



## Courses & Training

### What is it

Professional Doctorate

### When is it

September 2019

### Where is it

Academic Teaching:  
NSCAP, Leeds

Trainee Post:  
NHS CAMHS team  
in the North of England

### What does it cost

NHS funded Trainee Post

# Professional Doctorate in Child and Adolescent Psychoanalytic Psychotherapy

## What is Child and Adolescent Psychotherapy?

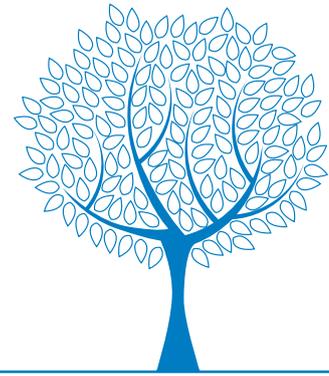
Child and adolescent psychotherapy is a core NHS profession with standards and training rigorously regulated by the Association of Child Psychotherapists. It is recognised as a component of comprehensive CAMHS in the Children's National Service Framework.

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 work of the child and adolescent psychotherapist facilitates opportunity for the child to work towards a better understanding of themselves, their relationships and their established patterns of behaviour.

Child and adolescent 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.

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## The clinical training at NSCAP

### Professional Doctorate in Child and Adolescent Psychoanalytic Psychotherapy

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 Glasgow.

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 psychoanalysis 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. Trainees are registered on the Professional Doctorate in Child and Adolescent Psychoanalytic Psychotherapy with the Tavistock and Portman NHS Trust and Essex University.

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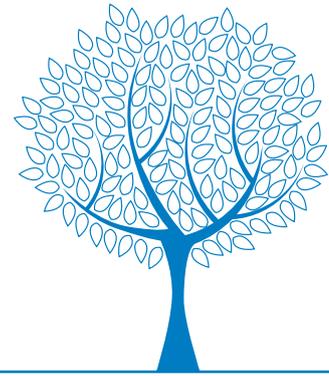
## Training elements

### 01. Funded 4-year Trainee Child and Adolescent Psychotherapist 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 fixed term contract for the purposes of training, 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. In certain specific circumstances it may be possible for trainees to undertake the clinical training in child psychotherapy on a part-time basis (0.8 wte).

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.

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## Training elements (continued)

### 02. Personal Psychoanalysis:

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 training. NSCAP reimburses the costs of trainee's analysis direct to the trainee, up to an agreed maximum.

### 03. 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). Additional training events on specialist subjects take place on Thursdays at the end of each term. 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 have one session each week (½ day) or the equivalent, for research study. Trainees receive weekly supervision for each of their three intensive cases.

## Applying for the clinical training

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 of the training.

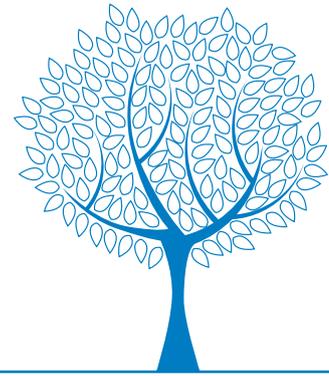
These requirements consist of:

### 01. Academic requirements

Child psychotherapy is a graduate entry profession. All candidates must have completed a course of studies in Psychoanalytic Observational Studies or equivalent as this is a pre-clinical requirement for training. In northern England, the Psychoanalytic Observational Studies PG Dip/MA is provided by NSCAP in Leeds and validated by the University of Leeds. Equivalent courses are provided at various locations across the UK.

The pre-clinical training course offers participants the opportunity to develop observational skills within a psychoanalytic framework and to apply this in their professional work. The course is relevant to teachers, psychologists, child and

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**Applying for the  
clinical training  
(continued)**

adolescent psychiatrists, social workers, occupational therapists, nurses and allied professional disciplines. Candidates who do not have an honours degree must complete the pre-clinical course to Masters Degree level.

Applicants 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 Observation course at a training establishment other than Leeds 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**

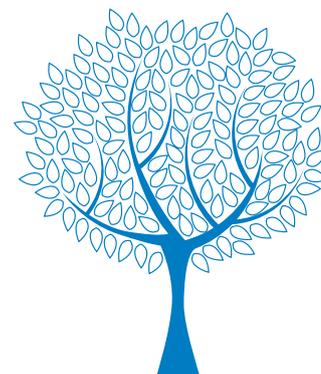
Whilst completion of the course in Psychoanalytic Observational Studies is a pre-requisite for application to the clinical training, this does not in itself guarantee that applications will be successful. Applicants are expected to demonstrate at interview personal suitability to undertake clinical training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

**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 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.

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# Professional Doctorate in Child and Adolescent Psychoanalytic Psychotherapy



- Cost**
- 01. NHS Trainee Child and Adolescent Psychotherapist post**  
Clinical trainees are employed on fixed term NHS contracts (for the purposes of training) for a period of four years. The funding level is Agenda for Change Band 6 plus other agreed expenses.
- 02. University Registration**  
University Registration fees for the Professional Doctorate are funded.
- 03. Analysis**  
Analysis costs funded directly to the trainee up to a maximum of £7,500 per year.
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**Date** Next intake - September 2019

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**Academic Attendance** Thursdays 30 weeks per year plus additional training days

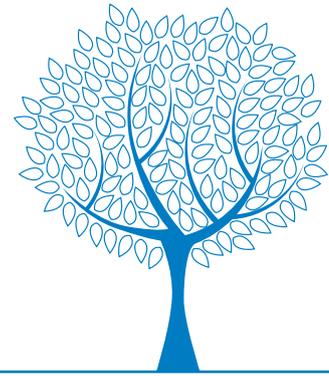
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**Venue/s** Academic Teaching: NSCAP, Leeds  
Trainee Post: NHS CAMHS team in the North of England

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**Validation** The professional doctorate is accredited by the University of Essex.

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## How to apply

### Application Process The application process is in two distinct parts:

**Part 01.** Electronic application to M80 Leeds through the Tavistock and Portman NHS Trust MyTap system by 31st January 2018. 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 01 may take part in part 02:

**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 01) 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.

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## 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](http://www.nscap.org.uk/content/child-and-adolescent-psychotherapy)  
or from Anita Mitchell on 0113 855 8750

Information on the ACP is available at: [www.childpsychotherapy.org.uk](http://www.childpsychotherapy.org.uk)