

## **POSTGRADUATE CERTIFICATE IN ENHANCED COGNITIVE BEHAVIOURAL THERAPY (Children and Adolescents) 2020-21**

This course is designed to develop and enhance CBT knowledge and skills in relation to working with children, young people and their families. The course is aimed at both child and adolescent practitioners from a range of professional backgrounds who are seeking to develop their knowledge and practice of CBT, as well as CBT professionals working with other client populations who wish to extend their practice into child and adolescent work. The Course takes full advantage of the high levels of theoretical knowledge and clinical expertise available among practitioners of CBT in Oxford. The design, organisation, training and supervision of the course are by highly expert CBT therapists, supervisors and trainers, who have extensive experience in the practice of CBT and in related training and research.

Some of the sessions will be delivered jointly with the complex presentations pathway where the topic is of shared relevance or enhances knowledge of intergenerational influences on problem development and maintenance.

Teaching sessions are provided alongside regular group supervision sessions.

Reading and completion of written assignments will be undertaken in addition to the teaching days outlined below. Most students find it effective to set aside at least six to seven hours a week for private study.

The course dates are:

25 - 26 March 2021 (2-day teaching block)

15 April – 9 July 2021 (Thursdays and Fridays on a biweekly basis)

### **COURSE CONTENT**

The evidence base for CBT for children, young people and their families.  
Adapting principles of CBT for working with children, young people and their families.  
Child development and implications for CBT practice  
Working systemically with CBT  
Developmental trauma  
Creative interventions  
Working with behavioural difficulties  
Adapting CBT for working with children with neuro developmental problems.  
Ethical, legal and professional issues for working with children and adolescents

### **TEACHING METHODS**

- **Formal teaching**

This covers theoretical and research issues as well as clinical skills. A workshop format is normally used involving active participation, a strong experiential element and clear relevance to

clinical practice. Teaching is provided by local experts and by invited speakers with specialised knowledge of particular topics.

- **Small group supervision of clinical casework**

Supervision of clinical practice is organised to encourage exposure to a variety of client groups and problem types and to a range of therapeutic styles within CBT. All supervisors are highly experienced CBT therapists working with children, adolescents and their families. Students are expected to follow through at least three cases during the course and routinely to record treatment sessions to review in supervision groups. Supervisors will also provide feedback on recordings of students' therapy sessions.

## **LOCATION**

Training & Clinical Supervision will take place at the Warneford Hospital and Oxford Brookes University (which is near the Warneford Hospital). Clinical practice is carried out at the student's normal place of work.