

# Course Guide

## Postgraduate Diploma Children & Young People's IAPT Therapy: Autism Spectrum Conditions and Learning Disabilities Pathway (ASC/LD)



# Introduction

The PG Dip in CYP IAPT Therapy ASC/LD starts in January 2024 and will be completed over 1 year. Students will be required to attend lectures regularly each week (expected Monday and Tuesdays). The remaining time will be spent working clinically within your service with children and young people with ASC and/or LD, their families, schools and wider systems.

Our programme will provide you with an opportunity to gain understanding, expertise, and a broad range of skills and practical strategies required to meet the needs of children and young people with ASC and/or LD.



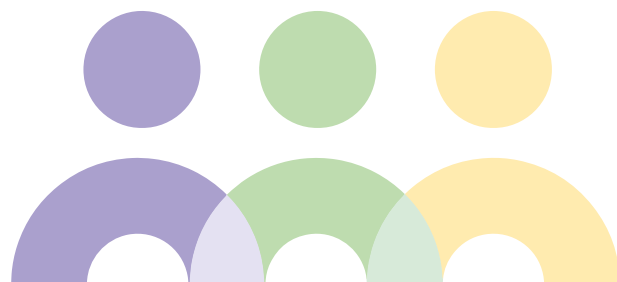
Due to the heterogeneity of the unique strengths and difficulties in this population, the focus of the curriculum is to cover the main assessment and treatment approaches recommended by the NICE guidelines, which have the evidence-base for improving mental health, adaptive functioning and emotional well-being of this population.

This is not a BABCP accredited course, but your clinical work may contribute towards separate external BABCP accreditation portfolio.

## Course Content



Students will study two ASC/LD Modules alongside two Core Skills Modules. Core Skills includes developing the therapeutic alliance, main CYP IAPT principles, general developmental psychopathology, assessment and formulation.



## ASC/LD Modules:

### Mental Health in ASC (including LD): Theory and Assessment (30 Credits) covers:

Core knowledge of aetiology, presentation and development of children and young people with a diagnosis of ASC and/or LD.

Awareness and understanding of neuro-developmental and mental health conditions commonly co-occurring with ASC and LD.

Relevant legislation and theory that inform approaches to working with children and young people with ASC and LD.

### Evidence Based Mental Health Intervention and Support in ASC (including LD) (30 Credits) covers:

Training on adapting and delivering evidence-based interventions for co-occurring mental health conditions such as anxiety and depression.

Teaching on support in the home and school environment for behaviours of concern.

## Assessment of modules:



Students will be assessed through a variety of methods such as written case reports, verbal case presentations, a log of your clinical practice and video recordings of your practice with written reflections based on these.

## Caseload Requirements



Cases must have a diagnosis of Autism and/or Learning Disability.

Over the course of the year, you would be expected to see a minimum of 8-10 substantial cases (minimum 6 sessions each)

Suitable cases would be presenting with depression or anxiety or behaviours of concern.

Part of the work may also include intervention delivered via parent/carer or broader systems (e.g. school).

## What support should I expect at my service?



You should have a minimum of 1 hour a week supervision. This should support you with developing clinical skills, identifying appropriate cases, assessments, managing risk and monitoring outcomes, with good communication between supervisors.

Training for supervisors can be provided by the IAPT Supervision Course.

## Learning with us



Activities of our curriculum are co-designed and co-delivered with autistic CYP, their families and autistic professionals. The course follows a strong ethos of positive framing around neurodiversity and the social model of disability

Teaching will be delivered through a combination of online and face-to-face contact.

Didactic teaching to ensure baseline knowledge in particular areas: CYP IAPT core skills, ASC/LD assessment principles and modifications, ASC/LD evidence-based psychological therapies and environmental support.

Large and small group discussions: Intimate, self-exposing, reflective discussion and skills-development should take place in small groups with plenary sessions to consolidate learning.

Extensive use of case discussion and role-play: Allows trainees to examine their own existing skills and practices in an experimental way.

There is a strong clinical component across all modules as students will be supported to develop skills necessary for enhancing the quality of assessment process of mental health difficulties and implementation of psychological therapies with children and young people with a diagnosis of change to ASC and/or LD. It is therefore an integral part of the training to video-record your clinical work and to reflect on your practice in small facilitated practice tutor groups.

Feedback from current students is that this is one of the most helpful components of the course, which makes it stand out from other trainings and significantly facilitates professional growth.

## Entry Requirements



This course is aimed towards practitioners in specialist ASC/LD services and the broader CAMHS community.

### Essential

Two years experience of working within a professional setting concerned with the mental health of children and young people or families (e.g. as a mental health worker).

Basic level of clinical competence and experience (at least one year) of having worked with Autistic Individuals or those with a Learning Disability.

Capability to complete academic work at postgraduate diploma level.

### Desirable

A training in a mental-health related profession (e.g. psychology, nursing, social-work, occupational therapy, speech and language therapy, special needs teaching, psychotherapy, counselling).

Degree level qualification - if applicants do not have a core profession listed above yet they have sufficient experience listed in the essential criteria, you can submit alternative evidence of your academic capability, please contact [cypiapttherapy@annafreud.org](mailto:cypiapttherapy@annafreud.org) for further information.

High level of motivation to improve mental health, emotional well-being and self-realisation in this client group.

**Please note, funding is subject to NHSE's 2 Year Psychological Professions Funding Rule. [Please view their website for full details.](#)**



*The lectures in this year have been particularly powerful and I have learned so much from these - the inclusion of autistic voices has been especially important and very powerful learning for my context...My learning has been transformed by these lectures.*

**Graduate of the CYP-IAPT ASC/LD Postgraduate Diploma Programme**



## Application Process

[cypiapttherapy@annafreud.org](mailto:cypiapttherapy@annafreud.org)

[Click here](#) to view the programme webpage.

[annafreud.org](http://annafreud.org)

[ucl.ac.uk](http://ucl.ac.uk)



**Anna Freud**