



**Northumbria  
University  
NEWCASTLE**

# **Children and Young People's Psychological Trainings**

**PG Diploma in Mental Health and Emotional Wellbeing  
Studies in the Educational Environment (EMHP)**

# Children and Young People's Psychological Trainings

- At Northumbria University, we are passionate about developing the workforce to promote resilience, prevention and early intervention in services for children and young people.
- The Children and Young People's Psychological Trainings (CYP-PT) programme aims to “transform” children and young people's mental health services. Uniquely, it provides training based on CYP-PT principles for supervisors, leaders and staff delivering evidence-based therapies.
- Trainees will have the opportunity to develop their knowledge and understanding, professional skills and abilities as well as the personal values required of competent and effective practitioners working with children, young people, and their families.
- For further information, please email [HS.CYP-IAPT@northumbria.ac.uk](mailto:HS.CYP-IAPT@northumbria.ac.uk)



# Requirements for all programmes

- Employers must ensure trainees have access to **suitable equipment and software** to record and store clinical recordings if required for the programme. This will include (but is not restricted to) a laptop, camera, microphone, recording software and a suitable venue.
- Employers must ensure that trainees meet the **minimum entry requirements** for each programme.
- Employers must ensure that trainees have access to suitable supervision if required for the programme.
- Trainees must ensure that they meet a **minimum attendance of 80%**.
- Trainees must achieve the **minimum clinical requirements** for each programme.
- Trainees are eligible for training if they have not accessed an CYP-PT funded training programme **within the last 2 years**.
- Trainees **must be employed by a service** before the start of their programme.
- Employers must consider **travel and accommodation costs**; courses are hybrid with a mixture of face to face and online learning.

# Training Programmes

- CBT - PG Diploma in Evidence Based Psychological Therapy (CBT)
- CWP – PG Diploma in Mental Health and Emotional Wellbeing Studies in Community and Primary Care Environments
- EEBP – PG Cert/Advanced Diploma in Enhanced Assessment and Intervention Skills for CAMHS Practice
- EMHP – PG Diploma in Mental Health and Emotional Wellbeing Studies in the Educational Environment
- PCPS – Parent Carer Peer Support
- SFP - PG Diploma in Evidence Based Psychological Therapy (SFP)
- SWP – PG Diploma Senior Wellbeing Practitioner
- Supervision - PG Cert in Clinical Supervision
- Transformational Leadership – PG Cert in Transformational Leadership



# PG Diploma in Mental Health and Emotional Wellbeing Studies in the Educational Environment (EMHP)

- Education Mental Health Practitioners (EMHPs) are specialist practitioners in assessing and treating mild to moderate depression and anxiety in children and young people in education settings.
- They also provide additional support to the education setting through a whole school approach to mental health and wellbeing.
- 1 year course

# EMHP Module Overview

## **Module 1**

Core knowledge for EMHP Practice (20 L7 credits)

## **Module 2**

Skills for Engagement and Assessment in EMHP Practice (30 L7 credits)

## **Module 3**

Evidence Based Interventions for Anxiety and Depression in EMHP Practice (30 L7 credits)

## **Module 4**

Fundamental principles and group practice for supporting CYP Mental Health and Emotional wellbeing within the Education setting (40 L7 credits)

# EMHP Course Requirements

- **Teaching** – This will be on a Monday and Tuesday each week (around 64 days). Trainees may need to attend for assessments or 1:1 tutorials on other days in the week.
- **Independent study days** - these will be agreed with the trainee's employer but should be 25 days over the year.
- **This is a full-time programme** - trainees will be expected to spend their working week attending University teaching, undertaking clinical work, attending supervision and engaging in independent study.
- **Supervision** – trainees are expected to meet the minimum number of clinical hours during the programme; they should have access to suitably trained Low Intensity supervisors.
- **Minimum clinical requirements** – 80 clinical hours, 20 hours CSS, 20 hours CMS, 8 completed cases.

# EMHP Entry Requirements

- An Honours degree (2:2 or above) or equivalent level 6 study.
- If an applicant demonstrates an extraordinary level of clinical experience at interview but does not hold a degree, admission may be considered.