

Clinical Training in Child & Adolescent Psychotherapy

Accredited by the Association of Child Psychotherapists

Funded by NHS in the north of England for the development of the NHS workforce in the north of England.



What is Child and Adolescent Psychotherapy?

Child and adolescent psychotherapy is a core NHS profession with rigorously regulated standards and training, approved by the Department of Health and recognised as a component of comprehensive CAMHS in the Children's National Service Framework.

Child and Adolescent Psychotherapists work as part of multi-disciplinary teams in the NHS and other public services to assess and treat infants, children and young people and work with their parents, carers and the networks surrounding them. Their in-depth training enables them to carefully observe what a child or young person might be communicating through their behaviour and play and to work with complex states of mind that are not readily available to conscious thought.

Child and Adolescent Psychotherapists may see children and young people individually or with other family members. The child has an opportunity to work towards a better understanding of themselves, their relationships and their established patterns of behaviour. Psychotherapists also apply their framework of thinking to work with parents, families and carers and to training and supporting other professionals who work with children, young people and families to encourage a deeper understanding of the child's perspective.

Clinical Training at NSCAP

The clinical training in child and adolescent psychotherapy offered by NSCAP is funded by the NHS in the north of England. NSCAP is one of five centres providing training in child and adolescent psychotherapy in the UK; two in London, one in Birmingham and one in Edinburgh. The training that NSCAP provides has been fully accredited by the Association of Child Psychotherapists (ACP).

The students undergo a rigorous training that includes teaching, supervision, personal psychoanalysis and a four-year salaried trainee child and adolescent psychotherapy post in a CAMHS service in one of the NHS Trusts in the region (see below for more information).

The training programme enables students to develop the clinical expertise and research skills needed to prepare them for practice as a professional Child and Adolescent Psychotherapist, eligible for membership of the Association of Child Psychotherapists. The training provides a thorough grounding in the emotional development of children and adolescents, from a psychoanalytic perspective. Supervision and personal analysis are important aspects of the training; and help develop in the trainee the personal qualities necessary for clinical practice.

The course provides an academic as well as a professional qualification. Current trainees are registered for the Professional Doctorate in Child Psychoanalytic Psychotherapy through the Tavistock Clinic and University of East London. A new university partner for trainees entering the programme in 2015 is currently under negotiation.

About NSCAP

The Northern School of Child and Adolescent Physiotherapy (NSCAP) is a major NHS centre of mental health learning and practice. We are a leading contributor to developments in health, social care, education and justice sectors. We deliver training, consultancy and research for professionals and services working with children, adolescents and families including adults with mental health difficulties.

NSCAP was set up by the NHS in 2003 and has since established a reputation as a high quality training and development centre serving the whole of the north of England. NSCAP is now the second largest psychotherapy training school in the UK and includes courses for those working with adults as well as with children, young people and families.

Funded 4-year Child Psychotherapy Post:

The clinical work under supervision is gained through a clinical placement in an NHS CAMHS team. Clinical trainees are employed on a full-time training contract by the NHS trust with which they are based during the period of their training. NSCAP provides the trust with funding to cover the trainee's salary at Agenda for Change Band 6 and other agreed expenses. The period of training is four years. Each year we seek to have an adequate geographical spread of posts across the North West, North East and Yorkshire and the Humber regions. There are normally six funded places each year.

Personal Analysis:

Personal analysis makes a central contribution to the trainee's growth and development as a Child and Adolescent Psychotherapist. It enables trainees to further their awareness, understanding and tolerance of unknown parts of their personality and enhances their sensitivity and capacity to reflect on their cases.

During clinical training, students are expected to have a minimum of four, and where possible five, sessions of analysis per week for the period of the clinical placement. NSCAP reimburses the costs of trainee's analysis direct to the trainee, up to an agreed maximum.

Teaching & Supervision:

The theory and technique elements of the training are delivered at NSCAP's premises in Leeds through a variety of teaching methods. Attendance in Leeds is a full day (Thursday) each week during term time (30 weeks). Extra training events and specialist seminars take place at prearranged times during the academic year.

The "taught" elements of the training cover: human growth and development; disturbance of development and psychopathology; psychoanalytic theories; psychotherapy treatment techniques; and knowledge of relevant research, outcome studies and evidence based methodologies. Trainees are supervised on a weekly basis.

Applying for the Clinical Training at NSCAP

NSCAP wishes to encourage applications from people with a diverse range of professional backgrounds; and from all sections of society.

The ACP Training Council sets out the requirements for training in child psychotherapy and monitors the quality of each training school's delivery. These requirements consist of:

01. Academic requirements – Child psychotherapy is a graduate entry profession. Candidates who do not have an honours degree must complete the pre-clinical course to Masters Degree level.

All candidates must have completed a course of studies in Psychoanalytic Observational Studies or equivalent as this is the pre-clinical requirement for training.

The Psychoanalytic Observational Studies PG Dip/MA is available at three locations in northern England:

- in Liverpool, provided by NSCAP and currently validated by the Tavistock and Portman NHS Foundation Trust with the University of East London. (A new university partner for students entering the programme in 2015 is currently under negotiation.);
- in Leeds provided by NSCAP and validated by the University of Leeds;
- in Newcastle, provided and validated by Northumbria University.

The course offers participants the opportunity to develop observational skills within a psychoanalytic framework and to apply this in their professional work: to help students deepen their understanding and awareness of human development and interaction and to help participants to think about their work from a psychodynamic perspective. The course is relevant to teachers, psychologists, child and adolescent psychiatrists, social workers, occupational therapists, nurses and allied professional disciplines.

Students on the course are required to be working in a professional capacity with children, adolescents or families. They are generally expected to have had at least one year's experience of such work before commencing the course. This need not be in a clinical setting.

Applicants who have completed one of the courses held in Liverpool, Leeds or Newcastle will have completed all the required elements for the NSCAP clinical training. They are invited to meet with their Observation Course tutor to discuss their intention to apply for clinical training and any need they may have for additional experience to meet entry requirements prior to application. Applicants who have undertaken the course at another training establishment are welcome to apply to NSCAP for the clinical training but may have to complete additional requirements prior to acceptance.

02. Work experience – Trainees are required to have substantial experience of working with children and adolescents of varying ages. This experience may have been gained in a number of settings; including health, education and social care.

03. Personal suitability – Whilst completion of the course in Psychoanalytic Observational Studies is a pre-requisite for application to the clinical training this does not in itself guarantee that applications will be successful. Applicants are expected to demonstrate at interview personal suitability to undertake a training in psychoanalytic work with children and young people, and to come with the recommendation and support of their observation course tutors.

04. Personal analysis – Although it is not a definite requirement for applicants to have had analysis or psychoanalytic psychotherapy during the pre-clinical course, it is strongly recommended that once or twice weekly treatment is undertaken in this period. If this has not been possible, one or more consultations with a training analyst or psychoanalytic psychotherapist recognised by NSCAP and the ACP is considered to be a necessary part of the process of considering making an application to the clinical training. This will help potential trainees understand something of the process of personal analysis and enable them to make a more informed decision about whether they are ready to apply.

Application Process

The application process is in two distinct parts:

Part 01. Submission to NSCAP of an application for clinical training by the end of January 2015. The application is considered by a panel of senior tutors in the school. Applicants who are shortlisted are invited for two interviews at NSCAP, each with a different senior tutor. Applicants successful in part 1 may take part in part 2:

Part 02. Submission of an application to one or more of the NHS trusts in the northern region that have been accredited by the school as providers of clinical training posts in child and adolescent psychotherapy. The trusts will then interview the potential trainees. A selection meeting takes place at NSCAP in June to decide where trainees will be placed, taking into consideration Trust and

candidate preferences, analytic arrangements and locations. If successful in obtaining a training placement, trainees become student members of the ACP. Commencement of the training post and employment is September of each year.

NB: acceptance onto the training with NSCAP (part 1) does not guarantee the availability of an NHS training post. If applicants are unsuccessful in obtaining an NHS training post they can reapply the following year. It is not possible to take up a place on the clinical training without a trainee child psychotherapy post in the NHS.

Further Information

Further information on the child psychotherapy training and full details of the application process are available at:
www.nscap.org.uk/content/child-and-adolescent-psychotherapy or from Amy Deakes on 0113 3058750

Information on the ACP is available at: www.childpsychotherapy.org.uk

