

I would like to thank FPSA for supporting the cost of course fees and travel expenses for the PG Diploma in Cognitive Behaviour Therapy for Children and Young People. My attendance on the second year of the course has helped enormously in developing my skills, experience and knowledge base of CBT with young people. In particular, the diploma year consolidated learning from the certificate year and expanded knowledge of the application of CBT to specific disorders. Leading CBT therapists delivered the training which covered a range of disorders for which CBT interventions are proven to be effective. These include: anxiety disorders, PTSD, depression and eating disorders. The course also usefully examined application and effectiveness of CBT in the context of learning disability, autism and conduct disorder.

Attending the second (Diploma) year also supported sharing practice ideas and learning with other practitioners attending the course from across different areas of the UK. Regular practice tutor groups enabled closer scrutiny of direct practice skills. In addition, completing four academic assignments directly related to our practice supported an in-depth search and exploration of theory and research findings relating to specific disorders as well as expanding knowledge of the different elements of CBT and evaluation methods.

As a result of attending the course I am able to support an increasing number of young people and have shared practice ideas throughout the year to support the work of colleagues in my work setting.

I am incredibly grateful for the support provided by FPSA.

Yours sincerely

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