



# Northern School

of Child and Adolescent Psychotherapy

## Annual Review 2007

Developing Professionals:  
Developing Children

## What We Do

The Northern School of Child and Adolescent Psychotherapy is the north of England NHS centre for psychoanalytic psychotherapy training for professionals working with children, young people and their families.

NSCAP is one of six child psychotherapy training schools in the UK accredited by the Association of Child Psychotherapists. Established by the NHS in 2003 to address the shortage of Child and Adolescent Psychotherapists in the north of England we now have trainees in posts across the region and provide conferences, short courses and post-graduate programmes that enhance the skills of professionals working with children, young people and their families.

NSCAP contributes to the development of the children's workforce through the provision of child and adolescent psychotherapy training across the **North-West, North-East** and **Yorkshire and the Humber**. Based in Leeds, we are an NHS organisation hosted by Leeds Primary Care Trust and funded by the three Strategic Health Authorities in northern England.

### We have academic partnerships with:

- University of Leeds
- Tavistock and Portman NHS Foundation Trust
- University of East London
- University of Northumbria

### We have many partnerships within the NHS including the services that provide clinical training placements and the three Trusts which host the Clinical Director posts:

- Northumberland, Tyne & Wear NHS Trust
- Wakefield District Primary Care Trust
- Central Manchester and Manchester Children's University Hospitals NHS Trust

## Achievements in 2006/07

*The clinical training in child psychotherapy achieved validation as a Professional Doctorate in Child Psychoanalytic Psychotherapy through the Tavistock Clinic and University of East London.*

We are now in our fourth academic year and NSCAP is firmly established as an important contributor to the development of children's services in the north of England.

Many of our achievements this year represent the fruition of work that has been in progress since our inception:

- The Training Council of the Association of Child Psychotherapists visited NSCAP to give formal professional accreditation of the training.
- The clinical training in child psychotherapy achieved validation as a Professional Doctorate in Child Psychoanalytic Psychotherapy through the Tavistock Clinic and

University of East London. We also gained validation to deliver a "top-up" doctorate for qualified Child Psychotherapists.

- We increased our support to the wider children's workforce by providing several conferences and short courses that extend the competencies of child and adolescent mental health workers and other professionals from a wide range of backgrounds and services in the health, education and social care sectors.
- We continued to expand the number and range of people working with children, young people and their families who have gained detailed skills in observation, enabling an understanding of personality

*...child and adolescent psychotherapy is an important component within the target areas of the Children's NSF and can make a significant contribution to local service delivery and patient outcomes.*

development and self-reflective practice in the work setting, through the postgraduate programme in Psychoanalytic Observational Studies.

- We had a very good intake of seven trainees onto the clinical training in child and adolescent psychotherapy in 2006 bringing the current total to 17. This included the development of training placements in new parts of the region.
- NSCAP supported the arrangements for the Annual Conference of the Association of Child Psychotherapists in York in June 2006. The theme of the conference was "Child And Adolescent Psychotherapy in

Context – Adaptation, Evolution and Integrity in the Changing World."

- We produced an information leaflet for service commissioners and providers that highlighted the shortage of child and adolescent psychotherapy provision in the north of England. The leaflet drew on the targets in the recently published *Report on the Implementation of Standard 9 of the National Service Framework for Children, Young People and Maternity Services* to demonstrate that child and adolescent psychotherapy is an important component within the target areas and can make a significant contribution to local service delivery and patient outcomes.

- We continue to develop partnerships with local and national organisations and are supporting proposals through NHS Yorkshire and the Humber to develop a Psychological Therapies Training Resource Centre. This will support the delivery of high quality training in a range of psychological therapies for professionals working with children, adolescents, families, working-age and older adults, including people with learning disabilities, in health, social care, education and criminal justice services
- NSCAP staff continue to contribute to academic and professional activity through conference presentations and publications. NSCAP's Head of Training, Bidy

Youell, published: *"The Learning Relationship: Psychoanalytic Thinking in Education"* Karnac Books. In 2006 our Manager, Nick Waggett, received an Honorary Fellowship from the University of East London. Lynda Ellis, Clinical Director, commenced her training with the Institute of Psychoanalysis.

- Nationally, the increasing evidence base for the effectiveness of psychoanalytic psychotherapy for children and young people with a range of psychological disorders was further enhanced in 2007 with the publication of *"Process and Outcome Research in Child, Adolescent and Parent-Infant Psychotherapy: A Thematic Review"* edited by Dr Eilis Kennedy and Dr Nick Midgley.

*We increased the number and range of people who have gained detailed skills in observation, enabling an understanding of personality development and self-reflective practice in the work setting.*

## Conferences and Workshops

### Children, Young People and the Law

Theme – the meaning of violence and crime in children and young people

- 58 participants including presentations from the Youth Justice Board and author Blake Morrison.

### Adolescence and the Risk of Harm

Theme - vulnerable and risk-taking adolescents, and their impact on workers

- 40 participants including presentations from colleagues in adult mental health services

### Emotional Experience in the Educational Setting

A one-day workshop for staff in education – Hull (previously in Leeds, Liverpool, Kendal and Durham)

- 20 participants from local education services took part including: educational psychologists, teachers, learning mentor, higher level teaching assistant, home/school liaison officer, head teacher.

### Who's Afraid of Whom? Working with Disturbed and Disturbing Patients

- Collaboration with members of the Northern Network for Forensic Psychotherapy (NNFP) and Staff of the Portman Clinic with support from the National Forensic Psychotherapy Training and Development Strategy.

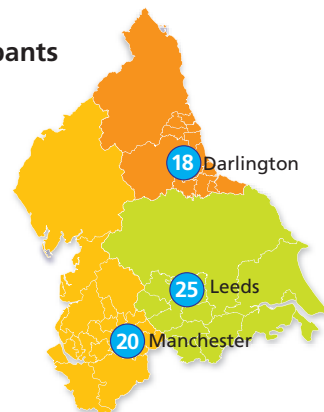
## Short Courses

### Personality Development: A Psychoanalytic Approach

Series of 7 Seminars: Leeds, Manchester and Darlington

A detailed introduction to the key developmental factors and unconscious processes involved in the emotional life of the child and family from before birth to young adulthood

### Participants





## **Introduction To Child And Adolescent Psychotherapy**

A 13 Week Course for Specialist Registrars and other Child and Adolescent Mental Health Professionals

**Newcastle in 2005, Manchester 2007, Liverpool 2007**

This course has been developed in collaboration with the Deaneries in the north of England to support the training of SpRs. It provides an initial understanding of the nature of psychoanalytic thinking and its application to work with children, young people and their families. It is also a chance for participants to think about their own work from a psychoanalytic perspective which can be a helpful contribution to the often complex and challenging work encountered in CAMHS settings.

## **Neuroscience Research Reading and Clinical Discussion Group**

Continuing professional development for adult and child psychotherapists led by Margaret Wilkinson, Jungian Analyst and author of 'Coming into Mind: The Mind-Brain Relationship : A Jungian Clinical Perspective" published by Routledge in 2006

The seminars introduce a selection of cutting-edge research papers and books concerning the neuro-biology of emotion. Members bring clinical material for discussion within the group setting so that clinical work may be considered in the light of the psychoanalytic response to this new research from the fields of Neuroscience, Attachment and Trauma.

## **Advanced Work Discussion**

**Weekly seminar for one year**

This course offers continuing professional development for people who have already undertaken work discussion seminars as part of the Psychoanalytic Observational Studies programme and is based on the model first developed at the Tavistock Clinic. The experience of work interactions is studied through close observation of the behaviour and the emotional responses of both worker and clients/patients. Students are helped to develop an observational stance in relation to their professional interactions with the children and young people with whom they work, and to further understand the unconscious processes alive in the worker/client relationship.

### This is a selection of comments from evaluations of conferences and courses

*"The best thing about the seminars was the chance to talk and reflect about development with other professionals."*

*"Very relevant in working with young people of varying ages in CAMHS setting."*

*"The best thing about the day was the enthusiasm for this group of young people."*

*"The main papers were informative and enabled workers to use reflection with regard to their own practice."*

*"I enjoyed the opportunity to discuss the issues with other participants."*

*"Helped consolidate previous learning on other courses."*

*"...it's helped me to be a lot more tolerant with adolescents!"*

*"Stimulated thinking and enabled an alternative perspective to be considered to increase understanding."*

*"Excellent presentations. Wide variety. Informative and thought provoking."*

*"The main papers were informative and enabled workers to use reflection with regard to their own practice."*



## Postgraduate Courses

*The course is aimed at professionals and workers who are engaged in providing a service to young people and their families.*

### **Psychodynamic Approaches to Working with Adolescents**

A post-graduate course run in partnership with the Tavistock Clinic and the University of East London

#### **Outline**

This long established course which runs at the Tavistock Clinic in London was made available through video link to Leeds in collaboration with NSCAP and Specialist Psychotherapy Services, Leeds Mental Health Teaching NHS Trust. Originally the course was only offered as a one-year PG Certificate but increased funding from the Workforce Development Confederation, and support from NSCAP, meant that students were able to progress through to Diploma or Masters level.

#### **Learning Outcomes**

The course is aimed at professionals and workers who are engaged in providing a service to young people and their families. It is a multi-disciplinary course providing a detailed psychodynamic introduction to the understanding of psychosocial development as it relates to problems of disturbance in adolescence.

#### **Participants**

In the last full cohort there were 13 students studying for either the PG Cert or PG Diploma and 3 of these are in the process of completing the course to Masters level. We are reviewing the future delivery of this course to ensure it can be balanced with people's work commitments.

# Psychoanalytic Observational Studies

A PG Diploma and Masters programme

**Leeds** - managed by NSCAP with the University of Leeds

**Liverpool** - managed by NSCAP with the Tavistock and Portman NHS Foundation Trust and the University of East London

**Newcastle** - provided by Northumbria University with support from NSCAP

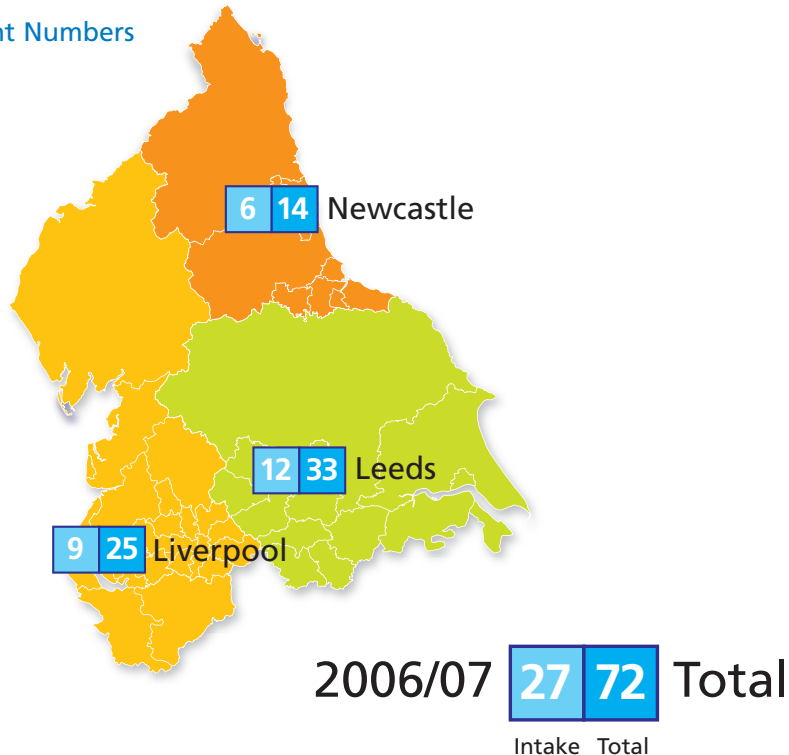
## Outline

The major component of the programme is close observation of infants and young children in their home or care setting together with the opportunity to reflect on and discuss this observational experience in a small-group setting facilitated by experienced child and adolescent psychotherapists. These groups provide opportunities also to reflect on the student's work setting. This is supported by a series of seminars and tutorials enabling the student to become familiar with a large body of theoretical knowledge concerning child development, psychoanalytic theory and child development research including basic research methodology.

## Learning Outcomes

The course offers participants the opportunity to develop observational skills within a psychoanalytic framework and to apply this in their professional work. The course is designed to help people deepen their understanding and awareness of human development and interaction and to help participants to think about their work from a psychodynamic perspective.

## Student Numbers



## Professional Background of Students

*Health Visitors, Residential Social Workers, Foster Care Worker, Specialist Registrars in Child and Adolescent Psychiatry, Clinical Psychologists, SureStart Nursery Nurse, Paediatric Staff Nurse, Behaviour Support Worker, Youth Worker, Genetic Counsellor, Teachers, Midwife, Learning Mentors, CAMHS Social Workers, Mental Health Practitioners, Art Psychotherapists, Teaching Assistant, Family Outreach Worker, Nurses, Occupational Therapists, Community Paediatrician, Nurse Manager in CAMHS, Voluntary Sector Manager, Counsellors.*

# Clinical Training in Child and Adolescent Psychotherapy

Professional Doctorate in Child Psychoanalytic Psychotherapy  
Tavistock Clinic and University of East London

## Outline

The clinical training provided by NSCAP is funded by the NHS. The students undergo a rigorous programme that includes teaching, supervision, personal psychoanalysis and a four-year clinical placement in an NHS Trust. The programme enables students to develop the clinical expertise and research skills needed to prepare them for practice as a professional Child and Adolescent Psychotherapist, eligible for membership of the Association of Child Psychotherapists.

## Learning Outcomes

The training is unique in that it is based on a 4-year full-time training post in one CAMHS team which enables the trainees to develop skills in a multidisciplinary setting from the outset. As well as the core study of individual psychoanalytic work with children and young people, work is undertaken with parents, groups, families, and consultation and supervision of other trainees and professionals.

## Trainee Numbers

Year	Number
Fourth Year	3
Third Year	5
Second Year	2
First Year	7
Total	17

## Current Locations of NSCAP

**Trainees** *[see maps on back page]*

North West	Yorkshire & the Humber	North East
Liverpool	Northallerton	Durham
Wirral	Leeds (3)	Stockton on Tees
Wigan	Castleford	
Manchester (2)	Wakefield	
Oldham	Pontefract	
Macclesfield	Sheffield	

There are another 5 trainees with schools outside of the region who are due to qualify shortly. Including these the projected workforce supply of newly qualified Child Psychotherapists is:

2007	2008	2009	2010
4	6	5	7

## Example of Professional Development with NSCAP

Chris has a background in youth and community work and in 2001 gained a BA (Hons) in Youth and Community Development from a local University.

In 2003 he moved to a post with Barnado's as a Senior Practitioner: Boys and Young Men's Worker and at the same time undertook the NSCAP/Tavistock Clinic course **Psychodynamic Approaches to Working with Adolescents**; receiving a PG Cert from the University of East London in 2004.

He then progressed onto the NSCAP/University of Leeds **Psychoanalytic Observational Studies** masters level programme which he is due to complete this year.

In 2006 he moved employment to work as a Mental Health Practitioner with an NHS Trust, in part to gain experience of working in a multi-disciplinary child and adolescent mental health service to support his application to undertake the doctoral level **Clinical Training in Child and Adolescent Psychotherapy** with NSCAP. In March 2007 he was successful in his application to commence the training.

In his application for the clinical training Chris said:

*"I am making this application to continue my journey of personal and professional development. I have a desire and ambition to train in greater depth in a therapeutic approach when working with children, their families and carers, as part of a multi-disciplinary team.*

*I am keen to further develop my understanding of psychodynamic thinking, approaches and applications and to develop my current skill base whilst training as a Child Psychotherapist."*

## Plans for 2007/08

*Children's services and specialist CAMHS are seeing an increase in both the prevalence and severity of mental health problems*

Children's services and specialist CAMHS are seeing an increase in both the prevalence and severity of mental health problems as highlighted in UNICEF's report on the lives and well-being of children and adolescents in the economically advanced nations.

Child and Adolescent Psychotherapists can make a distinctive contribution to national strategic developments in children's services, to their local delivery, and to the outcomes for children, young people and their families.

NSCAP will continue to ensure its training provision responds to the needs of the children's workforce.

### **In 2007/08 we will:**

- Deliver the "top-up" Doctorate for qualified Child and Adolescent Psychotherapists to increase the research and clinical skills of individuals who can take leadership roles in services.
- Offer a short course for people working with adolescents and review the delivery of the Psychodynamic Approaches to Working with Adolescents programme with the Tavistock Clinic/UCL.
- Increase the scope of our involvement with the education sector by holding a conference on emotional and behavioural difficulties and develop plans to deliver a post-graduate course for education workers.

- Explore options for a course that will enhance the training escalator by providing workers in CAMHS and other settings with the skills to undertake less-specialist psychoanalytically based work with children and young people. This would meet service requirements, and patient's needs, for increased access to psychological therapies through high quality training
- Work with our partners in adult mental health to develop training in forensic psychotherapy which is a regional priority and the subject of the DoH report "Promoting mental health for children held in secure settings: A framework for commissioning services."

- Contribute to the development of a Psychological Therapies Training Resource Centre to co-ordinate the provision of a range of psychological therapies.
- Contribute to the national strategic work of the Association of Child Psychotherapists in response to developments in the NHS and other sectors.

#### **Current developments include:**

- New Ways of Working
- National Occupational Standards in Psychological Therapies
- Common Set of Core Competences for the Specialist CAMHS Workforce
- Commissioning Framework for CAMHS Education and Training

- Work with service commissioners and providers to ensure that child and adolescent psychotherapy is made available locally to meet the needs of children, young people and their families to secure improved outcomes.
- Commence 7 new trainees on the clinical training in 2007 including placements in 4 new areas.

#### **The planned training places for 2007 are in:**

- Newcastle
- South Tyneside
- Bradford
- Doncaster
- Sheffield
- Wigan
- Manchester

## Staff

### NSCAP

#### Head of Training

Biddy Youell

#### Clinical Directors

Lynda Ellis

Lydia Hartland-Rowe

Dr Janet Shaw

#### Management & Administration

Nick Waggett

Sarah McCormack

Susan McCreath

Alison Plant (on maternity leave)

#### Leeds PCT Representative to NSCAP Board

Jean Baker, Operational Director of  
Children's Services

#### Clinical Training Tutors

Caroline Owens

Dr James Johnston  
Professor Michael Rustin

#### Supervisors

Judith Edwards

Dr Juliet Hopkins

Dr Dilys Daws

### PSYCHOANALYTIC OBSERVATIONAL STUDIES

#### Liverpool

##### Course Organiser

Julie Boardman

##### Programme Management and Teaching Staff

Suzanne Blundell

Simon Cregeen

Paul Foster

Jannie Hollins

Paula Land

Lisa Miller

#### Leeds

##### Course Organiser

Lynda Ellis

##### Programme Management and Teaching Staff

Professor David Cottrell

Janine Cherry-Swaine

Sandra Fentiman

Susie Payne

Kate Robertson

Polly Skerrat

Rajni Sharma (*on maternity leave*)

#### Newcastle

##### Course Organiser

Dr Janet Shaw

##### Programme Management and Teaching Staff

Jacky Bone

Brenda Hodgson

Professor Ann Le Couteur

Katie Lewis

Dr Esti Rimmer



**PSYCHODYNAMIC APPROACHES  
TO WORKING WITH  
ADOLESCENTS**

**Leeds Organising Tutor**

Caroline Owens

**Course Tutors**

Isabel Conlon

Susan Godsil

Cleveland Wilson Sewell

**PERSONALITY DEVELOPMENT**

**Organising Tutors**

**Leeds and Manchester**

Lydia Hartland-Rowe

(with Dawn Knight in Manchester)

**Darlington**

Jacky Bone with Jill Ball

**Visiting Lecturers**

Marie Bradley

Julia Britton

Christine Chester

Simon Cregeen

Brenda Hodgson

Trudy Klauber

Katie Lewis

Lisa Miller

**INTRODUCTION TO CHILD AND  
ADOLESCENT PSYCHOTHERAPY  
FOR SpRs  
Manchester**

Lydia Hartland-Rowe

and Christine Chester

**Liverpool**

Suzanne Blundell

Paul Foster

*Details of the latest  
course and  
developments at  
NSCAP can be found  
in the News section of  
our website*

*[www.nscap.org.uk](http://www.nscap.org.uk)*

# Maps of the Current Workforce

## Locations

- Qualified CAPTs
- Trainee CAPTs

## NORTH WEST

- A Blackpool
- B Blackburn with Darwen Teaching
- C Sefton
- D Wirral
- E Liverpool
- F Knowsley
- G Halton and St Helens
- H Warrington
- I Ashton, Leigh and Wigan
- J Bolton
- K Bury
- L Rochdale, Heywood and Middleton
- M Salford Teaching
- N Trafford
- O Manchester
- P Oldham
- Q Tameside and Glossop
- R Stockport

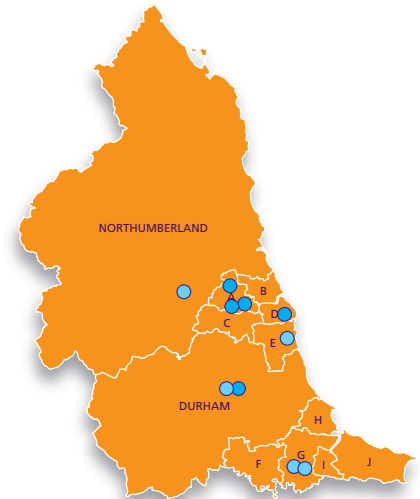


## Locations

- Qualified CAPTs
- Trainee CAPTs

## NORTH EAST

- A Newcastle
- B North Tyneside
- C Gateshead
- D South Tyneside
- E Sunderland Teaching
- F Darlington
- G Stockton-on-Tees Teaching
- H Hartlepool
- I Middlesbrough
- J Redcar and Cleveland



## Locations

- Qualified CAPTs
- Trainee CAPTs

## YORKSHIRE AND THE HUMBER

- A Bradford and Airedale Teaching
- B Hull Teaching
- C North East Lincolnshire
- D Rotherham



*There are many areas in the north of England that are not providing child and adolescent psychotherapy and there are significant numbers of children and young people who do not have access to this service.*

## Contact Details

### **Northern School of Child and Adolescent Psychotherapy**

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