

# Graduate/Postgraduate Diploma in Evidence-Based Psychological Treatment for Children and Young People (Parent Training route)

## Programme Summary

The following is a summary of the CYP IAPT Graduate/Postgraduate Diploma in Evidence-Based Psychological Treatment for Children and Young People (Parent Training route) delivered by the University of Exeter. The summary is intended to provide a brief overview of the programme structure and the requirements for successful completion of the training. The evidence-base for PT for conduct problems in children is extensive. It includes the 2005 NICE Health Technology Assessment for Parent Training and Education for Childhood Conduct Disorders. A full NICE guideline on conduct disorder across the age range to 18 years is in preparation.

### Who is the Parent Training route for?

The parent training route of this programme has been designed specifically for staff whose role **routinely includes** working with conduct problems in children using both individual and group approaches. Training will cover the main presentations of conduct problems, including proactive and reactive aggression, bullying, antisocial behaviour confined to the home context or pervasive (e.g. also expressed at school), comorbid conditions such as ADHD, callous-unemotional traits, learning disabilities, emotional dysregulation, etc and therefore candidates should have routine access to these types of cases. The training will also cover the main presentations, assessment and treatment of parenting difficulties in terms of the immediate parent–child relationship, including child attachment, and the wider contextual factors that impede parenting ability, such as parental depression, substance misuse, domestic violence, life events and daily hassles, and parental learning disabilities. The primary focus at this stage is on children aged 3–10 years.

Training will cover the evidence-base for parent training, and assessment and treatment strategies for conduct problems in children

All parenting trainees must provide group work for 14 weeks, a minimum of 21 days' work *including set up and running groups*.

The aim of the programme is to develop trainees': practical competency in evidence-based parent training for conduct problems in children aged 3–10; critical knowledge of the theoretical and research literature of parent training for conduct problems in children aged 3–10. Topics include:

- Understanding the causes of conduct problems of childhood
- Parenting from a multicultural Social Learning Theory perspective
- Involving parents/carers in parenting interventions
- User participation and running parenting training groups and individual parent training
- Evidence-based parent group techniques
- Evidence-based individual parent training methods

## Entry requirements

| Postgraduate Diploma in Evidence-Based Psychological treatments for C&YP<br>Parenting route  |  |
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| Academic   | <ul style="list-style-type: none"> <li>• Relevant Honours Degree (e.g. psychology, mental health, etc.) graded at 2.2 or above <b>or</b>;</li> <li>• If a candidate has a core profession (see below) but does not have an Honours degree or has an award of 2.3 or below, they will be asked to provide evidence of successful study at Level 6 or equivalent and be required to pass a pre-entry essay, marked at Masters level prior to acceptance on the training programme.</li> </ul>      |
| Professional   | <ul style="list-style-type: none"> <li>• Core profession as defined by the BABCP. Please see <a href="http://www.babcp.com/Accreditation/Core-Profession.aspx">http://www.babcp.com/Accreditation/Core-Profession.aspx</a> for a list of core professions, <b>or</b>;</li> <li>• Completion of KSA (Knowledge, Skills and Attitudes) portfolio prior to entry onto the programme prior to entry onto the programme.</li> <li>• Access to appropriate cases during and after training.</li> </ul> |
| <p><b>NOTE:</b></p> <ul style="list-style-type: none"> <li>• It is not possible to enter the programme with neither a degree nor a core profession. Each candidate will have at least a core profession or a relevant Honours degree (marked at (2.2 or above) and meet the additional requirements as laid out above.</li> <li>• Students cannot be accepted onto any training programme if they are currently undertaking studies elsewhere.<br/>We do not accept candidates who have previously studied for the same award at another institution.</li> </ul> |  |

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| Academic   | <ul style="list-style-type: none"> <li>• Will not hold an Honours degree or may hold a degree of Third Class Honours standard or below;</li> <li>• Evidence of ability to study at Level 6 (i.e. previous successful study at level 5; or successful part completion of an Honours degree – level 6). Please note, an academic reference may be sought;</li> <li>• Note that candidates who hold an Honours degree of 2.2 or above should apply for the Postgraduate route.</li> </ul> |
| Professional   | <ul style="list-style-type: none"> <li>• Core profession as defined by BABCP. Please see <a href="http://www.babcp.com/Accreditation/Core-Profession.aspx">http://www.babcp.com/Accreditation/Core-Profession.aspx</a> for a list of core professions, <b>or</b>;</li> <li>• Completion of KSA (Knowledge, Skills and Attitudes) portfolio prior to entry onto the programme.</li> <li>• Access to appropriate cases during and after training.</li> </ul>                             |
| <p><b>NOTE:</b></p> <ul style="list-style-type: none"> <li>• Students cannot be accepted onto any training programme if they are currently undertaking studies elsewhere.</li> <li>• We do not accept candidates who have previously studied for the same award at another institution.</li> </ul> |  |

## Service commitment and materials

- PT (trainees and supervisors):
  - **Helping the Non-Compliant Child manual** – ISBN 978-1593852412
  - **Incredible Years Pre-School Basic programme ( Red manual)**
- **And /OR The Incredible Years School Age Basic Programme ( Blue manual)**  
<http://incredibleyears.com/programs/parent/school-age-basic-curriculum/>
  - This needs to be ordered directly from the US (this may take some time).
- Trainees require access to their **own colour copy** version of the 1.4 version of the Children and Young People's Tracking Outcomes resource pack (ROMs pack) available from CYP IAPT and CORC websites (also attached for ease of printing).
- **All** (including supervisors) need recording equipment (capable of three functions = recording of multiple uninterrupted 2hour-long sessions without battery change, quick review of sessions either on the recording device or a laptop, and the download of recordings in an encrypted manner on to a memory stick) and a minimum of 2 encrypted memory sticks.
- All trainees need to have plans to wind down caseloads (if successful at interview) and have planned access to appropriate cases to start at the end of January.
- Diploma trainees (CBT and PT) are entitled to an allocated 20 study days over the course of the year; students are told that these must be negotiated with their line managers but it certainly helps for all parties to be aware ahead of the conversation.

## What to expect

The CYP IAPT course offers an exciting opportunity to learn about evidence-based approaches for working with children, young people and their families. The CYP IAPT training is a postgraduate (Masters) level course which does require students to use their own initiative and time outside of work when studying. It is likely that you will need to spend several hours a week of your own time on course-related work including preparing for supervision and coursework deadlines.

As well as being rewarding, it can be a challenging year juggling competing demands of coursework, workplace commitments and home-life, and getting the right balance between all three can be tricky at times. The CYP IAPT course team are there to help ensure students maximise opportunities for learning and provide support where needed. We hope you enjoy your time with us.

## Requirements to pass the course

The programme is provided with 120 Degree/120 Masters Level credits which equates to a Graduate Certificate/ Postgraduate Diploma. The difference in the two routes reflects the academic component involved.

Students undertaking both the Graduate and Postgraduate routes complete academic assessments (1 essay, 2 case reports and 2 extended case reports) and clinical assessments (3 video recordings). The pass mark on academic components for graduate route students is 40% and 50% for postgraduates. In both routes all clinical assessments must pass and all supervisor assessments and student portfolios (which include evidence of self-directed learning, patient outcomes and student reflections on training) must be deemed to be at pass standard.

It is expected that students will attend 100% of teaching. There is a requirement for a minimum of 80% attendance across all individual modules. During the course, students must also meet the required number of supervision and clinical hours (70 and 100 respectively).