

I would like to thank FPSA for their support financially to enable me to undertake the Post Graduate Diploma in Cognitive Behavioural Therapy for children and young people at the Anna Freud Centre in London

Cognitive Behavioural Therapy is evidence based, and is the recognised treatment by NICE for children and young people with depression, anxiety, OCD and PTSD. The course which is run by the Anna Freud Centre is specifically for Practitioners who work with children, adolescents and their families. As such the course tutors are very mindful about the relevance of attachment theory, child development, and the system that the child lives in and therefore its relevance to CBT and the formulations required to manage an individuals difficulties.

The Diploma year has built on skills learnt in the certificate year, and has focussed more on specific disorder models and how these models which in the main are adult orientated can be adapted for use with children and Adolescents. All speakers have been experts in their field.

The course this year has had 13 taught days, each day also incorporates a supervision session with a CBT Practitioner tutor, which is held in small groups. These sessions have been excellent allowing time for reflection of practice but also learning from other peers who maybe have different experiences. All course work has been relevant and has allowed good integration of practice and theory, and also has highlighted the importance of use of outcome measures.

I am an experienced CAMHS Practitioner but have found this course excellent and feel it has made a huge difference to my practice.

Fiona Bevan

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