

**What should new PT trainees know about the course?**

The course is a 2 or 3 day per week at the University of Exeter and is for trainees who are currently working with children who have behavioural difficulties or are likely to receive diagnoses of Conduct disorder, Oppositional defiance disorder, and ADHD. The work is delivered through empowering parents to manage their children's challenging behaviours.

The course skills you up to be competent in delivering two evidenced intervention protocols, namely IY and HNC and is based on social learning theory and behavioural modification. Throughout the course you are offered theoretical and practical learning through teaching, supervision and reviewing your own videoed assessment and treatment sessions.

The course is offered at graduate and post graduate level.

The 3 term course is divided into 2 modules:

1<sup>st</sup> module is delivered with the students studying on the CBT course and you receive core skills teaching for working with children and young people with mental health difficulties and their families.

The 2<sup>nd</sup> module focusses on the skills and theories used to inform assessment and practice of working with parents both individually and in a group setting.

Your work is assessed by essay, case reports a presentation and video submissions and a portfolio of your work.

You are offered high quality supervision and are expected to bring recorded video clips of your clinical work for review each week.

**For those you work with:**

Parents will be receiving an evidenced based intervention recommended by NICE that offers them a robust and tailored intervention to skill them up to manage their children's challenging behaviours in a way that they can manage with a good understanding of why they are doing what they are doing and how to do this. They will have lots of opportunity to learn new skills before they go home and practice these with their children. They will set personalised goals which will be achievable, realistic and measurable.

**Feedback from students who attended the course:**

Parents have said that after receiving the intervention they feel in control of their children's behaviour rather than the other way around.

They also have said that it is not easy but it is effective. I have been told that after a PT intervention parents feel they know their child better and what makes them tick. They also have a better understanding of themselves as parents.

My practice has changed:

I value supervision in a totally different way. I am prepared for supervision now having reviewed my session tapes and I will have prepared a question about my practice. I also use ROMS in very different way as an aid to my practice rather than something I just feel like I should do. And practice new learning before I offer another session to a family. This makes me a better and confident practitioner.

As a practitioner the course allows you to become reflective in your work and an opportunity to build on core skills and really develop an effective treatment to parents who are really struggling with the challenges that children can present.

This in turn helps children to become better at regulating their emotions, receiving instructions, staying on task, sleeping better, and reductions in anxiety and angry outbursts. Children have also told me that they like the new way of being with their parents as parents are also calmer and clear and more consistent with their children.