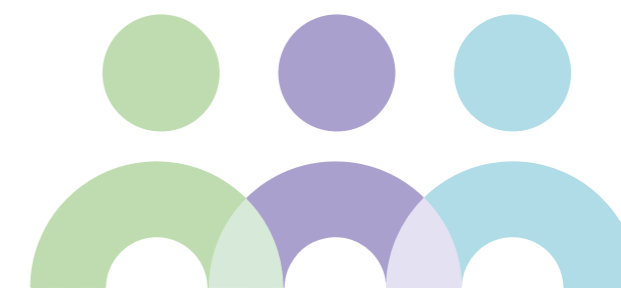
As these low-intensity workforce continues to grow, so does the need to equip our workforce to offer a broader range of interventions to children and families from a wider range of backgrounds and in spaces beyond the clinic and educational settings as well as their supervisory capacity. The SWP role and training opportunity has been designed to meet these needs and support career progression for qualified Education Mental Health Practitioners (EMHPs) and Children & Young People's Wellbeing Practitioners.

Programme Ethos



In supporting the training needs of students registered on these government funded programmes, there has been a clear need identified for practitioners to be supported and trained in a wider range of clinical presentations including OCD, self-harm, Tics, trauma informed practice, school anxiety, as well as working with and supporting neurodiverse CYP e.g., ASC/ ADHD and Learning Disabilities.

The UCL SWP programme will help to extend the practitioner's knowledge and understanding of evidence-based practice within CAMHS, community and school settings supporting and enabling delivery of a range of models in their services aligned to the evidence-base for low intensity interventions.



Course Structure



Teaching will be delivered via a combination of both in-person and online, and a mix of whole group and smaller group tutorials. Students will complete four modules across two-years:

Year 1:

PSYC0294 (Module 3) - Enhanced Practice in Early Intervention (30 credits)

PSYC0295 (Module 4) - Adapting Low Intensity Practice with CYP (and families) with neurodiversity including ASC/LD (30 credits)

Year 1 will comprise approx. 32-35 teaching days, plus 4 study days. Students attend university on average one day per week, typically on Thursdays.

Year 2:

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

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

Year 2 will comprise approx. 15 teaching days, plus 4 study days, and this will be combined with students undertaking the PG Cert in Supervision. Students attend university fortnightly in term 1, thereafter on average monthly, typically on Wednesdays.

Teaching



Lectures and skills-based workshops form the core teaching, and these are developed further in Practice Tutor Groups (PTGs).

Year 1 covers the advanced clinical modules including working with neurodiversity and learning disabilities. The SWP competency framework is used alongside teaching to develop and practice clinical skills.

Year 2 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 low-intensity practitioners.

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

How many clients and supervisees do I need?



SWPs are expected to complete a minimum of 7 low-intensity interventions across the range of clinical presentations for modules 3 & 4 combined. As supervisors, in year 2, they will be required to supervise at least one trainee practitioner to meet requirements for this course. SWP trainees will need to have access to appropriate supervision from a senior clinician within the service both whilst in training and once qualified.

Who can apply?

The programme is open to graduates of one of the following programmes:

- 1 PGCert / PGDip CYP Psychological Wellbeing Practice (CWP)
- 2 PGDip Educational Mental Health Practitioner (EMHP)



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)*
- Experience: Candidates will need to be qualified EMHPs (Graduate/Postgraduate Diploma) or CWPs (Graduate/Postgraduate Certificate or Diploma) with ideally, two years of post-qualification experience, however candidates with less experience are encouraged to apply if they have enough relevant experience.
- Candidates must have been successful in applying for a locally created Senior Wellbeing Practitioner role.
- 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.
- 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. Please contact us with queries.

Can I apply if I have already completed CWP or EMHP Supervisor training?



If you have completed Modules 1 and 2 (PG Cert Supervision training) these will not need to be taken again. Credits can be used towards the PG Dip Senior Wellbeing Practitioner (SWP) qualification through a process called Accreditation of Prior Learning (APL).

Funding



The course is funded by NHSE. Please note that this course is not open to direct access and applications for SWP 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

[Senior Wellbeing Practitioner PG Dip | Prospective Students Graduate \(ucl.ac.uk\)](https://www.ucl.ac.uk/annafreud/annafreud-graduate-programmes/senior-wellbeing-practitioner-pg-dip)

<https://www.annafreud.org/ucl-postgraduate-study/ucl-postgraduate-programmes/senior-wellbeing-practitioner-pg-dip/>



