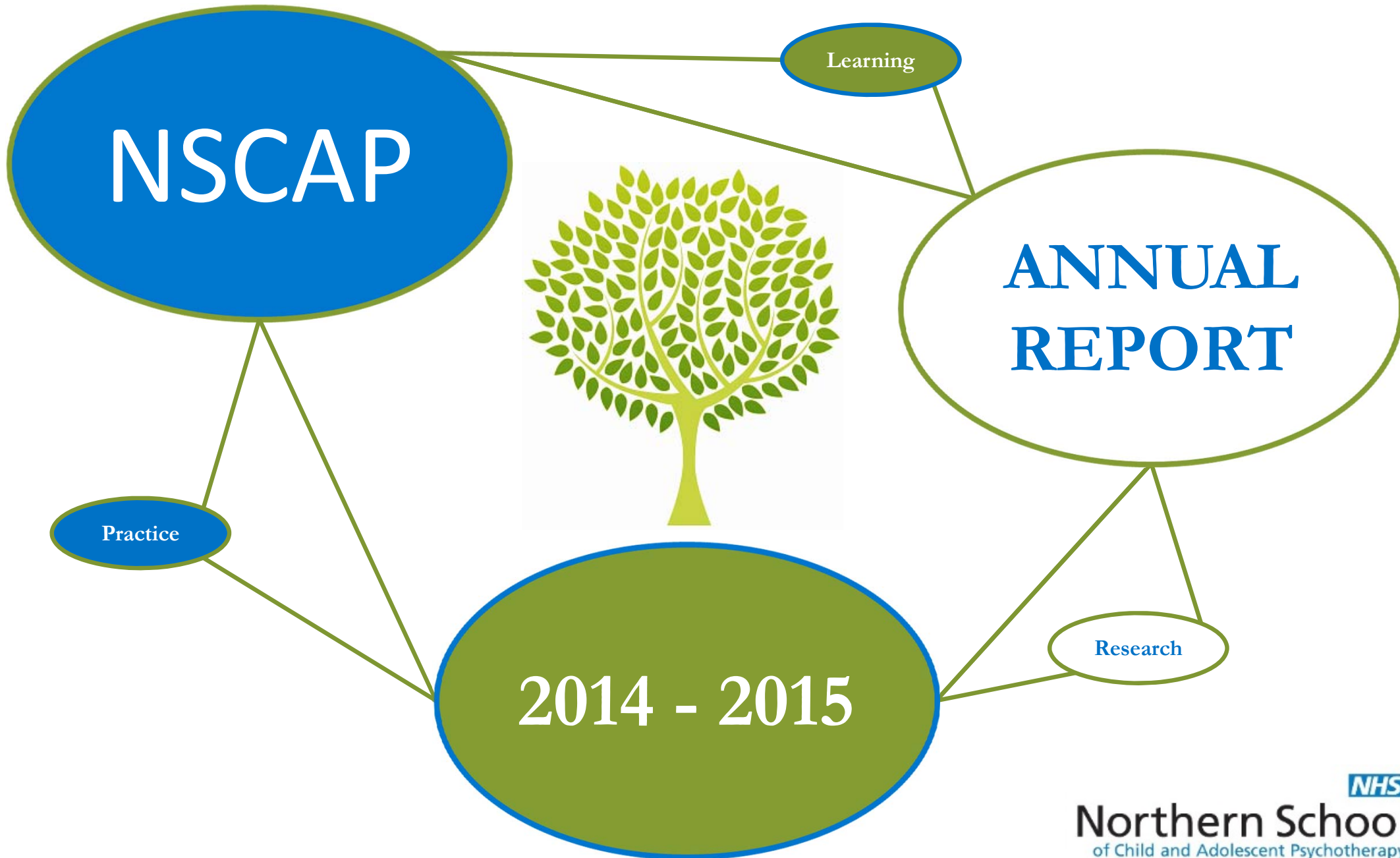
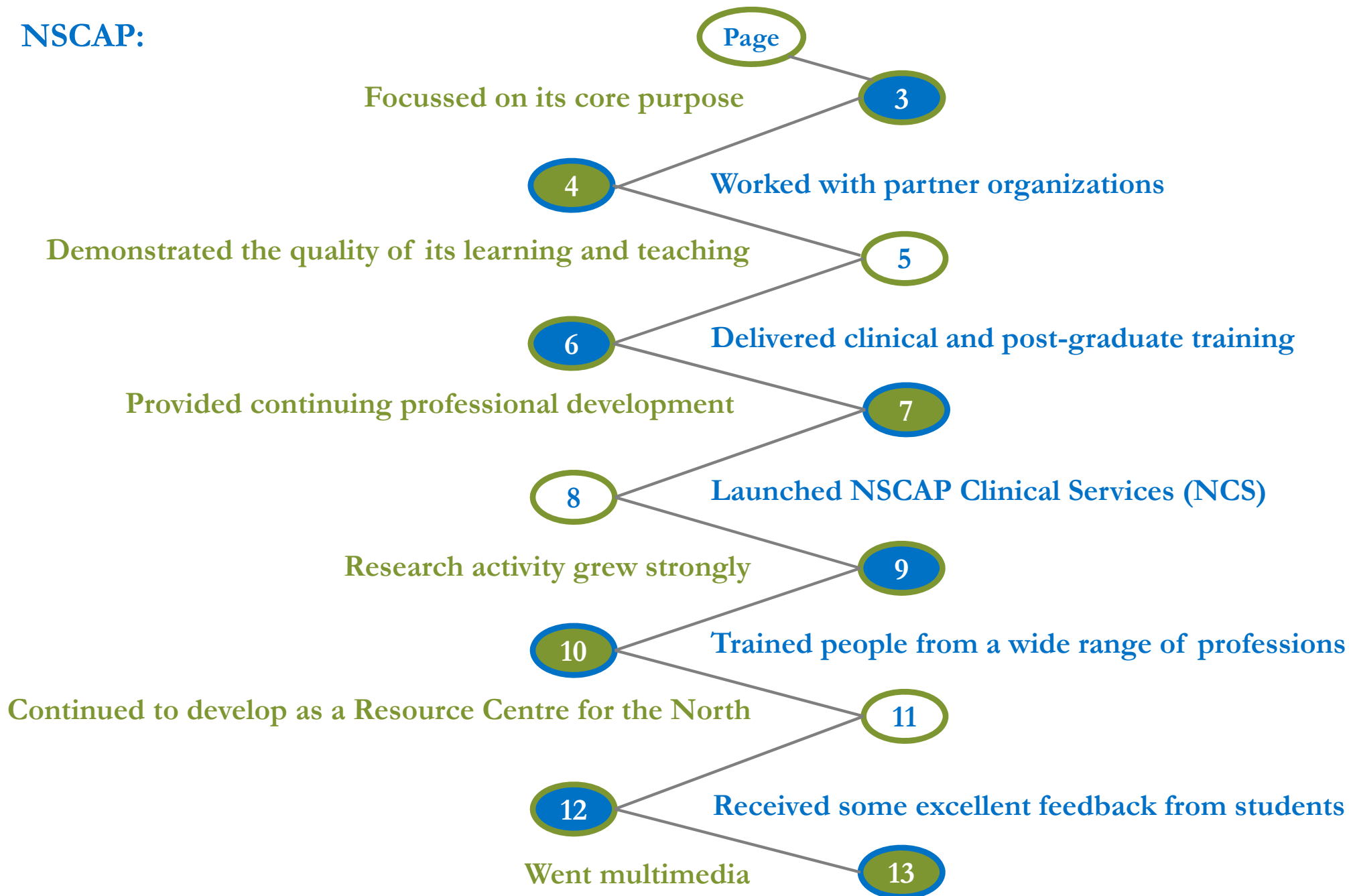


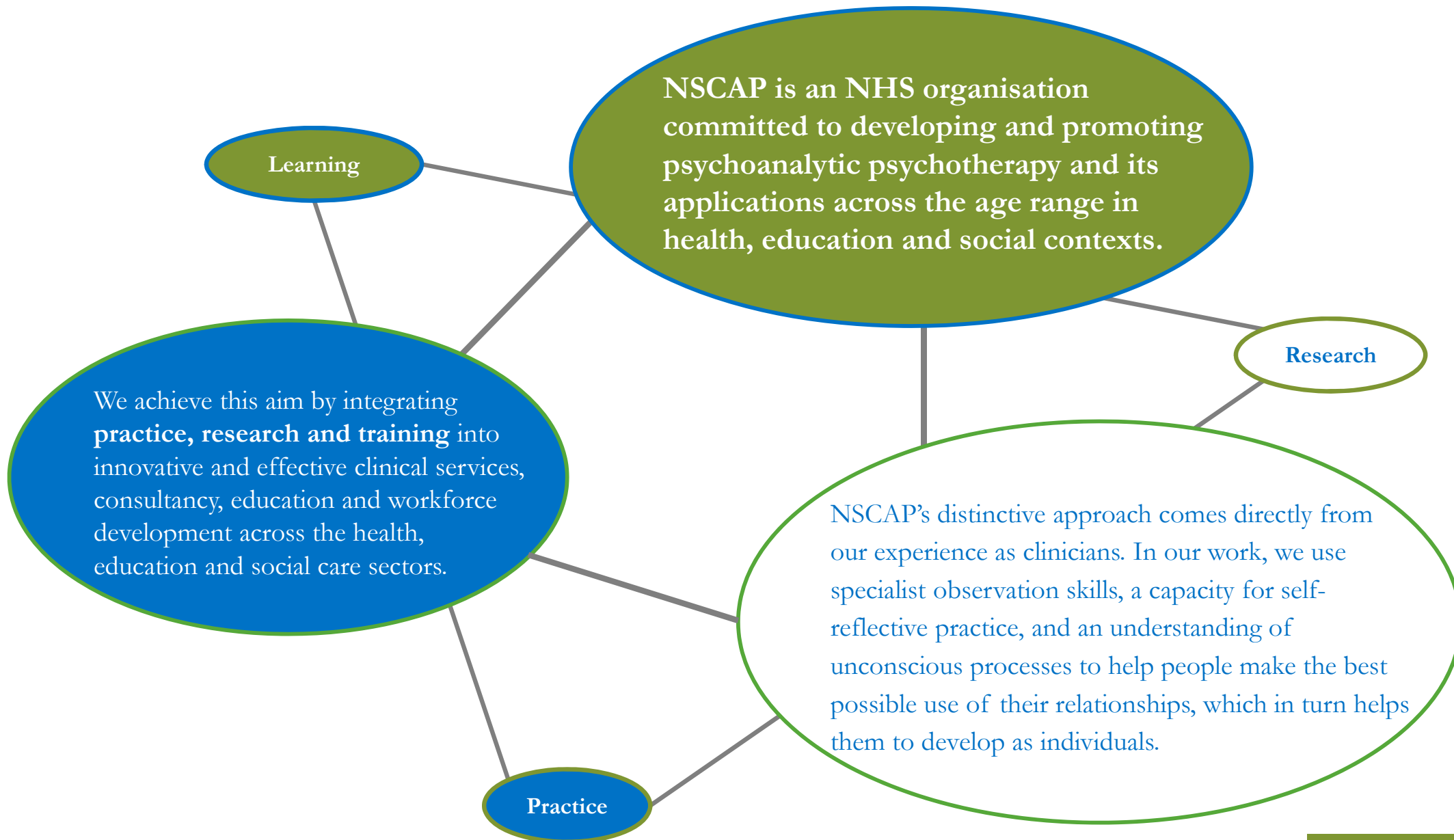
NSCAP achieved many things and this report celebrates them.



NSCAP:



NSCAP focussed on its core purpose:



NSCAP worked with partner organizations:

The Tavistock and Portman 
NHS Foundation Trust



British
Psychoanalytic
Council



UNIVERSITY OF LEEDS

THE INSTITUTE OF
PSYCHOANALYSIS



Leeds and York Partnership 
NHS Foundation Trust



PERSONALITY DISORDER
KNOWLEDGE & UNDERSTANDING FRAMEWORK



IGA
The Institute of Group Analysis



the institute of
mental health
Nottingham
research excellence
for innovation

Our 60th year caring for young minds 60
Anna Freud
Centre

Central Manchester University Hospitals 
NHS Foundation Trust

NORTHERN 
LOOKED AFTER AND ADOPTED CHILDREN FORUM



NSCAP demonstrated the quality of its learning and teaching :

NSCAP was inspected and validated by:

- The Tavistock and Portman NHS Foundation Trust for its review of Associate Centres.
- A collaborative review of the tripartite arrangement with the University of East London and Tavistock and Portman NHS Foundation Trust.
- A University of Essex site visit to confirm approval to deliver programmes validated by the university including the re-modelled Psychoanalytic Observational Approach group of courses and the Professional Doctorate in Psychoanalytic Child and Adolescent Psychotherapy.
- The Association of Child Psychotherapists 4-yearly re-accreditation of the clinical training in child and adolescent psychotherapy.

We did well:

- “The UEL Panel commended the programme teams on the following aspects:
- the strong synergy of the academic, clinical and pastoral support provided to students,
 - the maintenance of a positive student experience,
 - the high level of professionalism in respect to the assessment process,
 - the improvements made with regards to staff development, and
 - the increase in the breadth of research methodologies in response to the previous collaborative review event.”

We also welcomed visits from:

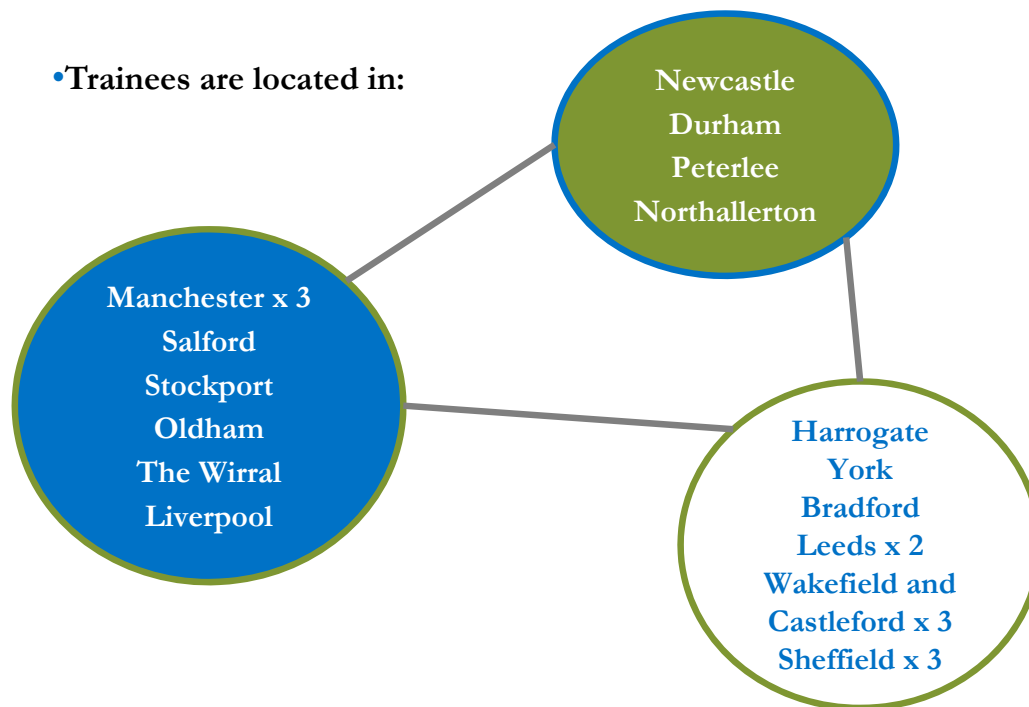
- Heather Stewart, Chair of the Association of Child Psychotherapists
- Paul Jenkins, Chief Executive, Tavistock and Portman NHS Foundation Trust with Brian Rock, Dean of Post-Graduate Studies and Will Bannister, Associate Director of Education & Training.
- Jon Levett, Chief Executive, Institute of Psychoanalysis with colleagues Penelope Crick, Clinical Director, London Clinic of Psychoanalysis, Elizabeth Gibb, Clinical Lead North and Trudy Turner, Clinical Administrator
- Chris Butler, Chief Executive, Leeds and York Partnerships NHS Foundation Trust
- Dean Johnstone, Senior Business Development Officer and Matthew Audley, Senior Clinical Trainer for Place2Be.

NSCAP delivered clinical and post-graduate training:

The Health Education England funded NHS Clinical Training in Child and Adolescent Psychotherapy for the North of England:

- Six people qualified and secured employment as Child and Adolescent Psychotherapists or CAMHS Mental Health Practitioners
- By the end of this academic year 42 people will have qualified as CAPTs with NSCAP adding significantly to the CAMHS workforce.
- The total CAPt workforce in the North of England increased to 63 qualified and 22 trainees from a baseline of 13 qualified in 2003.
- The clinical training was accredited by the University of Essex as a Professional Doctorate in Psychoanalytic Child and Adolescent Psychotherapy.

• Trainees are located in:



Learning

Post-graduate programmes for professionals working with children, young people and families:

- Psychodynamic Approaches to Working with Adolescents (M33N)
- Psychoanalytic Observational Studies in Leeds and Liverpool (M7L) and supported the course in Newcastle.

Post-graduate programmes for professionals working with adults:

- Foundation Course in Psychodynamic Psychotherapy (D58L)
- Inter-cultural Psychodynamic Psychotherapy (D59L)

NSCAP provided continuing professional development:

For Psychotherapists:

- Working with Complex Patients Series
- Working with Groups Series
- North West CPD Group for Child & Adolescent Psychotherapists
- Two development days and an ongoing supervision group to support the regional roll-out of IMPACT Short-Term Psychoanalytic Psychotherapy (IMPACT STPP)
- Professional Development for Service Supervisors of Trainee Child Psychotherapists
- Suicide, Self-Harm and Risk in the Consulting Room - from NICE guidelines to clinical practice: A masterclass with Professor Stephen Briggs
- Supported plans for a new Donald Meltzer Study Group

We also provided organization consultancy and training:

- Organizational Development Seminars in Leeds and Manchester on:
 - A: Exploring personal and team effectiveness at work
 - B: Exploring authority and leadership at work
- (Not) Working Together: A systems psychodynamic approach to working in and with teams for the Yorkshire Psychologists PQT
- Consultation for Family Care Nottingham, a children's services charity.
- Reflective Practice Groups for a mental health employment service.
- Leadership and Management in Residential Child Care Programme for Registered Managers with Dove Adolescent Services.

For the wider children's and mental health workforce:

- Early Years Development training in The Emotional Roots of Learning for Pen Green Children's Centre in Northamptonshire
- Neuroscience Research Reading and Clinical Discussion Group in Leeds, Cambridge and Edinburgh.
- Infant Mental Health and Early Intervention with Under Threes and their Parents 10-week series in Leeds and Manchester
- Personality Development: A Psychoanalytic Approach Series in Leeds and Manchester
- Introduction to Forensic Psychotherapy and Risk, the Portman Model
- Introduction to Psychoanalytic Observational Studies in Liverpool
- Completed the INTEGRATION: Psychoanalysis, Culture and Society Lecture Series.

We launched NSCAP Clinical Services (NCS):

NSCAP's provision of highly specialist psychoanalytic clinical services took a significant step forward:

- The development of NCS, led by Lynda Ellis, Clinical Director, will be launched formally in September 2015.
- We developed our premises in Leeds to provide high quality facilities for on-site clinical services and are seeking to extend the premises in order to be in a position to respond to future opportunities including extending our clinical range.
- We established a working partnership with the School Partnership Trust Academies (SPTA) to develop a service model for their Alternative Provision Development and were awarded a three-year contract to provide clinical services.

We continued to provide:

- Clinical consultations, assessment and treatment of children with complex needs in response to requests for specialist input from social services departments.
- Consultation and training to ward staff and management team at the Humber Centre for Forensic Psychotherapy in Hull.
- Specialist assessments and treatment for young people in residential care with Dove Adolescent Services
- Consultation and work discussion for the Leeds Mother and Baby (Perinatal) Unit within Leeds and York Partnerships NHS Foundation Trust
- Individual and group clinical supervision for a range of clinicians in different settings.



NCS (NSCAP Clinical Services) adopts an approach which is rooted in evidence systematically gathered and evaluated from clinical experience, a psychoanalytic observational theoretical framework which has stood the test of time, and contemporary research findings emerging from a range of disciplines and modalities alongside psychoanalytic psychotherapy. NCS offers high quality, specialist Psychoanalytic State of Mind Assessments, Parent-Infant Relational Assessments and Assessments for Psychotherapy. Psychoanalytic psychotherapy is available on a long term basis as well as time-limited manualised interventions and brief (4-6 sessions) work. NCS provides clinical supervision and consultation to individuals and/or groups.

Practice

NSCAP's research activity grew strongly:

We celebrated when:

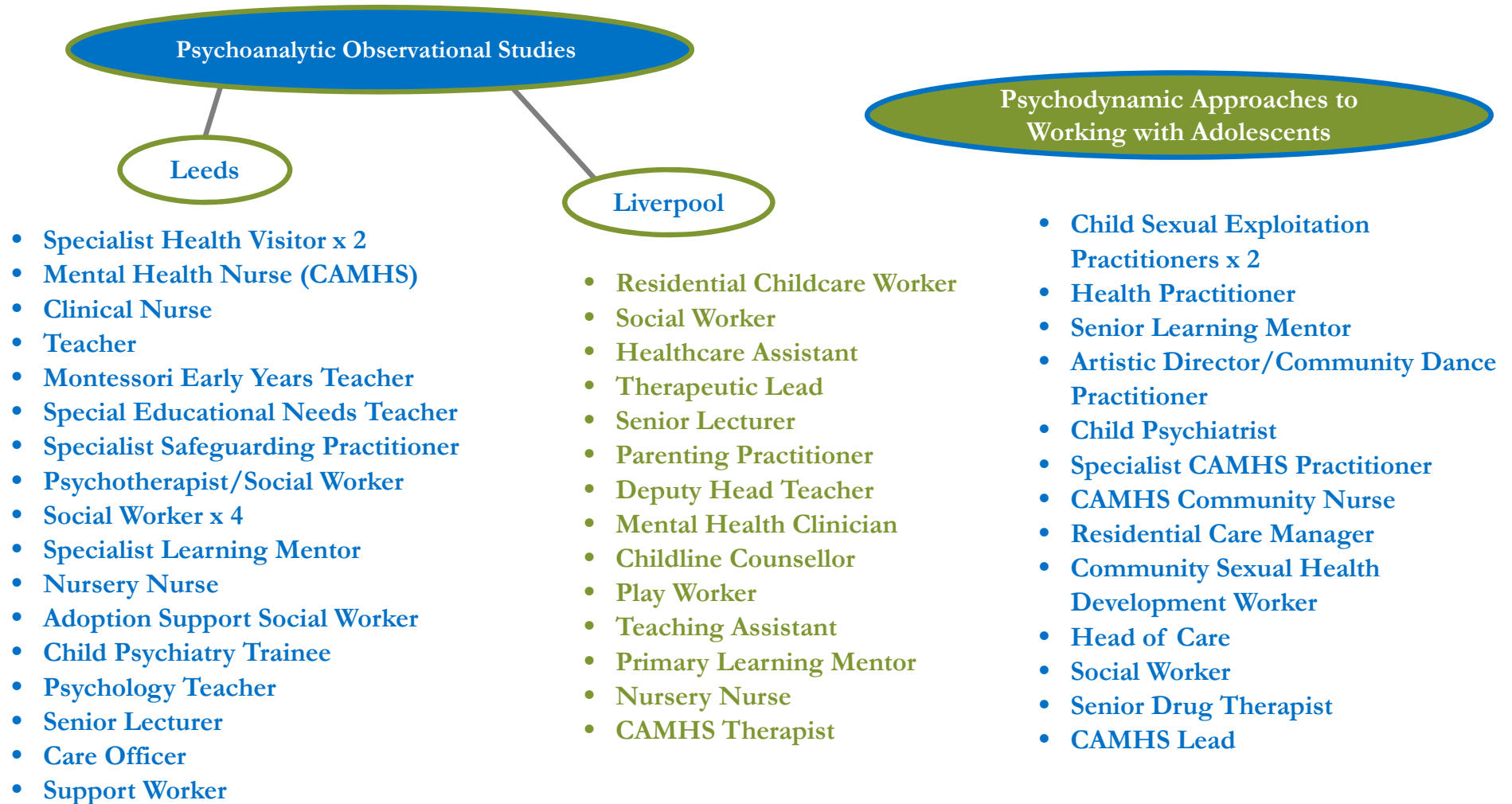
- Dr. Elizabeth Edginton (NSCAP's Research and Development Lead) and a team from the University of Leeds were awarded a prestigious National Institute of Health Research (NIHR) 'Research for Patient Benefit' (RfPB) grant for a pragmatic, parallel-group, multi-centre individually randomised controlled feasibility study for a trial on improving inter-generational attachment for children undergoing behavioural difficulties (TIGA-CUB). The manual for this second line, Child Psychotherapy intervention for children aged 5-11 with conduct disorders and their primary carers has been developed by Lynda Ellis, Elizabeth Edginton, and Child Psychotherapy colleagues at NSCAP. Dr Edginton will be the Chief Investigator on the study.
- We were awarded a White Rose Social Science Doctoral Training Centre ESRC Collaborative Award Studentship jointly with the University of York under the title: Relational dynamics and interaction in adolescent psychotherapy.

Research

NSCAP also:

- Welcomed senior CAPt colleagues from across the UK to the IMPACT Short-Term Psychoanalytic Psychotherapy National Implementation Group Meeting which was chaired by Dr Rajni Sharma who is leading the regional roll-out of the IMPACT STPP model for NSCAP.
- Delivered the 'Introduction to Researching Child Psychotherapy in the NHS' course for qualified Child and Adolescent Psychotherapists, designed and taught by Dr. Elizabeth Edginton.
- Responded on behalf of the ACP to the consultation on NICE Guidelines for Depression in Children and Young People and psychodynamic psychotherapy is now included in the first tier of treatment for moderate to severe depression.
- Taught research and audit skills seminars for clinical trainees.
- Contributed significantly to the re-validated Doctorate in Child Psychoanalytic Psychotherapy with the University of Essex.
- Entered our third year of using a standardised quantitative and qualitative evaluation process across all NSCAP courses.

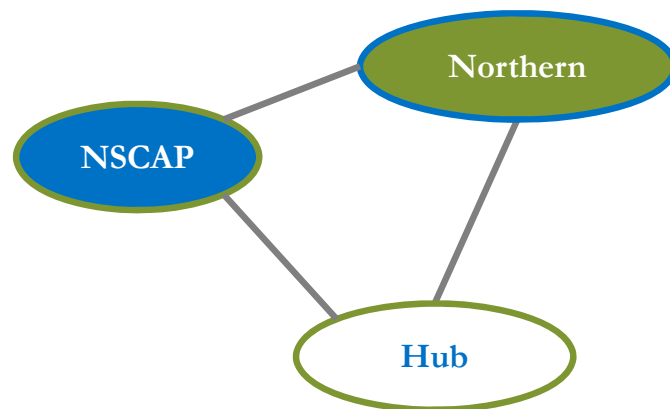
NSCAP trained people from a wide range of professions:



NSCAP continued to develop as a Resource Centre for the North:

We hosted:

- The Institute of Psychoanalysis “Annual Introductory Lectures” in Leeds.
- The first Northern Cohort of the training in psychoanalysis at the Institute of Psychoanalysis.
- IAPT training in Couple Therapy for Depression, Dynamic Interpersonal Therapy (DIT) and Interpersonal Psychotherapy (IPT).
- MSc Programme Personality Disorder: Knowledge and Understanding Framework (KUF) run by the Institute of Mental Health in Nottingham.
- Colleagues from the Family Nurse Partnership based in the region.



We joined with partners to organize:

- The 3rd Psychoanalysis and Education Conference running in October 2015 with the School of Education, University of Sheffield .
- A conference with Stop Hate UK on ‘Direct and indirect abuse – exploring the implications. How have social media changed the face of hate crime?’
- A one-day conference to celebrate 25 years of the Psychoanalytic Observational Studies running in Liverpool.
- The third joint ACAMH Yorkshire - NSCAP Conference on Eating Disorders in Young People.
- The Northern Looked After and Adopted Children Forum including forums on:
 - What makes it therapeutic? An exploration of the learning from contemporary approaches to service design and delivery for looked after children
 - The challenge of leadership in residential child care

NSCAP received some excellent feedback from students:

Infant Mental Health and Early Intervention with Under Threes and their Parents

- ‘Excellent, thought provoking, participatory. The best course I have ever done. Very helpful for applying to my job and making me a better practitioner.’
 - ‘The facilitators were incredibly encouraging and helped me to feel at ease, therefore better able to grasp the new concepts.’
- ‘It may not be helpful to score all 10s – but I really can’t think of anything missing!’
 - ‘Thoroughly enjoyed the course, really useful style of facilitation – I learned a lot, it has really benefited my clinical work.’

(Not) Working Together Event

- ‘The experiential tasks were really helpful and thought provoking.’
- ‘The group was well contained to allow a range of thoughts and feelings to be expressed.’
 - ‘Really thoughtfully put together and thought provoking day. A good balance of theory and time for discussing activity.’
- ‘I really valued the space to think with colleagues about common emotionally demanding topics.’

Personality Development: A Psychoanalytic Approach

- ‘Teaching was thorough and each lecturer had a wealth of knowledge that was so interesting to listen to.’
 - ‘A great and interesting experience. Thanks!’
- ‘The best style of teaching and learning that I have ever experienced.’
 - ‘I have really enjoyed being part of a small seminar group – really felt able to speak about my thoughts & feelings.’
- ‘Stimulating, though provoking and challenging. A very demanding and exciting learning experience.’

Suicide, Self Harm and Risk in the Consulting Room: Stephen Briggs Masterclass

- ‘It really was a “master class” and I learnt about self-harm at a level which has not been available to me previously.’
- ‘Thank you for a really interesting and thoughtful day. I found it really helpful and extremely relevant to me in my clinical work with patients.’
 - ‘Well-paced, informative day with a good mix of theory, practice and discussion.’

NSCAP went multimedia:

We worked with www.maiamedia.co.uk to produce a range of videos to help potential students, and their employers, understand more about what is involved in training with NSCAP and how it benefits them and their work practices.

Northern School of Child & Adolescent Psychotherapy

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NSCAP Student Experience
265 views • 8 months ago



Student testimonial from Michelle
170 views • 8 months ago



Student testimonial from Sam
249 views • 9 months ago



Impact on Work Practice
272 views • 9 months ago



Infant Observation
485 views • 9 months ago

In the first set of videos current and former students on the Psychoanalytic Observation programme talk about their experience of being on the course and how it has impacted on them. We believe that our students are the best advocates for the distinctive and high quality experience of education and training at NSCAP. We are very grateful to the students who agreed to contribute to these videos and who spoke so eloquently.

The videos are available to view on the NSCAP website and also on our [YouTube Channel](#).

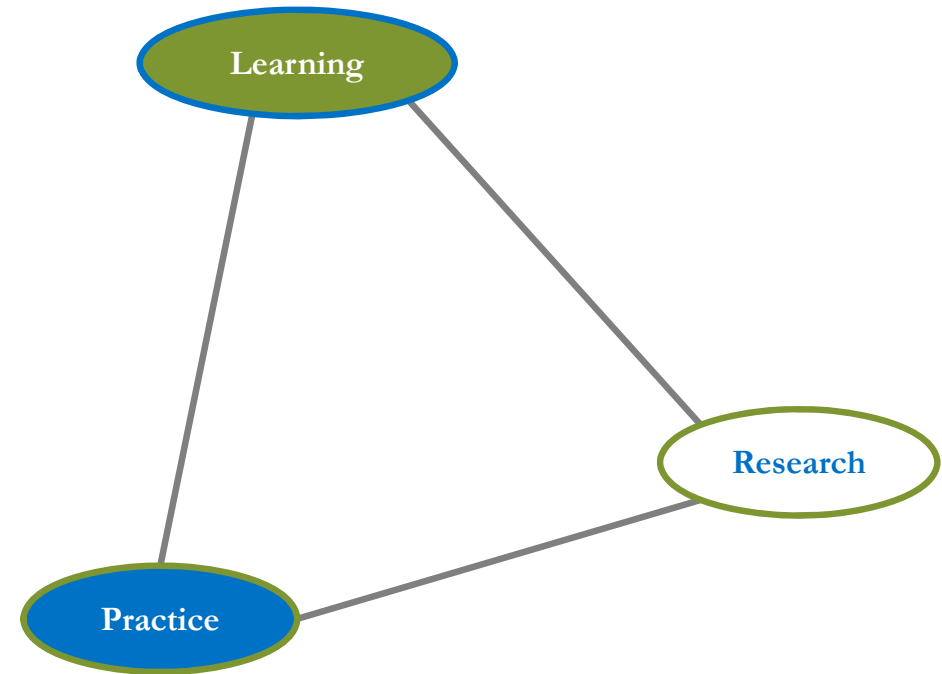
In the second set of videos we worked with colleagues from Dove Adolescent Services to describe the training in leadership and management that NSCAP has been providing for their group of Registered Managers for the past two years. They give anyone interested in this training, whether as participant or commissioner, a good introduction to the aims of the programme and how it is of value to managers, their organizations and the children and young people they look after.

Please visit the NSCAP website:

www.nscap.org.uk



We are also on Facebook, Twitter, LinkedIn and YouTube



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