**POSTGRADUATE CERTIFICATE IN ENHANCED COGNITIVE BEHAVIOURAL THERAPY (Children and Adolescents) 2023-24**

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 Co-Morbid, Chronic & Systemic Difficulties 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 for 2023-24 are:

**21 – 22 March 2024** (2-day teaching block)

# 18 April - 19 July 2024 (Thursdays and Fridays on a biweekly basis, except no teaching

# on 30-31 May)

# 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

Formulating Complexity

Using CBT creatively

CBT for child and adolescent anxiety, OCD, depression, PTSD, low self-esteem and

non-suicidal harmful behaviours

Behavioural Interventions

Working with and through parents

Adapting CBT for working with children with neuro developmental difference

Ethical, Professional and Legal Issues when working with children, young people and

families

# 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.

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# LOCATION

Teaching & Clinical Supervision will take place online, and if possible, some face to face sessions will be offered during the course. Clinical practice is carried out at the student’s normal place of work.