

I would like to thank the FPSA for funding my study to do the Diploma in Cognitive Behaviour Therapy for Children and Young People at the Anna Freud Centre in London.

This course consists of 4 modules – introduction to disorder specific approaches, disorder specific approaches, complex problems and CBT in context. I had completed the Certificate year but having the opportunity to complete the Diploma means that I can consolidate the skills learnt and learn more about treatments of specific disorders.

The Anna Freud Centre does provide robust training courses and this is no exception. I have had the opportunity to meet a number of other Professionals currently working with young people in differing settings across the UK. We have heard from Key speakers during the year, and these have been experienced Practitioners who are experts in their particular field. This has been very helpful for us to help understand the current CBT therapies for children and young people and be clearer about their evidence base.

CBT has been identified as an important evidence based intervention and there is a lack of CBT training courses for Professionals working with children. The National Institute for Clinical Excellence recommends CBT as a treatment for anxiety, depression, obsessive-compulsive disorder and post traumatic stress disorder.

The course aims to provide an outcomes-based context for the use of CBT to work with children. It helps the student to apply theory and knowledge to practice. It ensures that throughout the course the student will incorporate other key models of child development.

There were 13 taught days in total and 4 pieces of academic work to submit during the year. The taught days explored – anxiety disorders, depression, trauma focussed CBT, CBT for children with learning disabilities and autism spectrum disorder, mindfulness, conduct disorders, eating disorders, social problems in childhood and a session on relapse prevention.

The core aims of the course are to provide learners with opportunities to develop competence, knowledge and theoretical understanding in the use of

CBT, whilst gaining an understanding of the strengths and limitations of this approach.

I am an experienced Nurse but I have found the course has already made a difference to my Practice meaning that I can work more effectively with Young People and their families.

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