



**Northumbria
University
NEWCASTLE**

Children and Young People's Psychological Trainings

Parent Carer Peer Support (PCPS) Programme

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



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

Parent Carer Peer Support (PCPS) Programme

- The Charlie Waller Trust PCPS program is designed to support lived experience partners working with parents and families as Peer Support Workers.
- It is parent carer experience led and supported by CYPMH Professionals. It develops evidence-based practice in parent-carer support work.

PCPS Programme Overview

Practice Outcomes 1 & 2

Use of supervision to benefit parents and carers and develop skills in working with diversity

Practice Outcomes 3 & 4

Demonstrate knowledge of available services and running of parent carer support services

Practice Outcomes 5 & 6

Develop competence in self-reflection, shared lived experience and self-care

Practice Outcomes 7 & 8

Demonstrate understanding of legal and ethical frameworks and excellent interpersonal skills

PCPS Course Requirements

- **Teaching** – This will be on fortnightly sessions running from January – May. (around 10 days). Trainees may need to attend tutorials on other days in the week.
- **Self-Directed Study** - This should total a minimum of 30 hours over the 5-month period.
- **This is a part-time flexible programme** - to enable trainees to manage family, study and work commitments. They will be expected to attend virtual training sessions, undertake peer support work, attend supervision and engage in self-directed study.
- **Supervision** – Trainees should have access to appropriate supervision and should be able to access supervision at least every four weeks (ideally more frequently).
- **Minimum clinical requirements** – Trainees will need to demonstrate the successful attainment of practice outcomes that demonstrate their competency in working with families.