Enhanced Psychological Practice for Children, Young People and Families (EPP-CYP) Programme

Introduction

A Qualifications Scotland accredited post graduate certificate level training scheme has been developed to enable staff to deliver high-quality, evidence-based psychological interventions for common mental health problems in a way that can be efficiently brought to scale. This approach to aims to make effective use of the large cohorts of graduates in Psychology to deliver and support, under supervision, brief, outcome-focused evidence-based interventions at the enhanced level of practice.

Within the Enhanced Psychological Practice programme, there are two courses; one which focuses on working with Adults (EPP-A), and a course targeted at practitioners working with Children, Young People and their Families (EPP-CYP), with each course having modules related to their specific target population.

Trainees on the EPP-CYP course will be trained to deliver psychological interventions with children, young people and their families for common mental health problems (anxiety, depression and behavioural and self-regulatory difficulties).

Trainees (CYP) will provide a defined clinical service, working under supervision, within wider children's services delivering mental health and wellbeing interventions. There are likely to be multiple service settings including CAMHS, schools, paediatric services and primary care settings.

Course Details

Training in the EPP-CYP programme consists of 3 modules with key intended learning outcomes in each module:

- **Module 1: Children & Young People's Mental Health Settings: Context and Values**

This module provides learners with the necessary knowledge, attitudes and competences to deliver enhanced psychological interventions within an inclusive, values driven service, and work with wider children services. GIRFEC principles and values are embedded throughout the module.

- **Module 2: Engagement and Assessment of Common Mental Health Problems for Children and Young People**

This module includes incidence, prevalence and presentation of common mental health problems. Skills teaching will develop core competences in active listening, engagement, alliance building, patient-centred information gathering, information giving and shared decision-making.

- **Module 3: Evidence based interventions for common mental health problems with Children and Young people (Theory and Skills)**

This module covers working with children, young people and their parents/carers, to deliver a range of evidence-based, psychological interventions for anxiety, depression, behavioural and self-regulatory difficulties.

- Adolescents (secondary school age) with mild to moderate low mood/depression using Brief Behavioural Activation
- Primary and secondary school aged children with anxiety using "Let's Introduce Anxiety Management."
- Parents of primary aged children with anxiety using for parent led interventions.
- Parents of primary school age children, with behavioural and self-regulatory difficulties, using guided self-help based on social learning theory.

The course will use a blended learning approach to provide a thorough grounding in the theory, evidence-base and clinical application of enhanced psychological interventions for children, young people and families. The duration of each module is approximately 15 days (45 days in total for the 3 modules), comprised of digital on-line modules (15 days), attending interactive clinical skills workshops utilising roleplays and skills rehearsal (15 days) primarily delivered via MS Teams, and directed practice-based learning (15 days). The remaining time will be spent in clinical setting building clinical hours and experience. The programme requires a full-time commitment from trainees as all clinical service work will be linked with the development of EPP learning outcomes. By the end of the trainee phase, EPP-CYP trainees will be able to demonstrate competence in the three core areas above, through a variety of assessment tasks.

Clinical supervision

Clinical Skills and Case Management Supervision are provided by appropriately qualified staff throughout the programme, and that supervision continues into the consolidation phase to ensure clinical governance.

Assessment

Trainees on the EPP-CYP Programme will be required to undertake a series of assessment tasks, including:

- Short essay written examination;
- Service-related problem based learning task with reflective analysis (2,000 words);
- Case Study (video recording, 2,000 word case report and 1,000 word reflective analysis);
- Case Study (video recording and 1,500-2000 word reflective analysis)
- Case Study (2,500-3500 word case report);
- successful completion of practice outcomes portfolios demonstrating competence in the assessment of common mental health problems for CYP and the delivery of psychological interventions through observed practice.

Please watch this video for further detailed information about the Enhanced Psychological Practice for Children and Young People programme.

Consolidation Phase

Following successful completion of the trainee phase, you will remain employed on a full-time basis by the same NHS Scotland Health Board for the duration of your contract. The purpose of this is to consolidate your skills and knowledge and there will be additional learning requirements during this phase.

Further information is available from nes.epp@nhs.scot