



**Northumbria  
University  
NEWCASTLE**

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

**PG Diploma Senior Wellbeing Practitioner (SWP)**

# 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 Senior Wellbeing Practitioner

- This programme is intended for qualified CWP or EMHP staff who would like to develop their career and role within their service.
- The programme's intention is to develop knowledge and skills in emerging low intensity (LI) interventions (including integration and adaptation) within the field and prepare staff to provide clinical supervision and leadership within their services. respective services.
- 2 year course.

# SWP Module Overview

## **Module 1 (Year 1)**

Enhanced Practice in Early Interventions (30 L7 credits)

## **Module 2 (Year 1)**

Supervision of Low Intensity Evidence-Based Psychological Interventions in Child and Adolescent Mental Health 30 L7 credits)

## **Module 3 (Year 2)**

Neuro-developmental Disorders and LD in CAMHS (30 L7 credits)

## **Module 4 (Year 2)**

Clinical and Case-Management Supervision Practice Development in Context (30 L7 credits)



# SWP Course Requirements

- **Teaching** – This will be on a Monday and /or Tuesday or Wednesday (around 64 days over 2 years). Trainees may need to attend for supervision of supervision on other days in the week.
- **Independent study days** - these will be agreed with the student's employer but should average at least  $\frac{1}{2}$  a day per week.
- **This is a part-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 require both clinical supervision and supervision of supervision from suitably qualified supervisors.
- **Minimum clinical requirements** – 4 completed cases evidencing the application of different enhanced practice interventions, 3 completed cases evidencing adapted practice working with neurodiversity and Learning Disabilities.
- **Minimum supervision requirements** – oversee 80 hours of clinical practice from supervising CWPs/EMHPs and 8 completed cases, providing 70 hours of supervision (minimum 20 CSS, 20 CMS).

# SWP Entry Requirements

- To join the course, staff will already have gained either a level 7 PG Certificate/PG Diploma CWP or a PG Diploma EMHP with 2 years post-qualification experience to be eligible for entry to the SWP course.
- Eligibility for credit transfer is available. For example, those who have completed the PG Certificate in Clinical Supervision or equivalent are eligible to apply for credit transfer on modules 2 and 4 only. This means that under certain circumstances trainees may not have to complete modules 2 and 4.