



**Northumbria  
University  
NEWCASTLE**

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

**PG Diploma in Evidence Based  
Psychological Therapy (CBT)**

# 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 Evidence Based Psychological Therapy (CBT)

- Trainees will have the opportunity to develop their knowledge and understanding of CBT as well as developing professional skills and abilities required for the role. Trainees will also be supported to develop key personal values required of competent and effective CBT practitioners working with children and young people.
- During the programme, students will learn how to assess and treat children and young people who present with anxiety and/or low mood/depression using CBT theory and principles.
- 1 year course.

# CBT Module Overview

## **Module 1**

Core competency for work with children, young people & families (20 level 7 credits)

## **Module 2**

Therapeutic skills for work with children, young people & families ( 20 level 7 credits)

## **Module 3**

Assessment and formulation with children, young people & families (20 level 7 credits)

## **Module 4**

Cognitive Behavioural Therapy for anxiety disorders in children, young people & families (30 level 7 credits)

## **Module 5**

Cognitive Behavioural Therapy for depression in children, young people & families (30 level 7 credits)



# CBT Course Requirements

- **Teaching** – Teaching will be on a Monday and Tuesday each week (around 2 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 student's employer but should average at least ½ a day per week.
- **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 required to attend clinical supervision for a minimum of 1 hour per week with both university and workplace provided supervisors. Workplace supervisors must hold a CBT qualification.
- **Minimum clinical requirements** - 200 clinical therapy hours, 70 hours clinical supervision (university and practice based), 8 completed cases (including anxiety, CBT for depression, and Behaviour Activation), 5 hours of close live supervision over 3 cases.

# CBT Entry Requirements

- An Honours degree (2:2 or above) or equivalent level 6 study.
- Applicants require experience working with both children and young people of at least a year.
- Applicants need to have some training in mental health either through professional training or access to additional training courses.