

North West Mental Health Education & Training Brochure – 23/24



Version: February 2023

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Meet The North West Team

You are encouraged, in the first instance, to engage with the Programme Team if you are interested in any aspect of the training programmes listed within this brochure.

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Please note that the course details contained within this document are correct at the time of writing but are subject to change at any point. The courses included in this document cover the offer within the North West geographical footprint – other training may be available at institutions outside of the region – please speak to the staff above for further details.

Training Summary

Course	Course Length	Indicative start date	Online/Face to Face
NHS Talking Therapies for Anxiety and Depression Practitioner Training			
1. High Intensity Cognitive Behavioural Therapy (CBT) Training Programme	12 months	October, November, January	Blended with a minimum 50% face to face
2. Psychological Wellbeing Practitioner (PWP) Programme	12 months	September, October, March	Blended with a minimum 50% face to face
3. Long Term Condition Training - High Intensity Cognitive Behavioural Therapy (CBT) Training Programme	10 days, weekly attendance	September, October, January	Online with option for face to face if required
4. Long Term Condition Training - Psychological Wellbeing Practitioner (PWP) Programme	5 days	January/February depending on education provider	Online
NHS Talking Therapies Other Modalities Training			
1. Counselling for Depression (CfD)	7 taught days +80 hrs supervised practice	Various between October and February	Online with option for face to face if required
2. Interpersonal Psychotherapy Training (IPT)	6 or 7 days depending on education provider	Various	Online
3. Couples Therapy for Depression (CTfD)	5 days + 12 months of fortnightly supervision	Various	Online
4. Behavioural Couples Therapy for Depression	5 days + 12 x monthly supervision	Various	Online
5. Mindfulness Based Cognitive Therapy (MBCT)	10 days + 3 optional days over 12 months	February or March	Blended (F2F/Online)

Training Summary

Course	Course Length	Indicative start date	Online/Face to Face
6. Trauma-Focused CBT Top-up training - upskilling in the Ehlers and Clark intervention	5 days + monthly supervision	March	Online
7. Extended - Dynamic Interpersonal Therapy (DIT)	20 days over 11 months	January, March	Online
8. Narrative Exposure Therapy (NET)	4 days + 6, monthly supervision sessions	January	Online
Adult & Older People, Psychological Therapies for Severe Mental Health Problems (PT-SMHP)			
1. Understanding Psychosis & Bipolar Disorder	2 full days or 4 half days	Various, 2 cohorts per month	Online
2. Family Intervention (FI)	1 year	September, December, January, March	Online
3. Dialectical Behaviour Therapy (DBT) Training	2 Year Full Course 1 Year Top Up & Supervision	September, October, December	Online
4. Adult Eating Disorders - Whole Team Training	8 days	January	Online
5. Structured Clinical Management (SCM)	1 Year	May, June, October, November	Online
6. Mentalization Based Treatment (MBT)	1 Year	May, June, October, November	Online
7. Cognitive Behavioural Therapy (CBT) Severe Mental Health Problems	2 Year Full Course 1 Year Top Up & Supervision	November, December, January	Face to Face/Blended
8. Comprehensive Assessment of At Risk Mental States for Psychosis (CAARMS for Psychosis)	2 days Full course 1 day for Supervision course	January, March, September	Online

Training Summary

Course	Course Length	Indicative start date	Online/Face to Face
9. Mental Health and Wellbeing Practitioner (MHWP)	1 year	September, January	Blended (F2F/Online)
10. Multi Professional Approved Clinicians (ACRC)	1 year plus portfolio development	September, March	Online (Distance Learning)
Children & Young People's (CYP) Mental Health Programme			
1. Children and Young People's Wellbeing Practitioner (CWP)	1 year	January	Blended (F2F/Online)
2. Education Mental Health Practitioner (EMHP)	1 year	January	Blended (F2F/Online)
3. CYP IAPT Cognitive Behaviour Therapy (CBT)	1 year	January	Blended (F2F/Online)
4. CYP Service Leadership for Evidence-based Psychological approaches for Children & Young People	18 days over a period of 12 months	October	Online
5. Senior Wellbeing Practitioner (New Course)	Part time over 2 years	September & January	TBC
6. Youth Intensive Psychological Practitioner (New Course)	1 year	March	Online
New Roles to Increase Workforce Capacity			
1. Peer Support Worker (PSW) (New Roles)	8 or 10 days over a number of weeks	Various to meet service need	Online

Funding for psychological professions training programmes (2 year gap policy starts from April 2022)

HEE has implemented a policy change regarding eligibility for NHS funding for specific psychological professions' training programmes for individuals who wish to undertake more than one NHS-funded training. The policy change means that from April 2022, those entering other NHS-funded psychological professions' trainings would only become eligible for HEE training funding (incl. Clinical Psychology) two years after the qualifying exam board in the original training.

For the list of affected programmes, please click here: [Funding for psychological professions training programmes](#)

Individuals in the affected programmes will normally be unable to access another NHS funded training in the psychological professions until two years after they qualify. This list of NHS funded training programmes will be updated periodically. This means additional NHS funded training programmes can be added to this list. HEE will give prior notice for any of these and additional programmes and inform stakeholders and partners before these training programmes are advertised and recruited into.

This policy change is necessary to meet the expansion ambitions for the NHS workforce, ensuring the delivery of high-quality services for the public. It is vital that NHS-funded training for specific roles is directed to those who wish to practice that role for a period of time, which will protect the tax-payer's investment, guarantee that staff in these roles gain experience after qualification, and provide the best possible service for patients.

NHS Talking Therapies for Anxiety and Depression

Further Information

1. High Intensity Cognitive Behavioural Therapy (CBT) Training Programme

Cognitive Behavioural Therapy (CBT) is a current form of evidence-based psychological therapy recommended by NICE (National Institute for Health and Care Excellence) as a first line intervention for many psychological disorders.

The training aims to support students to achieve the level of theoretical knowledge, reflective abilities and clinical skills needed when considering work in the field of psychological therapy, using evidence-based cognitive behaviour therapy methods in their work.

Funding Information: Tuition fees and 60% salary support for 12 months.

PTTC at GMMH - Psychological Therapies Training Centre at Greater Manchester Mental Health

National Curriculum

[Click here to access the curriculum](#)

Full Course

[University of Chester](#)

[University of Cumbria](#)

[PTTC at GMMH](#)

Supervision Course

Course is delivered by **University of Chester, University of Cumbria and the Psychological Therapies Training Centre at Greater Manchester Mental Health NHS Foundation Trust (PTTC at GMMH)**. For further details on how to access this programme, please contact laura.dunaway@hee.nhs.uk

2. Psychological Wellbeing Practitioner (PWP) Programme

This British Psychological Society (BPS) accredited course provides the training needed to qualify as a Psychological Wellbeing Practitioner (PWP).

PWP's work within the NHS Talking Therapies compliant services as part of the initiative to help increase access to evidence-based psychological therapies for people with depression and anxiety. They are trained to identify common mental health problems and, where appropriate, provide treatment at a low-intensity level. They also case-manage referrals or signposting to other agencies such as social care organisations.

Funding Information: Tuition fees and 60% salary support for 12 months.

[Further Information](#)

LJMU - Liverpool John Moores University
UCLan - University of Central Lancashire

www.hee.nhs.uk

National Curriculum

[Click here to access the curriculum](#)

Full Course

[University of Manchester](#)

[LJMU](#)

[UCLan](#)

Supervision Course

Course is delivered by **University of Manchester, Liverpool John Moores University (LJMU), University of Central Lancashire (UCLan)**. For further details on how to access this programme, please contact laura.dunaway@hee.nhs.uk

Apprenticeship Course

Course is delivered by **LJMU**. For further details on how to access the apprenticeship, please contact laura.dunaway@hee.nhs.uk

3. Long Term Condition Training - High Intensity Cognitive Behavioural Therapy (CBT) Training Programme

High-intensity therapy (HIT) Cognitive-Behaviour Therapy (CBT) trainees undertake training on a specifically commissioned high-intensity CBT course accredited by the British Association for Behavioural and Cognitive Psychotherapies (BABCP).

This course has been commissioned by NHS England to provide Talking Therapies staff with the skills and competencies to work with patients with anxiety and depression in the context of their LTC or MUS using national curricula.

Full Course

Courses are delivered by **Psychological Therapies Training Centre at Greater Manchester Mental Health NHS Foundation Trust (PTTC at GMMH)**.

PTTC at GMMH

For further details on how to access these programmes, please contact laura.dunaway@hee.nhs.uk
From September 2023 there is an expectation that anyone completing the HIT CBT or PWP training will undertake the relevant LTC training within 2 years

PTTC at GMMH - Psychological Therapies Training Centre at Greater Manchester Mental Health

4. Long Term Condition Training - Psychological Wellbeing Practitioner (PWP) Programme

This training aims to enable experienced PWPs to deliver NICE recommended treatments for people presenting to Talking Therapies services with long-term physical conditions such as diabetes, cardiac disease, respiratory disease, and cancer with accompanying low mood and/or anxiety.

National Curriculum

[Click here to access the curriculum](#)

Full Course

Course is delivered in 5 days by **University of Manchester, Liverpool John Moores University (LJMU), University of Central Lancashire (UCLan)**.

NHS Talking Therapies for Anxiety and Depression- Other Modalities Training

1. Counselling for Depression (CfD)

Counselling for Depression (CfD) is an innovative development in counselling and psychotherapy. The qualification is recognised by the NHS and enhances career prospects for qualified therapists.

CfD training enables therapists to understand the requirements of working within an NHS environment. It deepens understanding of the connection between research, theory and practice.

Full Course

UCLan

Supervision Course

UCLan

For further details on how to access these programmes, please contact laura.dunaway@hee.nhs.uk

UCLan - University of Central Lancashire

2. Interpersonal Psychotherapy Training (IPT)

Interpersonal Psychotherapy Training (IPT) is one of the recognised NICE psychological therapies for depression. IPT is a time-limited and focused treatment for major depression and other psychiatric disorders.

IPT establishes a collaborative focus with the client to address issues of interpersonal loss, change, dispute or isolation, identified as central to the current episode of depression.

Full Course

Anna Freud

Midlands Partnership Trust

Supervision Course

Anna Freud

Midlands Partnership Trust

3. Couples Therapy for Depression (CTfD)

Based on NICE guidelines, Couples Therapy for Depression is a brief integrative-behavioural treatment for depression for couples where one or both partners are experiencing relationship distress and depression.

Couples Therapy for Depression focuses on the relational aspects of depression and on factors that reduce stress and increase support within the couple, using the relationship as a resource for recovery and relapse prevention.

Full Course

Tavistock Relationships

Supervision Course

Tavistock Relationships

4. Behavioural Couples Therapy for Depression

This Course is for experienced CBT practitioners who are seeking to develop their skills in working with couples to reduce couple distress and improve outcomes where one partner has a psychological problem.

Behavioural Couples Therapy (BCT) is an evidence-based psychological treatment that has acquired a significant amount of empirical support for the benefits it provides, both in terms of reducing couple distress and in improving specific psychological disorders, such as depression.

BCT is distinct from, but complements, individual CBT using a range of methods to enhance relationship well-being as well as reduce individual psychological distress.

Full Course

Central and North West London FT

Supervision Course is also available. Please contact laura.dunaway@hee.nhs.uk for more information.

5. Mindfulness Based Cognitive Therapy (MBCT)

Mindfulness-based Cognitive Therapy (MBCT) is an evidence-based group intervention recommended by the National Institute for Health and Clinical Excellence for recurrent depression (NICE: 2004, 2009). In 2017, Health Education England recognised the importance of this recommendation and commissioned the first cohort of MBCT training for High-Intensity therapists working in NHS Talking Therapies Services. This training is designed to increase access to MBCT in Talking Therapies services across England.

The training uses an apprenticeship approach with a strong emphasis on supervised group facilitation, resting on a firm foundation of theory, regular feedback on teaching practice and daily personal mindfulness practice.

Full Course

Sussex Mindfulness Centre



Supervision Course is also available. Please contact laura.dunaway@hee.nhs.uk for more information.

6. Trauma-Focused Cognitive Therapy Top-up training - upskilling in the Ehlers and Clark intervention

The course will address training gaps in trauma-focused cognitive therapy for Post-Traumatic Stress Disorder (tCT-PTSD). The course is only required for HIT-CBT staff who started their HIT training before 2019.

The training programme has been designed by Professor Anke Ehlers' team at the Oxford Centre for Anxiety Disorders and Trauma, Dr Kerry Young (London) and Dr Rachel Handley (Exeter). It aims to increase competence and confidence to deliver tCT-PTSD and is aligned to the Roth & Pilling (2007) CBT competencies, especially PTSD specific competencies.

The Programme comprises a five-day intensive training followed by on-going monthly small group supervision for 12 months.

Full Course

OxCADAT



For further details on how to access this programme, please contact laura.dunaway@hee.nhs.uk

7. Extended - Dynamic Interpersonal Therapy (DIT)

Dynamic Interpersonal Therapy (DIT) is a semi-structured, Talking Therapies -approved brief (16 sessions) psychodynamic therapy for mood disorder. Initial studies of DIT suggest its effectiveness with individuals in primary care with symptoms of anxiety and depression.

The protocol was designed on the basis of the work of the Expert Reference Group on clinical competencies, which identified key components drawn from manualized psychoanalytic/dynamic therapies with an evidence base.

The training provides a basic introduction sufficient to enable participants to begin practicing this manualized treatment with supervision. The course includes presentation of theories and techniques, observation of live role-plays, discussion and formulation of specific cases.

Extended DIT

Anna Freud

Supervision Course

Anna Freud

8. Narrative Exposure Therapy (NET)

Narrative Exposure Therapy is a short-term treatment for trauma disorders particularly where there are multiple traumas. It is effectively used in community settings with individuals who have suffered trauma as a result of political, cultural or social factors such as refugees and people seeking asylum.

The training is a combination of self-directed study and workshops, followed by supervision sessions. To access the training therapists must have completed NHS Talking Therapies High Intensity Training or be BABCP accredited therapists. Each therapist will need to have had experience of at least three supervised cases treating PTSD using the Ehlers and Clark model.

Training is provided by **Central and North West London NHS Foundation Trust** and priority for places is given to areas of the country that have been confirmed as areas of dispersal by the Home Office.

Please contact laura.dunaway@hee.nhs.uk **for more information.**

Adult & Older People, Psychological Therapies for Severe Mental Health Problems (PT-SMHP)

1. Understanding Psychosis & Bipolar Disorder

A training initiative to promote specialist understanding of psychosis and bipolar amongst community mental health staff.

Training will include:

- Sharing the theoretical background to NICE psychological therapy recommendations – highlighting psychosocial influences (e.g. trauma, adversity, social injustice), the role of caregivers, and recovery approaches
- Discussing the recommendations, what these therapies entail, and what service delivery should look like
- Supporting teams to deliver aspects of these interventions to improve experience and quality of care

Lancaster University

2. Family Intervention (FI)

Upskilling the adult and older adult community mental health workforce is central to the strategy to improve timely access to a range of evidence-based psychological therapies, including Family Intervention.

The University of Exeter Programme is one of 4 training providers commissioned to deliver across England and will be offering a 12-month programme online to staff working in community adult/older adult and EI services. The training will equip practitioners with the skills to deliver evidence based face-to-face FI sessions, as well as remote working where necessary.

University of Exeter

For further details on how to access these programmes, please contact kay.helliwell@hee.nhs.uk

3. Dialectical Behaviour Therapy (DBT) Training

Psychological therapies for people with severe mental health problems (PT-SMHP) are a key part of the new integrated community offer for adults, as set out in the NHS Long-Term Plan. Upskilling the workforce is central to the strategy to improve access to psychological therapies. HEE has identified Dialectical Behaviour Therapy (DBT) as one of the treatments of choice to implement this strategy. DBT was officially recommended for consideration by NICE from 2009 in the Borderline Personality Disorder Guideline for treating repeated self-harming behaviours and has since been extensively researched for individuals with a wide range of mental health conditions receiving treatment in diverse practice settings across the world, sustaining a record of efficacy and effectiveness (Walton & Comtois, 2019).

Full Course

This pathway is for clinicians who:

- Are looking to implement a new DBT Programme and have not previously received DBT Intensive Training.
- Are joining an already established DBT Programme and have not previously received DBT Intensive Training.
- Are joining an already established DBT Programme and have received DBT training to Foundational level with BI-DBT or another training provider.

Top-Up Course

This pathway is for clinicians who:

- Are currently practising DBT as part of an established programme and have previously completed the full 10 days of Intensive Training with BI-DBT.
- Are currently practising DBT and have previously completed the PG CERT in DBT.

Supervisor Training

HEE are also looking to increase the pool of trained DBT Supervisors. The requirements for this training are:

- If the person is accredited by the SfDBT or the Linehan Board of Certification (LBC) they can automatically be accepted onto the training.
- If not, then the person will have needed to have practised DBT for one year post intensive training or one year post foundational training plus six months.

British Isles DBT (BI-DBT) Training

For further details on how to access these programmes, please contact kay.helliwell@hee.nhs.uk



4. Adult Eating Disorders - Whole Team Training

The Eating Disorders Services for Adults Whole Team Training (EDSA WTT) programme, commissioned by Health Education England, is aimed at all Adult Eating Disorders teams in England. The programme is designed to equip teams with the collective and individual skills needed to provide high quality care and evidence based interventions in line with the Adults Eating Disorders – Whole Team Training curriculum.

The annual training programme provides blended learning across eight training days, support from a dedicated team mentor, and access to an online learning hub to ensure that busy teams can learn flexibly and translate this learning to practice.

Up to 270 healthcare professionals from teams across England can access the training per year. The programme is engaging with a wide array of stakeholders to develop and deliver the content ensuring the widest reach and impact possible. Service user, family and carer input features throughout, from the training design and delivery, through to evaluation and quality assurance.

Maudsley Learning (SLaM)

For further details on how to access this programme, please contact kay.helliwell@hee.nhs.uk

5. Structured Clinical Management (SCM)

Structured Clinical Management (SCM) is an atheoretical, evidenced based approach that enables generalist mental health practitioners to work effectively with people with borderline personality disorder.

SCM provides generalist mental health staff with a coherent and systematic approach to working with people with borderline personality disorder. It is based on a supportive approach with case management and advocacy support.

There is an emphasis on problem-solving, effective crisis planning, managing emotional regulation and impulsivity, improving personal and social relationships and medication review and assertive follow-up if appointments are missed.

Full Course/Supervisor Training

Anna Freud

For further details on how to access these programmes, please contact kay.helliwell@hee.nhs.uk

6. Mentalization Based Treatment (MBT)

Mentalization Based Treatment (MBT) is an evidence based psychological therapy for borderline personality disorder (BPD).

Mentalizing refers to our ability to attend to mental states in ourselves and in others as we attempt to understand our own actions and those of others on the basis of intentional mental states.

A focus on this very human activity as a therapeutic intervention forms the core of mentalization based treatment. MBT was initially developed for the treatment of borderline personality disorder although it is now being used on a wide range of disorders.

Training programmes are now available for MBT for antisocial personality disorder, MBT for families, and MBT for adolescents.

Full Course/Supervisor Training

Anna Freud

7. Cognitive Behavioural Therapy (CBT) Severe Mental Health Problems

NHS England and Health Education England are funding training for NHS clinicians to improve access to psychological therapies for people with severe mental health problems.

Full Course - The two-year programme is targeted at staff with a core mental health qualification who have not previously undertaken core CBT training either as part of their core mental health training or subsequently through a postgraduate diploma CBT course. The first year of the programme covers the fundamentals of CBT and CBT for depression and anxiety disorders. The second specialist year focuses on one of three SMHP areas: psychosis and bipolar, eating disorders or personality disorders.

Top-up Course - The one-year programme is targeted at staff with previous substantial core CBT training either as part of their core mental health training or subsequently through a postgraduate diploma CBT course. You will follow specialist modules for your SMHP route (CBT for psychosis and bipolar, CBT for eating disorders or CBT for personality disorders) throughout your training year.

The curriculum and requirements have been set by HEE.

[Click here to access the curriculum](#)

For further details on how to access these programmes, please contact kay.helliwell@hee.nhs.uk

PTTC at GMMH - Psychological Therapies Training Centre at Greater Manchester Mental Health

CBT - Personality Disorder

PTTC at GMMH

CBT - Psychosis & Bipolar Disorder

PTTC at GMMH

CBT - Eating Disorder

University of Sheffield

8. Comprehensive Assessment of At Risk Mental States for Psychosis (CAARMS for Psychosis)

CAARMS is considered to be a useful tool to help clinicians identify those who are at risk and those who have experienced a first episode of psychosis (FEP).

There is a high demand within Early Intervention for Psychosis (EIP) services for this training and the course will be aimed at increasing the number of individuals who are upskilled in being able to deliver the assessment within early intervention services.

CAARMS for Psychosis practitioner and supervisor courses are delivered by University of Hull.

Course Information

University of Hull

Further Information

9. Mental Health and Wellbeing Practitioner (MHWP)

The MHWP role is designed to support collaborative care planning, alongside other members of the multi-disciplinary team. MHWPs will also deliver a set of brief wellbeing-focused psychologically informed interventions - not therapy - for example: Behavioural Activation and Graded Exposure using the “GOALS” programme, problem-solving, improving sleep, recognising and managing emotions, guided self-help for bulimia and binge-eating, confidence building, and support with medicines management.

Courses are delivered by **Edge Hill University and UCLAN**. For further details about the programmes please click on the links below:-

Edge Hill University

Further Information

UCLan

For further details on how to access these programmes, please contact kay.helliwell@hee.nhs.uk



10. Multi Professional Approved/Responsible Clinician (ACRC)

The 2007 amendments to the Mental Health Act 1983 introduced the roles of approved clinician and responsible clinician, enabling mental health professionals other than psychiatrists to carry out duties previously performed by psychiatrists.

The introduction of these roles was intended to deliver enhanced quality of care while also ensuring the best use of our skilled and professionally diverse workforce. It is therefore important to ensure the approved clinician is the clinician with the right set of skills to address the patient's main treatment needs.

The adoption of this role will allow patients to benefit from the unique perspectives of nurses, social workers, occupational therapists and psychologists.

Full Course

Northumbria University

Further Information

Training also provided by the University of East Anglia, contact laura.dunaway@hee.nhs.uk for more information.

Children & Young People’s (CYP) Mental Health Programme

1. Children and Young People’s Wellbeing Practitioner (CWP)

The Children’s Wellbeing Practitioner (CWP) is linked to a national initiative with the objective to increase access to psychological therapies and create a new children and young people’s mental health workforce. This course aims to create psychological practitioners capable of delivering high-quality, evidence-based interventions for mild to moderate difficulties in a way that can be efficiently brought to scale.

The course is delivered by the **PTTC at GMMH**. For further details about the programme please click on the link below:-

PTTC at GMMH

Further Information

2. Education Mental Health Practitioner (EMHP)

The role of an Educational Mental Health Practitioner (EMHP) was developed to improve access to high quality mental health support for children and young people within education settings as outlined in the Green Paper. The programme is designed to equip students with the skills to work with children, young people and parents to assess and support for common mental health difficulties, including depression and anxiety through cognitive behavioural therapy approaches.

Courses are delivered by **PTTC at GMMH and Edge Hill University**. For further details about the programmes please click on the links below:-

PTTC at GMMH

Further Information

Edge Hill University

For further details on how to access these programmes, please contact kay.helliwell@hee.nhs.uk

PTTC at GMMH - Psychological Therapies Training Centre at Greater Manchester Mental Health

3. CYP IAPT Cognitive Behaviour Therapy (CBT)

This programme, a Department of Health initiative, provides specialist post-qualification training for Child and Adolescent (CAMHS) and MHST workers within the CYP IAPT model, focusing on the clinical areas of child mental health: anxiety, depression and conduct disorder.

This is a **Recruit to Train programme** funded by HEE and delivered by the **PTTC at GMMH**. Training will cover the evidence-base for CBT, assessment, and cognitive behavioural treatment strategies for internalising disorders in children and young people.

Students will gain a critical understanding of the CYP IAPT model of service change, outcome monitoring, and fundamentals of evidence-based psychological therapies to common mental health problems in childhood and adolescence (anxiety, depression, and conduct problems).

The course is delivered by the **PTTC at GMMH**. For further details about the programme please click on the link below:-

[PTTC at GMMH](#)

For further details on how to access these programmes, please contact kay.helliwell@hee.nhs.uk

PTTC at GMMH - Psychological Therapies Training Centre at Greater Manchester Mental Health

www.hee.nhs.uk

4. CYP Service Leadership for Evidence-based Psychological approaches for Children & Young People

This programme is aimed at service leads, managers and CYP service commissioners.

This is a 60 credit M-Level training programme for experienced service managers already working in Child and Adolescent Mental Health Services (CAMHS). The programme is run on an annual basis. The training includes taught and guided experiential learning components and site visits to support service transformation with additional self-directed learning.

The course is delivered by the **PTTC at GMMH**. For further details about the programme please click on the link below:-

[PTTC at GMMH](#)

5. Senior Wellbeing Practitioner

New Course!

The Senior Wellbeing Practitioner role has been developed to provide opportunities for CWPs and EMHPs to progress in their careers by expanding the range of presentations they are able to provide evidence-based support to, as well as training them to offer supervision.

The overall structure of this graduate/post-graduate diploma training is four modules, two of which cover supervision, one of which covers Enhanced Practice in Early Intervention (including Traumatic events, OCD, Self-harm, Tics, and School Anxiety) with the final module covering Adapting Low Intensity Practice with CYP (& families) with neurodiversity including autism and learning disabilities.

Courses are delivered by **PTTC at GMMH and Edge Hill University**. For further details about the programmes please contact your HEE CYP Lead.

[Click here to access information about the role](#)

For further details on how to access these programmes, please contact kay.helliwell@hee.nhs.uk

PTTC at GMMH - Psychological Therapies Training Centre at Greater Manchester Mental Health

www.hee.nhs.uk

6. Youth Intensive Psychological Practitioner

New Course!

The Youth Intensive Practitioner role is a pilot developed to provide opportunities for the transformation of CYPMH services to deliver improved outcomes for children and young people by increasing the psychology support available across inpatient and community settings.

This new role is designed to support and deliver under close supervision, assessment, formulation and a subset of psychological interventions with young people aged 13 to 17 years who are experiencing a range of severe and complex mental health needs.

Learning and placement experience during the training period will include both inpatient (General Adolescent Units for the pilot phase) and community Intensive Home Treatment and Crisis Intervention teams. Trainees will learn and work in a well supervised multi-disciplinary team context to support their practice.

Courses are delivered by **University of Exeter** .

[University of Exeter](#)

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1. Peer Support Worker (PSW)

Peer Support Workers (PSWs) within mental health provide support, companionship and encouragement to people experiencing mental health difficulties, drawing upon their own lived experiences, or from caring for others experiencing mental health difficulties.

PSWs use their lived experience to connect with people and help them, by:

- giving them a sense of hope and wellbeing
- supporting them to gain a sense of control over their lives
- helping them engage with and build connections and a sense of belonging to their local communities
- helping them gain satisfaction in different parts of their lives.

Trainees are given mentorship in the form of Supervision support.



ImROC

With You

Further Information

For further details on how to access this programme, please contact laura.dunaway@hee.nhs.uk

Summary of acronyms

Acronym	Full Text
BPS	British Psychological Society
CBT	Cognitive Behavioural Therapy
CfD	Counselling for Depression
CTfD	Couples Therapy for Depression
CWP	Children's Wellbeing Practitioner
CYP	Children and Young People
DBT	Dialectical Behaviour Therapy
DIT	Dynamic Interpersonal Therapy
EDSA WTT	The Eating Disorders Services for Adults Whole Team Training
FI	Family Intervention
IAPT	Improving Access to Psychological Therapy
ICB	Integrated Care Board
IPT	Interpersonal Psychotherapy Training
MBCT	Mindfulness-based Cognitive Therapy
MBT	Mentalization Based Treatment
MHWP	Mental Health and Wellbeing Practitioner

Acronym	Full Text
NET	Narrative Exposure Therapy
NHS	National Health Service
NICE	National Institute for Health and Care Excellence
NMC	Nursing and Midwifery Council
PG CERT	Post Graduate Certificate
PG DIPL	Post Graduate Diploma
PSW	Peer Support Workers
PT	Psychological Therapies
PTSD	Post-Traumatic Stress Disorder
PWP	Psychological Wellbeing Practitioner
SCM	Structured Clinical Management
SFP	Systemic Family Practice
SMHP	Severe Mental Health Problems
tCT-PTSD	Trauma-focused cognitive therapy for PTSD