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

### Degree summary

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). They will develop skills in cognitive behavioural therapy (CBT) Parent training, Systemic Family Practice or Interpersonal Psychotherapy for Adolescents depending on their option choices.

The programme is based and taught at the Anna Freud Centre, a national charity with a worldwide reputation. It is a centre of practice, research and learning, which offers treatment for distressed children and support and advice for parents, trains mental health professionals to understand children’s emotional development, and carries out pioneering research into effective ways to help young people suffering emotional distress.

The programme is delivered at the Anna Freud Centre and King’s College London, and is taught by leading practitioners in the field. Teaching is a combination of lectures, seminars, workshops, clinical practice with on-going cases, and clinical supervision groups. Assessment is through essays, log book, case studies, oral presentations and reflective analysis.

### Degree structure

**Mode:** Part-time: 2 years  
**Location:** London, Bloomsbury

Students undertake modules to the value of 120 credits. The programme consists of a core module (60 credits) and optional modules (total value 60 credits).

#### CORE MODULES
- CYP IAPT: Model and Basic Skills

#### OPTIONAL MODULES
- Select either
  - CYP IAPT: CBT for Anxiety Disorders and CYP IAPT: CBT for Depression
  - Or CYP IAPT: Parent Training for Conduct Problems
  - Or CYP IAPT: SFP Basic Skills and SFP Eating Disorders
  - Or SFP for Depression and Self-harm and SFP for Conduct Disorder
  - Or Interpersonal Psychotherapy for Adolescents

#### DISSERTATION/REPORT
- Not applicable.
Your career

CAMHS professionals will be well placed to become skilled and creative independent practitioners of cognitive behaviour therapy (CBT) for internalising disorders, parent training for conduct problems, SFP for Eating Disorders or SFP for conduct and depression disorders or IPT-A Practitioners.

Recent career destinations* include:

// Clinical Physiologist, Tavistock and Portman NHS Foundation Trust
// Cognitive Behavioural Psychotherapist, Brandon Centre
// Community Mental Health Nurse, North East London NHS Foundation Trust
// Family and Adolescent Psychotherapist, Hertfordshire Partnership University NHS Foundation Trust

* Careers data is taken from the ‘Destinations of Leavers from Higher Education’ survey undertaken by HESA looking at the destinations of UK and EU students in the 2013-2015 graduating cohorts six months after graduation.
Entry requirements

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) 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. Candidates without a degree, but with a minimum of three years professional experience in a CAMHS (or equivalent) setting together with a relevant professional qualification will also be considered.

English language proficiency level

If your education has not been conducted in the English language, you will be expected to demonstrate evidence of an adequate level of English proficiency.

The level of English language proficiency for this programme is: Good.

Information about the evidence required, acceptable qualifications and test providers is provided at: www.ucl.ac.uk/graduate/english-requirements

Your application

When we assess your application we would like to learn:

// why you want to study CYP IAPT Therapy at graduate level
// why you want to study CYP IAPT Therapy at UCL
// what particularly attracts you to this programme
// how your academic and professional background meets the demands of this rigorous programme
// where you would like to go professionally with your degree

Together with essential academic requirements, the personal statement is your opportunity to illustrate whether your reasons for applying to this programme match what the programme will deliver.

FEES AND FUNDING 2018/19 ENTRY

// UK: TBC (FT)
// EU: TBC (FT)
// Overseas: TBC (FT)

Fees for this programme are available on request from the department.

Places on this programme are funded by the employee's trust. For further details, contact the Anna Freud Centre, or visit the IAPT website at www.iapt.nhs.uk

Full details of funding opportunities can be found on the UCL Scholarships website: www.ucl.ac.uk/scholarships

CONTACT

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EU referendum

For up-to-date information relating to specific key questions following the UK's decision to leave the EU, please refer to www.ucl.ac.uk/eu-referendum