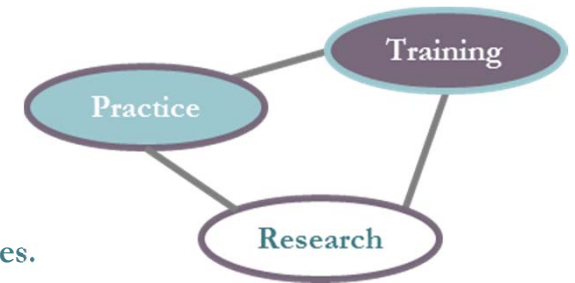


CONTENTS:

	Page
Welcome to the NSCAP Annual Report 2015-2016	3
Integrating clinical practice, research and training	4
High quality learning and teaching	5
Increasing representation of BME students	6
Clinical training to increase specialist CAMHS workforce	7
Post-graduate education to improve practice	8
Training people from a wide range of professions	9
Providing continuing professional development	10
Intensive training for the early years workforce	11
Implementing NSCAP Clinical Services (NCS)	12
Developing research activity	13
A Hub for activity in the North	14
Working collaboratively with partner organizations	15
Further information	16

Welcome to the NSCAP Annual Report 2015-2016

NSCAP is a unique organisation and our aims, ambitions and successes are again demonstrated in this Annual Report. The NSCAP offer, both in terms of range and type of activity, has been extended significantly over the past five years as we continue to adapt to and address current and future challenges.



The NSCAP model is to integrate clinical practice, research and training across the developmental lifespan, maintaining the quality of our uniquely psychoanalytic observational approach whilst at the same time engaging with developments from other clinical perspectives and modalities. The three components of the integrated model continue to develop in concert but are at different stages. The largest area of activity remains the contract with Health Education England (HEE) to provide the North of England clinical training scheme for Child and Adolescent Psychotherapists, and a wide range of post-graduate programmes and continuing professional development for professionals working in both the child and adult sectors. Ultimately all of this work aims to improve access to, and the quality of, services for children, young people, families and adults, especially where their needs are complex, severe or enduring. This year's report highlights the training in infant mental health and early intervention with under threes and their parents.

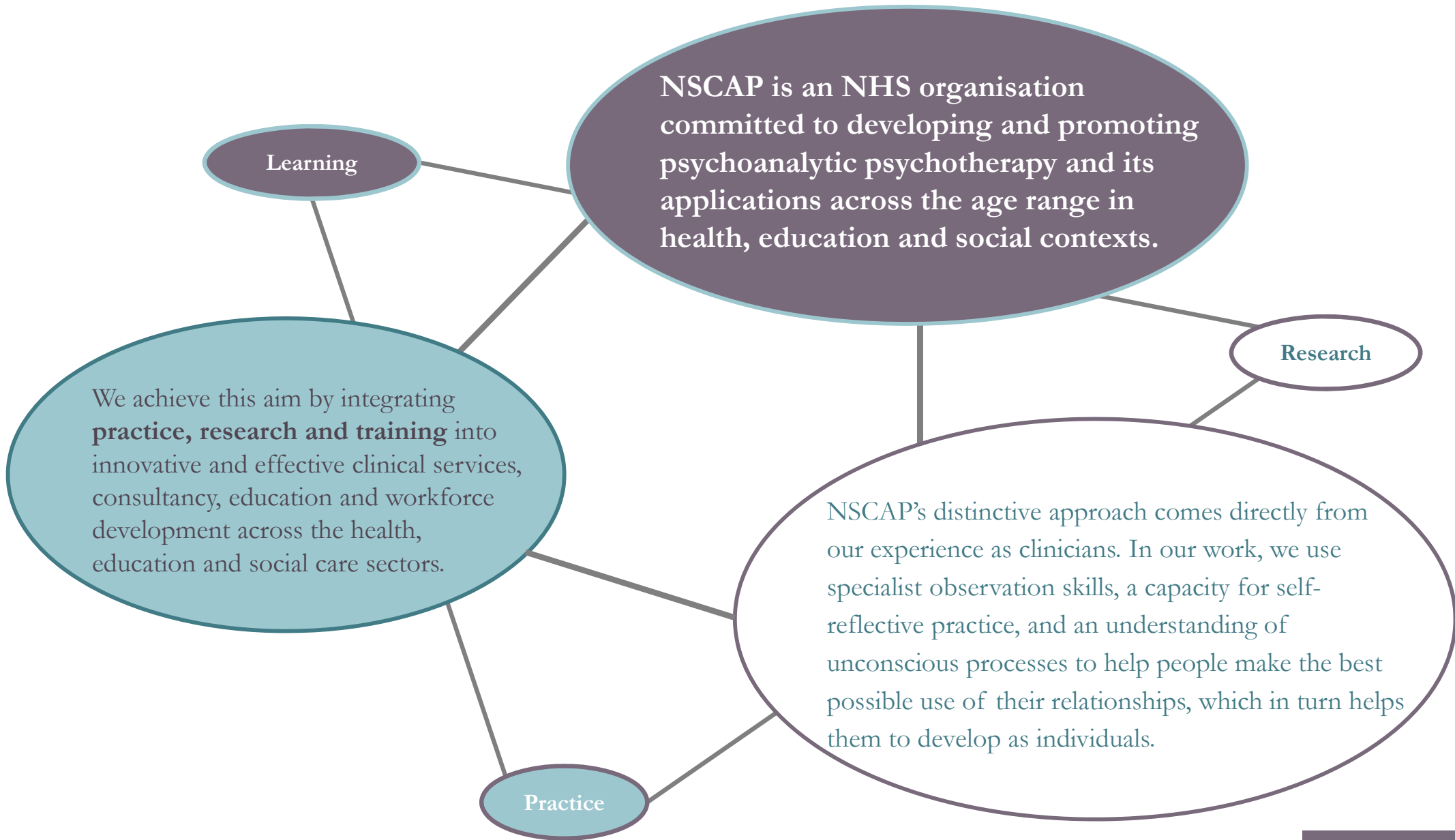
In the last two years the NSCAP 'tripod' has become increasingly more stable and sustainable as there have been significant and welcome developments in the other two 'legs' of clinical practice and research. The official launch of NSCAP Clinical Services (NCS) to provide specialist psychoanalytic assessment, treatment and consultation was celebrated in September 2015. This coincided with the commencement of a major contract with the School Partnership Trust Academies (SPTA) to provide a new service model for their Alternative Provision Development. Requests for clinical input continue to increase, demonstrating both a demand for specialist provision and NCS's status as a high quality provider. In the area of research the major news was that we were awarded, with the University of Leeds, a prestigious National Institute of Health Research (NIHR) 'Research for Patient Benefit' (RfPB) grant for a feasibility study for a trial on improving inter-generational attachment for children undergoing behavioural difficulties (TIGA-CUB). This report also highlights ongoing work to evaluate the effectiveness of our training and education programmes.

We know that significant challenges lie ahead, not least in proposed changes to the role and funding of HEE and further impacts from austerity measures. By working in partnership with key regional and national organisations and in further developing our integrated model we aim to position NSCAP as an invaluable centre for mental health practice, research and training that will be able to respond and innovate as new opportunities emerge.

Lynda Ellis, Clinical Director

Nick Waggett, Operational Director

NSCAP integrated practice, research and training:



NSCAP demonstrated the quality of its learning and teaching :

In addition to the successful university re-validations noted in last year's Annual Report NSCAP was visited in July 2015 by its professional regulating body, the Association of Child Psychotherapists:

- The Association of Child Psychotherapists four-yearly re-accreditation of the clinical training in child and adolescent psychotherapy took place over three days and included visits to NHS Trusts hosting training placements and meetings with staff and students.
- The re-accreditation panel was led by Barbara Lund from Health Education England in the South West and was overseen by the Independent Scrutiny and Advisory Committee.
- The final report of the panel concluded that all ACP standards were met; unusually there were no conditions and there were a small number of recommendations to which we are responding.

“The visiting team is confident that NSCAP is being well managed and has rigorous and robust systems and processes in place. Course outcomes and learning outcomes are clearly defined, the system for recruitment and selection is well organised and thorough, as is the system for monitoring and tracking trainee progress.”

We did well:

The panel commended NSCAP on the following:

- Excellent premises and facilities;
- An excellent handbook;
- The professionalism with which NSCAP manages the Professional Doctorate in Child Psychoanalytic Psychotherapy and its other courses;
- The School's capacity to think about the training and support for students in innovative and flexible ways;
- The way in which the School manages to support service supervisors and trainees over a wide geographical area;
- The way in which the School successfully manages placements in what are sometimes very challenging contexts;
- The recognition of the importance of the Service Supervisor role, evidenced through the organisation of service supervisor meetings, structured training and the funding of the post of Lead for Service Supervision.
- Excellent and committed teaching and administrative staff;

Standardised Course Evaluation

We continued to use our standardised quantitative and qualitative evaluation process across all NSCAP courses.

This process is now in its fourth year and is demonstrating statistically significant improvements in student's self-evaluation ratings after completing courses.

NSCAP commenced a process to increase the representation of male students and black and minority ethnic (BME) students

We commissioned an independent report to help NSCAP investigate and address the facilitators and obstacles to the representation of male students and black and minority ethnic (BME) students within our training and education programmes.

The independent report was produced by Rob Fitzpatrick and Dr Manawar Jan-Khan from Confluence Partnerships following a consultation process with internal and external stakeholders.

It is clear from the recommendations that NSCAP has a number of actions that can be taken forward straight away, beginning with a formal equality impact assessment, establishing systems for leadership, steering and student consultation, and conducting outreach work within BME communities.

There are also aspects of this work that can only be achieved through collaboration with partner organisations including Leeds and York Partnership NHS Foundation Trust, Tavistock and Portman NHS Foundation Trust, University partners, Health Education England, the Association of Child Psychotherapists and community organisations such as Touchstone. Through this process of engagement it is hoped that NSCAP will contribute to the development of a national agenda for race equality within child and adolescent psychotherapy training.

We are determined to continue the work started in this report to develop good practice in the recruitment, training and career progression of BME and male students.

The following external stakeholders contributed to the listening exercise.

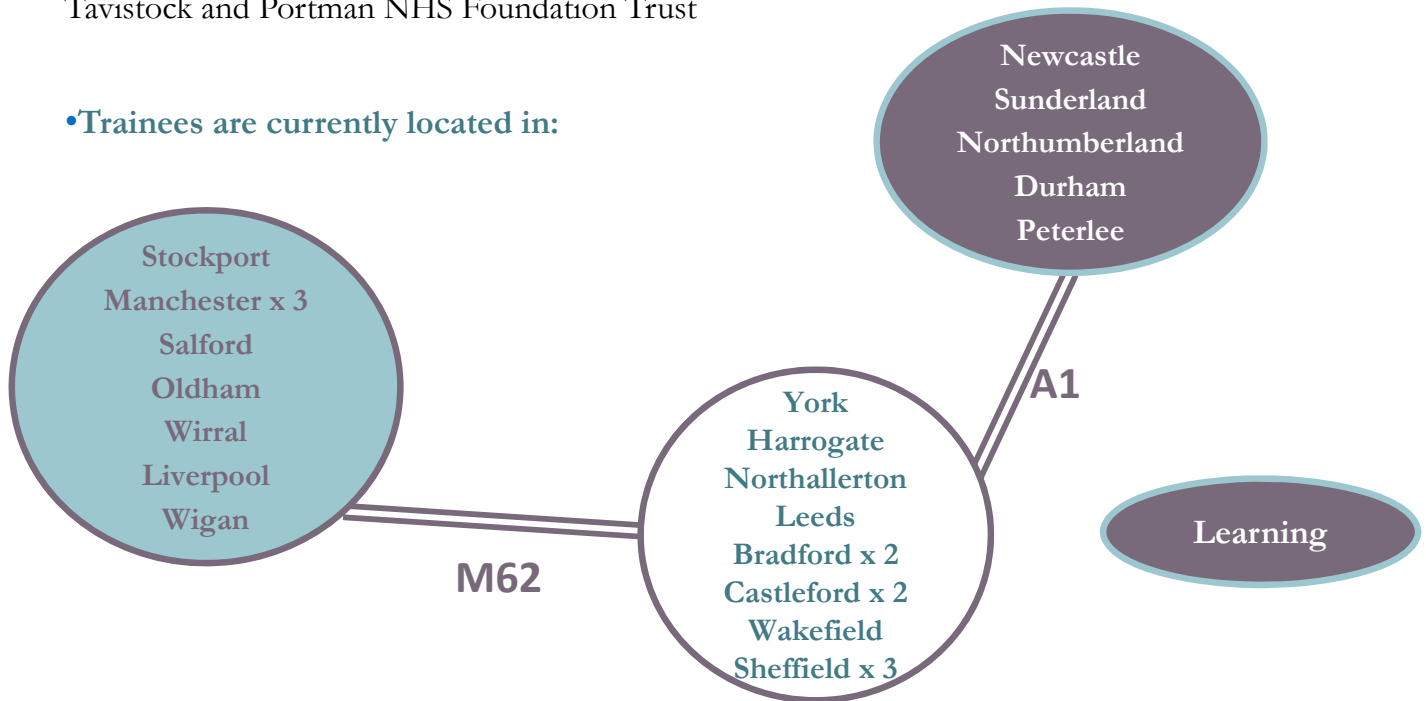
Name	Organisation	Role
Caroline Bamford	Leeds and York Partnership NHS Foundation Trust	Equalities Lead
Rachel Brown	University of Essex	Partnerships Manager, Academic Services
Andrea Overton	Health Education England	OD and Leadership Consultant Y&H
Sally Poysner and Vanysha Sahota	Touchstone	IAPT Manager and Community Development Worker
Karen Tanner	Tavistock and Portman NHS Foundation Trust	Associate Dean, Learning and Teaching
Heather Stewart	Association of Child Psychotherapists	Chair

NSCAP delivered clinical training to increase the specialist CAMHS workforce and access to services for children and young people:

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

- Eight trainees qualified in 2015 and secured employment in the NHS or related public services
- By the end of the 2015/16 academic year 45 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 67 qualified and 21 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 and is delivered by NSCAP in partnership with the Tavistock and Portman NHS Foundation Trust

•Trainees are currently located in:



Completed Doctorates

In 2015/16 three students on the M80N programme were awarded their Professional Doctorates by the University of East London. They are:

- Dr Janine Cherry-Swaine
- Dr Christine Chester
- Dr Julie Klingert Hall

NSCAP congratulates them on this significant achievement.

Trainees at 09/2015

Year	Number
First Year	7
Second Year	6
Third Year	4
Fourth Year	4
Extensions	0
Total	21
Completing Doctorate (Post-qualification)	7

NSCAP delivered post-graduate education to help professionals learn from experience and develop real improvements in practice:

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

Psychoanalytic Observational Studies (Leeds)

	Students
First Year	12
Second Year	9
Third Year	7
Dissertation	8
Total	36

In partnership with the University of Leeds

Post-graduate programmes for professionals working with adults:

Foundation Course in Psychodynamic Psychotherapy (D58Leeds)

	Students
First Year	7
Second Year	6
Third Year	1
Total	14

Inter-cultural Psychodynamic Psychotherapy (D59Leeds)

	Students
First Year	6
Second Year*	0
Third Year	7
Total	13

*intake in alternate years

Working with Adolescents: A Psychoanalytic Observational Approach (M33Leeds)

	Students
First Year	5
Second Year	6
Dissertation	2
Total	13

In partnership with the Tavistock and Portman NHS Foundation Trust and the University of Essex.

Working with Children, Young People and Families: A Psychoanalytic Observational Approach (M7Liverpool)

	Students
First Year	11
Second Year	4
Third Year	3
Dissertation	4
Total	22

The Psychoanalytic Observational Studies programme in Newcastle is delivered by *Northumbria University* and has an annual intake of six students.



NSCAP trained people from a wide range of professions, enhancing their capabilities in working with resilience in complex and demanding services:

Occupations of new students starting programmes in 2015-16:

Psychoanalytic Observational Studies

- Teacher
- Creative Writer
- Primary School Teacher
- Secondary School Teacher
- Child Minder
- Foster Carer
- Self Employed Hypno-Psychotherapist
- Sessional Worker - Specialist Fostering
- Social Worker
- Educational Psychologist x 2

Working with Children, Young People and Families

- Paediatric Staff Nurse
- Therapist NEC
- Social Worker
- Foster Carer
- Unemployed
- Teaching Assistant
- SEN Support Worker
- Learning Coach
- Bookings Co-Ordinator
- ABA Tutor
- Paediatric Occupational Therapist

Working with Adolescents

- Youth Engagement Worker
- Family Support Worker
- Consultant Clinical Psychologist x 2
- Assistant Headteacher

Application process 2014-15 and 2015-16:

Course	Year	Applied	Withdrew	Deferred last year	Return from intermission	Intermitting	Re-apply next year	Late applications	Not offered place	Not accepted place	DNA interview	Confirmed students
M7L	2014/15	11	5	1								5
M7L	2015/16	20	3	5			1					11
MPO	2014/15	26			2	3		3	2	4	3	12
MPO	2015/16	33	4	7				6			4	12
M33N	2014/15	12	3									9
M33N	2015/16	5										5
M80N	2014/15	13					1		6			6
M80N	2015/16	13	1						5			7

NSCAP provided continuing professional development to improve the skills and capacities of people working across a wide range of services:

For Psychotherapists:

Neuroscience Research Reading & Clinical Discussion Group (Leeds)	23
Neuroscience Research Reading & Clinical Discussion Group (Cambridge)	20
Neuroscience Research Reading & Clinical Discussion Group (Edinburgh)	15
CPD Working with Complex Patients	14
CPD Working with Groups: Theory and Practice of Group Analysis	13
CPD Seminars - Hull Psychotherapy Service	17
New Donald Meltzer Study Group: "The Kleinian Development".	7
North West CPD Group for Child & Adolescent Psychotherapists	10
CPD for Service Supervisors of Trainee Child Psychotherapists	10

“Stimulating, thought provoking and challenging.”

“The best style of teaching and learning that I have ever experienced.”

One Day Events:

Donald Meltzer CPD Workshop	23
CAPt CPD events - Anne Alvarez Study Day	47
CPD One Day Event for Service Supervisors	10
Short-Term Psychoanalytic Psychotherapy (IMPACT) Study Day	20
(Not) Working Together - CPD for Yorkshire Psychologists	50
NLAAC Forum: 'The Challenge of Leadership in Residential Child Care'	60
NLAAC Forum: 'Reflective Social Work: The Way Forward'	64
NLAAC Forum: Using models to develop services for LAAC'	49

For the Wider Children's and Mental Health Workforce:

Personality Development - A Psychoanalytic Approach (Leeds)	32
Personality Development - A Psychoanalytic Approach (Manchester)	18
Organisational Development: A : Exploring personal & team effectiveness at work (Leeds)	9
Organisational Development: B: Exploring authority & leadership at work (Leeds)	7
Organisational Development: A: Exploring personal & team effectiveness at work (Manchester)	7
The Emotional Roots of Learning for Pen Green Children's Centre	6
Infant Mental Health and Early Intervention with Under Threes and their Parents (Oldham)	10
Infant Mental Health and Early Intervention with Under Threes and their Parents (Leeds)	10
Infant Mental Health and Early Intervention with Under Threes and their Parents (Oldham)	10
Leadership & Management in Residential Child Care	9
Workplace Leeds Work Discussion Seminars	5
The Institute of Psychoanalysis "Annual Introductory Lectures"	12

“I have really enjoyed being part of a small seminar group – really felt able to speak about my thoughts & feelings.”

NSCAP provided intensive training for professionals in the early years workforce to help address difficulties in the parent-infant relationship:

Infant Mental Health and Early Intervention with Under Threes and their Parents 10-week series

The 10 week course in Infant Mental Health helps professionals address difficulties in the parent-infant relationship.

This highly regarded course considers infant development from the perspectives of psychoanalysis, attachment theory, infant developmental research, social policy and risk assessment.

The programme was developed by Child Psychotherapist Peter Toolan and has been delivered in Edinburgh and Newcastle, Leeds and Greater Manchester.

Feedback



Well pitched, good facilitation of interesting and relevant discussions; supportive learning environment.

Thoughtful approach to teaching, very knowledgeable tutors.

Really supportive and inclusive learning environment, pitched to involve all professionals from health visitors to service managers.

Excellent, thought provoking, participatory. The best course I have ever done. Very helpful for applying to my job and making me a better practitioner.



Outcomes of Course Evaluation

Full evaluations with pre- and post-course questionnaires have been completed and analysed for two series, one in Leeds and one in Stockport. The feedback and statistical analysis of responses is very positive.

A Wilcoxon Signed Ranks test was applied to the participants' pre- and post-course competency ratings. **The findings for both series show a statistically significant improvement in student's generic and specific competency self-evaluation ratings after completing the course.**

Generic competencies/areas of development, common to all NSCAP courses

- my psychoanalytic understanding of emotional development/mental health/organisational psychodynamics, as relevant to the course
- my capacity to tolerate complex/disturbing situations in relevant contexts
- my capacity to reflect on myself and/or others in relevant contexts
- my understanding of complex issues in relevant networks

Specific competencies/areas of development, linked to the course aims and intended learning outcomes

- my understanding of parent-infant relationships
- my knowledge of new ideas about early preventative intervention
- my observational skills in relation to infant mental health and development
- my understanding of behaviour as communication of an emotional state

NSCAP Clinical Services (NCS) continued to grow:

Following the NCS launch in September 2015, this year we have consolidated and enhanced the systems that govern and support our highly specialist psychoanalytically-informed clinical service.

This important work includes the successful migration to an electronic data system and a clinical management and governance structure that has afforded the progression from steering a vision to implementing it.

Implementing the vision:

- High quality facilities for on-site clinical services continue to be available but are operating at near full capacity. An extension of, or alternative to, existing arrangements will be required if we are to be in a position to respond to future clinical commissioning opportunities.
- The NCS-SPTA partnership, established to develop a service model for Alternative Provision for those children and young people unable to access mainstream education, has had a testing first year of operation. An annual activity and performance report is in preparation and will inform the service specification going forward.
- NCS was successful in being appointed to the Approved Provider List (APL) for the Provision of Therapeutic Services (Adoption/Post-Adoption) by North Yorkshire County Council led consortium of commissioners

NSCAP Clinical Services 
Specialist Psychoanalytic Assessment, Treatment & Consultation

Practice

- We continue to provide clinical consultations, assessment and treatment of children and young people with complex presentations and to parents/carers
- Our contract with Dove Adolescent Services has been augmented to provide not only specialist assessment and treatment for young people in residential care but also clinical opinion and advice in relation to referrals and admission to care
- Clinical consultation and work discussion remains a core component of provision to Leeds Mother and Baby (perinatal) Unit and has been enhanced by the provision of a training placement for a senior clinical child and adolescent psychotherapy trainee
- A steady flow of requests for individual and group supervision for a range of clinicians in different settings continues and includes clinical supervision for those undertaking clinical training programmes hosted by NSCAP

NSCAP's research activity grew strongly:

We celebrated when:

- NSCAP's Research and Development Lead, Dr. Elizabeth Edginton, 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.
- 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.
- 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 continued to develop its role as a Hub for activity in the North:

We hosted and supported the delivery of several specialist training and development programmes in order to provide access to them in the North of England:

The Institute of Psychoanalysis “Annual Introductory Lectures” in Leeds.

The first Northern Cohort of the training in psychoanalysis at the Institute of Psychoanalysis.

MSc and BSc Programmes in 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.

Adult IAPT Training

NSCAP is commissioned by HEE to deliver, for the Yorkshire and the Humber and North West regions, training in three IAPT-approved high intensity therapies:

Trainees in 2015/16	Y&H	NW
Couple Therapy for Depression	13	10
Couples Therapy Foundation Training	1	18
Dynamic Interpersonal Therapy (DIT)	1	6
Interpersonal Psychotherapy (IPT)	6	11
IPT Refresher Training for Supervisors	16	



We joined with the School of Education, University of Sheffield to organize:

The 3rd Psychoanalysis and Education Conference 2015

Keynote speakers:

Professor Stephen Frosh, Birkbeck, University of London

Professor Peter Taubman, Brooklyn College, New York

Professor Michael Rustin, University of East London

NSCAP was proud to present a talk by Kath Hinchliff on: ‘Life after the NHS: a health care worker in Cambodia’

Kath Hinchliff worked for the Strategic Health Authority in Yorkshire and played a major role in commissioning the Northern School of Child and Adolescent Psychotherapy (NSCAP) in 2002. Following her retirement, she worked as a VSO health volunteer in Cambodia.

In this talk on she described how the country is still trying to rebuild its health system following the Genocide of the 1970s. She described how she supported the development of a health professional regulation system for maternity and other services and let us know what it was like working and living in an entirely different culture and context.

NSCAP collaborates with key organizations regionally and nationally:

NSCAP is funded and supported by:



NSCAP's HEE contract is hosted by:



NSCAP works in partnership with:



NSCAP's clinical training is regulated by:



NSCAP's is an Affiliate Member of:



NSCAP's academic partners are:



NSCAP's clinical training placements are provided by:



NSCAP provides clinical services and training in partnership with:

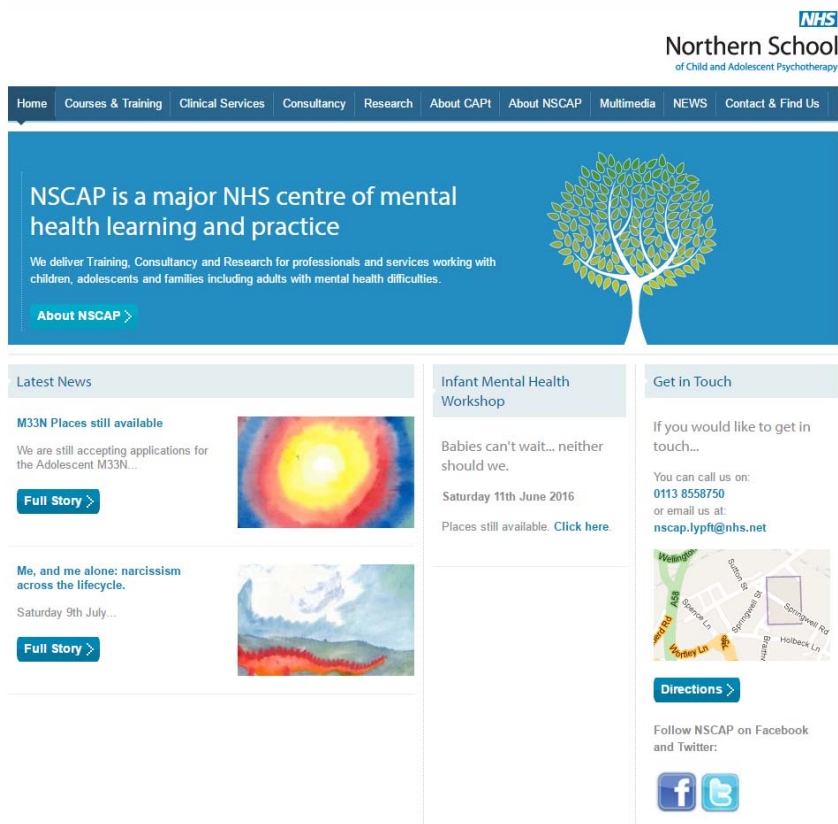


NSCAP delivers IAPT-approved training:



Please visit the NSCAP website:

www.nscap.org.uk



Upcoming Events in 2016

Conference organised with the Harry Guntrip Psychotherapy Trust

Infant Mental Health Workshop: Babies can't wait... neither should we.

11th June 2016

Conference organised with Manchester Mental Health and Social Care Trust

Me, and me alone: narcissism across the lifecycle.

9th July 2016

Three-day Group Relations Conference with Conference Director Maxine Dennis

Looking Inwards & Outwards: Complexities of Leadership and Followership in Organisational Life.

7th – 9th September 2016

We are also on Facebook, Twitter, LinkedIn and YouTube



Northern School of Child & Adolescent Psychotherapy

Bevan House

34-36 Springwell Road

Leeds

LS12 1AW

Tel: 0113 8558750

Email: nscap.lypft@nhs.net

