



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

Introduction

A new SQA accredited certificate level training scheme has been developed to enable staff to deliver high-quality, evidence-based psychological interventions for mild to moderate difficulties in a way that can be efficiently brought to scale. This approach 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 practitioners 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. (Please see link to the EPP-A course leaflet).

Practitioners 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).

Practitioners (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 and primary care settings.

Drawing upon the work of the National Implementation Research Network (NIRN), the development of the Enhanced Psychological Practitioner Programme incorporates an implementation science framework, and drivers of best practice, in relation to the organisational and staff competency drivers that support implementation success.

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.

The learning programme 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. Duration of each module is expected to be approximately 15 days (45 days in total for the 3 modules), comprised of digital on-line modules (5 days), attending interactive clinical skills workshops utilising roleplays and skills rehearsal (5 days), and directed practice-based learning (5 days). The programme requires a full-time commitment from learners and managers as all clinical service work will be linked with the development of EPP learning outcomes. By the end of the EPP-CYP Programme, staff 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 after the programme is over to allow practitioners to consolidate their new skills and ensure clinical governance.

Assessment

Learners 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.

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