

Certificate in Cognitive Behavioural Therapy for Children & Young People

Programme Lead (CAMH):

Dr. Deborah McNally
BSc (Hons.), D.Clin.Psy., Dip.Cog.Th.

Programme Leader (Adult):

Yvonne Slater
CT Centre Assistant Director
R.M.N., E.N.B. (650); Dip.Cog.Th.

Centre Staff:

Dr. Mary Shinner
CT Centre Director
BSc (Hons.), MSc., D.Phil., Dip.Cog.Th.

John Storey
Clinical Tutor
R.M.N., Dip.Cog.Th.

Alison Yates
Clinical Tutor
Bsc (Hons.), R.M.N., R.G.N., Dip.Cog.Th.

Administrator:
Karen Sutherland

www.salfordcognitivetherapy.com

Certificate in Cognitive Behavioural Therapy for Children & Young People

Contact us

Programme Administrator,
Salford Cognitive Therapy Training Centre,
Psychology Services,
Greater Manchester West Mental Health
NHS Foundation Trust,
Bury New Road,
Prestwich,
Manchester
M25 3BL

Telephone: 0161-772-3439

Email: ct.training@gmw.nhs.uk

Website: www.salfordcognitivetherapy.com

About the Programme

The Certificate in Cognitive Behavioural Therapy (CBT) for Children and Young People aims to provide an introduction to the theory and practice of CBT in a Child and Adolescent Mental Health (CAMH) context, with emphasis on the development of clinical skills. It is aimed at health professionals working with children and young people (e.g., RMN's, Social Workers, Mental Health Practitioners, Accredited Counsellors, Medical staff and Occupational Therapists) who have some case management responsibility, and can access clients with mild to moderate problems of anxiety and depression. However if you do not have one of the above professions but have at least 3 years experience working with children and young people you can apply for the programme though the KSA route.

About the Training Centre

The Salford Cognitive Therapy Training Centre is a centre of excellence for cognitive therapy training in the North-West region. All centre staff are experienced in cognitive therapy and have extensive training from centres in Oxford, Newcastle and California. All course supervisors and workshop leaders have excellent knowledge and experience of CBT practice with children and young people, training and supervision.

How the Programme Operates

The programme runs on consecutive Fridays for 15 weeks from 9.30am to 4.30pm. It runs twice a year commencing February and September. The programme is based at Psychology Services, on the Prestwich site of Greater Manchester West Mental Health NHS Foundation Trust.

What is Covered in the Programme?

The Certificate in Cognitive Behavioural Therapy for Children and Young People focuses on the theory of CBT assessment, formulation, treatment and evaluation of children and young people and the clinical skills necessary to apply this theory to practice in a CAMHS setting. The emphasis throughout the programme is on working with specific anxiety disorders and depression. Workshops include: assessment, suitability for CBT, cognitive development and CBT, case formulation, cognitive and behavioural change methods, panic disorder, depression, social phobia, specific phobia, OCD, separation anxiety, anger management, health anxiety, skills workshops, and relapse prevention. It is expected that trainees will work with two clients, under supervision, through an "adequate trial of treatment" for the duration of the programme.

Clinical Supervision

Clinical supervision is provided by qualified and experienced CBT practitioners who specialise in child and adolescent mental health. This will commence from week four of the programme from 9.15am - 11.15am in groups of three. It is expected that students will have selected suitable cases to work with from their caseload/ work environment. Students are expected to audio or video-tape their clinical sessions for the purpose of clinical supervision.

Assessment Procedures

Competency levels on the CBT certificate programme are assessed by a combination of written assignment and skills assessment. Assignments are submitted at the end of the programme.

Demands on Trainees

In addition to the day's teaching, an average of 4-5 hours reading a week is recommended. The trainee must take into account the extra time needed for clinical sessions (two per week), including preparation and evaluation.

Fees

Programme fees are £200.00 for February 2009 ONLY. For individuals planning to self-fund it may be possible to pay for the programme fees in three instalments.

A Note for Managers

This programme is designed to fit with NHS recommendations regarding the development of clinical practice as stipulated in the National Service Framework. Skills and knowledge gained on this programme will enable practitioners to meet objectives set out in Clinical Governance. This programme is part of the Salford Cognitive Therapy Training Centre which is committed to the principles of life long learning and continuing professional development.

Are You Interested?

Clinicians interested in undertaking the Certificate in Cognitive Behavioural Therapy for Children and Young People can complete the enclosed application form and return it to:

Programme Administrator,
Salford Cognitive Therapy Training Centre,
Psychology Services,
Greater Manchester West Mental Health
NHS Foundation Trust,
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Recommended Reading

Carr, A. (2000). *What works with children and adolescents? A critical review of psychological interventions with children, adolescents and their families*. London: Routledge.

*Friedberg, R.D. & McClure, J.M. (2002). *Clinical practice of cognitive therapy with children and adolescents: The nuts and bolts*. New York: Guilford Press.

Greenberger, D., & Padesky, C.A. (1995). *Mind over mood: A cognitive therapy treatment manual for clients*. New York: Guilford Press.

Hawton, K., Salkovskis, P.M., Kirk, J., & Clark, D.M. (1989). *Cognitive behaviour therapy for psychiatric problems: A practical guide*. Oxford: Oxford Medical Publications.

*Kendall, P.C. (2006). *Child and adolescent therapy: Cognitive-behavioral procedures*. New York: Guilford Press.

March, J.S., & Mulle, K. (1998). *OCD in children and adolescents: A cognitive-behavioural treatment manual*. New York: Guilford Press.

Padesky, C.A. & Greenberger, D. (1995). *Clinicians guide to mind over mood*. New York: Guilford Press.

*Stallard, P. (2002). *Think good, feel good: A cognitive behaviour therapy workbook for children and young people*. Chichester: John Wiley & Sons.

*Stallard, P. (2002). *A clinicians guide to think good, feel good: Using CBT with children and young people*. Chichester: John Wiley & Sons.

*Wells, A. (1997). *Cognitive therapy of anxiety disorders: A practice manual and conceptual guide*. Chichester: John Wiley & Sons. (Not CAMH specific but extremely useful)

*Denotes key texts

