Course Brochure

Children and Young People’s Psychological Trainings (CYP PT)

Postgraduate Diploma in Cognitive Behavioural Therapy

26 March 2024 Version 2.2

This programme gives you the opportunity to join the exciting nationwide initiative that is Children and Young People’s Psychological Trainings (CYP PT), specialising in Cognitive Behavioural Therapy (CBT). The Postgraduate Diploma (PGDip) in CBT is a professional training programme designed for practitioners who wish to develop as evidence-based therapists in supporting children and young people by using high-intensity CBT.

# What is CBT?

CBT is one of the family of talking therapies, based on the idea that our mental health and wellbeing are related to an interaction between our thoughts, feelings, how we behave and how our bodies feel. By better understanding how these can impact our wellbeing, we can make positive changes that have a significant impact on our mental health.

For example, when we are low or upset, we often fall into patterns of thinking and responding which can worsen how we feel. CBT works to help us notice and change problematic thinking styles or behavioural patterns so we can feel better.

CBT is a collaborative therapy, delivered in partnership with a child or young person and their family. At the centre of CBT is the idea that therapy is not something that is done to someone; rather, it is a way for the child or young person and the therapist to work together towards mutually agreed goals.

More information is available on the [BABCP website](https://babcp.com).

# Who can I help with CBT?

As a CBT therapist, you will be able to support a wide variety of people who are facing challenges with multiple mental health problems. CBT is widely recommended in national guidelines across the UK, European Union and North America.

Evidence-based treatments are at the core of the CYP PT principles. CBT is recommended in National Institute for Health and Care Excellence guidelines for many different problems, such as anxiety disorders (including panic attacks), depression, obsessive compulsive disorder and post-traumatic stress disorder.

There is also evidence that CBT is useful in helping people cope with the symptoms of many other conditions.

See the BABCP website: [CBT for Specific Problems](https://babcp.com/What-is-CBT/CBT-for-Specific-Problems)

# Is this the right course for me?

This programme is a specialist professional training course aimed at developing CBT expertise in practitioners who already have some experience of working with children and young people within a mental health setting. While some experience of working with children and young people with mental health difficulties is important, you do not need to be an expert.

Professionals who join the course have expertise gained within the NHS, local authorities and third sector organisations. They may have prior professional training as mental health social workers, psychiatric nurses, clinical psychologists, occupational therapists or counsellors. Alternatively, practitioners may be eligible to complete the course via the Knowledge, Skills and Attitudes route.

We are committed to widening access to psychological professions and are keen to make the training accessible to individuals from all backgrounds across ethnicity, culture, sexual orientation and identity. Each higher education institution (HEI) has its own widening access policy, so please do get in contact if you are interested in joining this programme to see how your life, professional experience and qualifications can be used to make this training accessible for you.

# What will I gain from training?

As a successful graduate of this programme, you will develop both core and CBT-specific skills to help children and young people better manage and overcome a range of mental health difficulties. Knowledge gained through the PGDip in CBT is of benefit to children, young people and services alike, and offers a great career boost for developing into supervision and leadership positions.

The programme’s aims and content have been developed to align closely with national documents and guidance such as the ‘NHS Long Term Plan’ and the ‘NHS Long Term Workforce Plan’, to ensure an effective mental health workforce for now and for the future.

# What does the training look like?

Trainees are expected to remain in their employing service. The programme is delivered over 12 months, and the trainee will attend an HEI/HEIs on a weekly basis (on days determined by the training provider). Training includes:

* teaching workshops
* skills practice/role-plays in small groups
* small group discussions and exercises
* self-directed learning tasks
* watching videos of CBT therapy sessions
* small group supervision, including viewing your own videoed practice in small, supportive, supervisor/tutor-led groups

Throughout the programme, trainees will spend the remainder of the week working in a CYP mental health service. They will undertake work with children and young people that is relevant to CBT learning and skills development, completing 200 hours of clinical practice during the year.

# What will I learn from the training?

The programme is structured into modules, including CBT for:

* depression
* anxiety
* post-traumatic stress disorder
* obsessive compulsive disorder and body dysmorphic disorder

The course teaching will be culturally sensitive, with the expectation that trainees will reflect on how CBT might be delivered across diverse communities.

# How will work be assessed?

The programme will be assessed on a combination of clinical practice requirements and academic and clinical assessments, including:

* case reports
* video-recorded therapy sessions
* reflective logs
* supervision reports

These requirements are based on the BABCP Minimum Training Standards: see <https://babcp.com/Minimum-Training-Standards>

# How is the programme funded?

The course is available at no cost to participants, with tuition fees fully funded by NHS England Workforce, Training and Education. All trainees must be employed directly by a CYP mental health service, whether in existing posts or new trainee roles.

# What do our past trainees think?

“Having practised for a number of years in my previous role, I can now truly see the benefit of CBT training. It’s helped the young people I work with so much. I wish I’d had the chance to do it years ago!”

“The course has broadened my knowledge base to allow me to work and support children and young people more effectively with a wider range of difficulties than before.”

“I realise now the importance of evidence-based interventions and they can really provide support for common difficulties such as mild anxiety and depression. This training will help me prevent the development of long-term difficulties for children and young people.”

# Where can I find more information?

* [www.babcp.com](https://babcp.com)
* <https://babcp.com/What-is-CBT>
* [https://babcp.com/Accreditation/What-is-Accreditation](https://babcp.com/Accreditation/What-is-Accreditation#:~:text=Accreditation%20means%20that%20a%20CBT,training%20and%20experience%20in%20CBT.)