

Wellbeing Practitioners for Children and Young People (WPCYP)

A one year certificated course delivered by the University of Northampton

About the programme

This programme is a key component of the national drive to improve access to psychological therapies for children and young people (CYP IAPT). It contributes to the targets of providing evidence based interventions to 70,000 more children and young people a year by 2020 and training 1,700 new staff, as outlined in 'Implementing the Five Year Forward View for Mental Health'.

The programme supports participants to develop skills in evidence based interventions. It is designed to enable participants to help children and young people who wouldn't otherwise reach local

thresholds for CAMHS. It enables them to offer brief, focused interventions in the form of low intensity support and guided self-help to children and young people with mild to moderate difficulties. Typically these include anxiety, low mood and common behavioural difficulties. When qualified they will be able to see large numbers of young people for brief sessions (30 minutes) and offer brief courses of support and treatment of up to 6 to 8 sessions.

Students will learn about the principles and approaches of collaboration and participation and how to embed them in their day to day work with children and young people. This includes learning about

a range of outcome tools and measures and gaining practical experience of using them collaboratively with children, young people, and their carers and families.

Course content

The programme is a one year full time course comprising university led training at Northampton and workplace casework. Learning will take place through lectures, seminars, skill sessions and there is a strong emphasis on putting the learning into practice. Participants will develop a portfolio of work and are required to work with a range of children and young people in their work setting over the year.





The programme covers:

Fundamental skills: Children and Young People's Mental Health Settings – Context and Values, covering: national policy; local context; multi-agency working; culture and diversity; children and young people's mental health therapies and evidence base; working with families; service user involvement; legal and ethical frameworks.

Fundamental skills: Assessment and Engagement, covering: assessment of need; therapeutic alliance and engagement; differentiating common mental health problems in children and young people; navigating systems; measuring outcomes.

Evidence based interventions – Theory, covering;

- Assessing Common mental health problems within a low intensity CBT framework, functional analysis and goal setting.
- Knowledge of low intensity interventions e.g. Behavioural Activation, Graded Exposure, Problem Solving, Worry management, Thought Challenging, Brief Parenting support
- Critical evaluation of evidence base;
- Use of Routine Outcome Measures (session by session)
- Evidence based interventions – Skills covering: application of learning; working with parents; assisting with parent training; therapeutic endings; delivery of interventions for anxiety, depression, conduct and low level regulatory issues.

Assessment, covering: Understanding the presenting problem; DSM-5 and ICD-10 criteria; Routine Outcome Measures in assessment (e.g. RCADs); Gathering information; 5 Areas Model; Problem Statements; Goals; Shared Decision marking; treatment planning.

Entry requirements

Applicants will need to demonstrate:

- Experience of working with children and young people.
- The ability to study at undergraduate level.
- Knowledge of child and adolescent development.
- Good communication and interpersonal skills.
- Motivation and commitment to undertake and complete the course.

Course dates and attendance

Two courses are planned with 30 places available on each. The first commences on 23rd September 2019 and runs until August 2020. The second course will run between January and December 2020.

The initial phase of the courses will see students attending 3 or 4 days per week of university training, reducing over the remainder of the course as they pick up more cases to populate their portfolio. Students will be required to spend the full week within their service during university holiday periods and will be expected to take their leave during such periods.

Workplace commitment

Supervision commitment

Students need to be allocated suitable cases and be intensively supervised during their workplace placements by a supervisor with experience of Cognitive Behavioural Therapy who is able to assess risk and thresholds. This includes weekly case management supervision and fortnightly clinical skills supervision. Line management supervision should be separate from this provision.

Financial commitment

Salary and support costs are provided by Health Education for one year. There is an expectation that the role is sustained post training, funded by the employing agency.

How to apply

In order to get a place on this course, individuals must secure a post within a service that decides to have these posts. Services can complete an Expression of Interest obtainable from jane@associatesolutions.co.uk or nigel@associatesolutions.co.uk. Individuals wanting to train as WPCYPs need to look out for the job opportunities being advertised by services and apply for the job. Short-listed applicants will be interviewed jointly by the employer and the University of Northampton.

Further information

For more information on:

- The course curriculum and university requirements, please contact the course leader at the University of Northampton – Jynna.Yarrum@northampton.ac.uk
- Funding, support and contract matters, please contact the collaborative lead, Jane Sedgewick – jane@associatesolutions.co.uk or the Project Manager, Nigel Toms – nigel@associatesolutions.co.uk

