

Course Brochure

Postgraduate Diploma in Child Wellbeing Practice (CWP)



Overview

This initiative aims to increase accessibility to evidence-based mental health and wellbeing services for children and young people in the community settings in a timely way.

What does training involve?

The Postgraduate Diploma in Child Wellbeing Practice (CWP) starts in January 2026 and will be completed over 1 year, finishing December 2026. Training practitioners are employed at band 4 by a community service during the year-long employment training programme. On successful qualification, CWPs can be employed at band 5.

You will attend university on Mondays, Wednesdays and Fridays in the first term, Wednesdays and Fridays in the second, and just Fridays in the final term. The rest of the week is in service gaining practical experience in your CWP role in your community setting.

Teaching will take place at the [Institute of Psychiatry, Psychology and Neuroscience](#), King's College London.

The programme is one of a suite of Children and Young Peoples' Psychological Trainings (including practitioners of high and low intensity psychological interventions, supervision and leadership).

What does the training look like?

Over the course of a year and under intense supervision, Child Wellbeing Practitioners (CWPs) will be trained by leading experts to offer brief, focused evidence-based interventions in the form of low intensity support and guided self-help to young people, or working through their parents/carers to provide support for those with mild/moderate:

- Anxiety
- Low mood
- Common behavioural difficulties

You will be taught with a combination of lectures and clinical skills workshops and bringing your own video clinical material for discussion of competency development with peers and course tutors.

Alongside your university teaching, you will be gaining professional experience at your employing service from Term 1, including individual and group case work, focus groups and engagement projects with CYP and training community and primary care staff.

Graduates of the CWP programme will essentially create a new sub-service; working alongside existing practitioners (with a particular focus on work within community and primary care settings) offering support to children, young people and families who wouldn't ordinarily meet the threshold for CAMHS.

How many cases do I need to see to complete training?

Overall, you will need to complete low intensity interventions with at least 30 cases during the year of the course. This will involve delivering a mixture of group intervention work, psycho-education workshops and individual guided self-help interventions. You will need to see at least 8 completed individual cases for guided self-help during the year of the course. You will be assessed through written and video material.

What support will I have at my new service?

You will have a supervisor within group supervision every fortnight. your service who will see you for at least an hour a week for individual supervision, and

What will I gain from the training?

The ability to deliver evidence-based early interventions to children and young people and their families within a service into which you will qualify as a CWP.



Module	Requirement/Assessment
Children and Young People Mental Health Settings: Context and Values (15 credits)	Complete a service-related problem-based learning task looking into mental health provision local to your service, in consultation with community staff, with reflective analysis
Fundamental Skills: Assessment and Engagement (15 credits)	Demonstrate skills learned in a video-recording of an assessment session with case background and reflective analysis
Evidence Based Interventions: Theory and Skills (30 credits)	<p>Demonstrate skills learned in a video-recording of an intervention session with reflective analysis plus a written-case report with a distinct case</p> <p>Over the course of the year see 8+ individual cases with a range of presentations and 30+ cases overall with groups/psycho-education workshops, evidenced in a case portfolio signed by your supervisor</p> <p>Modules 1-3 should include at least 80 hours of clinical practice with 40 hours of supervision on these cases.</p>
Working, Assessing and Engaging in Community-Based and Primary Care Mental Health Service Models (15 credits)	Complete a piece of engagement / focus group work with recommendations in relation to mental health access and provision in a community or primary care setting
Mental Health Prevention in Community and Primary Care settings (15 credits)	Complete a staff training workshop in a community/primary care setting and write a report with reflective analysis
Interventions for Emerging Mental Health Difficulties in Community and Primary Care Settings (30 credits)	Demonstrate skills learned in a written case report of a completed group intervention with a group of children and young people or parents/carers

"The CWP training programme has been all of a personal, academic and professional development journey for me. Although challenging at times, I celebrate the opportunity to be able to reflect on my practice which has encouraged personal learning and growth. I feel fortunate to have the chance to develop my skills alongside working and amongst a cohort of lovely, passionate people and lecturers. I feel that the work we do is truly rewarding, with the ability to offer support to young people and parents/carers at a time in their lives when it might be needed most. I have felt supported throughout my journey so far and would encourage anyone thinking about undertaking the course, to go for it!"

"The CWP course has been an academic journey but also a true examination of the own self alongside. I feel I have developed very valuable skills as a practitioner but I have also taken a lot of the content and used it as a human. The stress is on us to be brave and try things out but within a web of support that has given just the right amount of give and flex. It's hard to believe how much we have learned."

Quotes from participants of the 2024 KCL CWP cohort

Entry Requirements

Essential

Normally a minimum of a second-class Bachelor's degree from a UK university or an overseas qualification of an equivalent standard in a relevant academic subject (e.g. Psychology, Education, Childhood Development, Social Work, etc), **OR** any subject with further training or experience in a relevant field (e.g. Teaching/Teaching Assistance, Learning Support, Healthcare Assistance, Youth Work, Counselling, etc)*

****Applicants who do not fulfil the academic criteria are encouraged to apply and may be considered on a case-by-case basis. Please contact us with queries.***

Evidence of prior experience working with children and young people is preferred

Capability to complete academic work at postgraduate diploma level, including IELTS or equivalent to the appropriate level for students with English as a foreign language (BAND D) <https://www.kcl.ac.uk/study/postgraduate/apply/entry-requirements/english-language.aspx>

Motivation to undertake the course

KCL Application Deadline – Tuesday 25th November 2025
Teaching will begin on Monday 19th January 2026

Next Steps

If you are interested in this training and would like further information, please email cyp-mh@kcl.ac.uk, or visit the website [here](#)

*Please note: The CWP programme is not a standalone CYP-PT training course. The programme requires potential candidates to apply for both the university led training course and the role within a participating mental health service.

Application Process

- To apply online go to <https://apply.kcl.ac.uk>
- Please do contact cyp-mh@kcl.ac.uk for any queries



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