

Course Guide

Postgraduate Diploma in Children and Young People's Psychological Trainings: Therapy: Autism Spectrum Conditions and Learning Disabilities Pathway (ASC/LD)



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Introduction

This postgraduate diploma (Autism/LD route) will begin in January 2025 and will be completed over one year. Students will be required to attend lectures regularly each week (usually on Monday and Tuesdays). The remaining time will be spent working clinically within your service with children and young people with Autism and/or LD, their families, schools and wider systems.

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.

Course Content



Students will study autism/LD teaching alongside core skills teaching.

Core Skills includes developing the therapeutic alliance, main CYP IAPT principles, assessment and formulation.

Autism/LD teaching explores:

- Core knowledge of aetiology, presentation and development of children and young people with a diagnosis of autism 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 autism and LD.
- 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.

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 autism and/or LD.

Caseload Requirement



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 eight to twelve substantial cases (minimum six sessions each). You will need to evidence at least 80 hours of clinical work.

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 one 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.

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.

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.

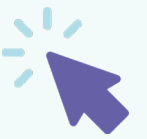
Didactic teaching to ensure baseline knowledge in particular areas: CYP IAPT core skills, Autism/LD assessment principles and modifications, autism/LD evidence-based psychological therapies and environmental support.

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 autism 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.

Course Queries:



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Programme webpages:

Anna Freud: <https://www.annafreud.org/training/postgraduate-study/ucl-postgraduate-programmes/child-and-young-person-iapt-therapy-pg-dip/>

UCL: <https://www.ucl.ac.uk/prospective-students/graduate/taught-degrees/child-and-young-person-iapt-therapy-pg-dip>

