



Courses & Training

What is it

Professional Doctorate

When is it

September 2022

Where is it

Academic Teaching:
NSCAP, Leeds

Trainee Post:
The North of England
CAMHS or equivalent

What does it cost

NHS funded Trainee Post

Professional Doctorate in Child and Adolescent Psychoanalytic Psychotherapy

What is Child and Adolescent Psychotherapy?

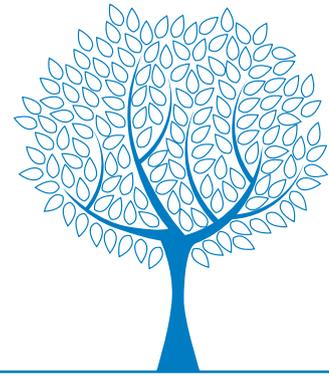
Child and adolescent psychotherapy is a core NHS profession with standards and training rigorously regulated by the Association of Child Psychotherapists. It is recognised as a component of comprehensive CAMHS in the Children's National Service Framework.

Child and Adolescent Psychotherapists work as part of multi-disciplinary teams in the NHS and other public services and third sector organisations. They 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 facilitates opportunity for the child to gain 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 Health Education England in the north of England.

The training that NSCAP provides is fully accredited by the Association of Child Psychotherapists (ACP). The trainees undergo a rigorous training that includes teaching, supervision, personal psychoanalysis and a salaried trainee child and adolescent psychotherapy post in a CAMHS service in one of the NHS Trusts in the region, or equivalent third sector organisation (see below for more information).

The training programme enables trainees 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 ACP.

The training 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 the University of Essex.

Training elements

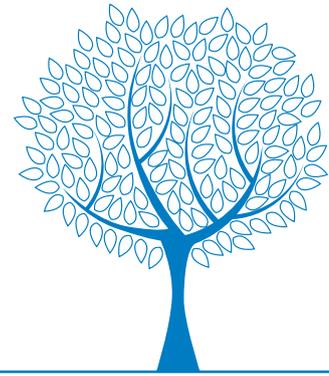
01. Funded 4-year Trainee Child and Adolescent Psychotherapist Post:

The clinical work under supervision is gained through a training post in an NHS CAMHS team or third sector organisation. Trainees are employed on a full-time fixed term contract for the purposes of 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 training on 0.8 wte.

Each year we seek to have geographical spread of posts across the North West, North East and Yorkshire and the Humber regions.

Since 2020 NSCAP has been commissioned to significantly increase the number of training posts. This is part of the NHS Long Term Plan to develop the child and adolescent mental health work force.

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**Training elements
(continued)**

02. Personal Psychoanalysis:

Personal analysis makes a central contribution to the trainee's growth and development. 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. Trainees are expected to have a minimum of four sessions of analysis per week for the period of their training. Prospective candidates for training are encouraged to enter into personal therapy before training. Upon qualification, Child and Adolescent Psychotherapists find continued personal therapy useful for a period of time. NSCAP reimburses the costs of trainee's analysis direct to the trainee, up to an agreed maximum, over the course of training.

03. Teaching & Supervision:

A full day of clinical, research and theory seminars and supervisions take place each Thursday during term time. Commitment to in-person attendance is required as part of the training post. Since the Covid-19 Pandemic, a combined model of on-site teaching at NSCAP and online learning is offered which can adapt to respond to national and Trust Covid safety guidelines.

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 encourages 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.

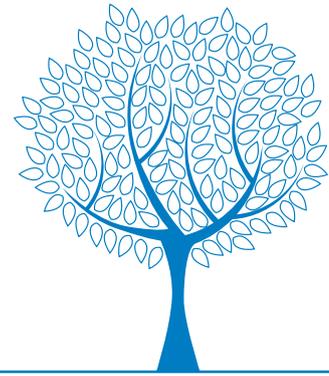
These requirements consist of:

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 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

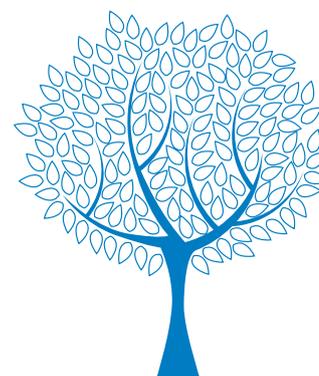
Whilst completion of the course in Psychoanalytic Observational Studies is a pre-requisite for application to the clinical training, this does not in itself guarantee that applications will be successful. Applicants are expected to demonstrate at interview personal suitability to undertake clinical training 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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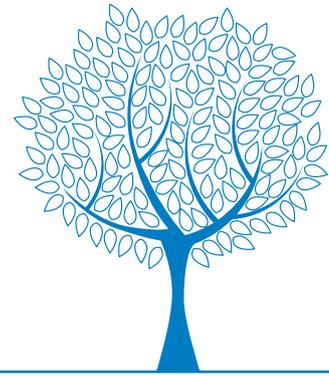
Date Next intake - September 2022

Academic Attendance Thursdays 30 weeks per year plus additional training days

Venue/s Teaching: NSCAP, Leeds
Trainee Post: In the North of England, CAMHS or equivalent and third sector organisations

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 24th January 2022. 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 of England that have been accredited by NSCAP. Training post interviews will then take place. Successful candidates are matched with training posts. Trainees are required to have secured a training psychoanalysis with an ACP accredited analyst/psychotherapist.

If successful in obtaining a training post, 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 a training post. If applicants are unsuccessful in obtaining a 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 or training analyst.

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 Georgia Rickson 0113 855 8750

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