



England

North West Mental Health Education & Training Brochure

Version: April 2026

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Training Summary

Course	Course Length	Indicative start date	Online/Face to Face
Adult and Older People, Psychological Therapies for Severe Mental Health Problems (A&OP PT-SMHP)			
1. Understanding Psychosis & Bipolar Disorder	2 full days/small no. of 4 half days	Various, 2-3 cohorts per month	Online
2. Family Intervention (FI)	1 year	September & March (Exeter) or October & March (Meriden)	Online
3. Dialectical Behaviour Therapy (DBT) Training	2 Year Full Course 1 Year Top Up & Supervision	October, November	Online
4. Adult Eating Disorders - Whole Team Training	8 days	January	Online
5. Structured Clinical Management (SCM)	1 Year	June, July, September, October, November, January & March	Online
6. Mentalization Based Treatment (MBT)	1 Year	June, July, September, October, February & March	Online
7. Cognitive Behavioural Therapy (CBT) Severe Mental Health Problems – Personality Disorder (PD)/Psychosis & Bipolar (P&B)/Eating Disorders(ED)	2 Year Full Course 1 Year Top Up & Supervision	November (PD and P&B), January (ED)	Face to Face/Blended
8. Comprehensive Assessment of At Risk Mental States for Psychosis (CAARMS for Psychosis)	2 days Full course 1 day for Supervision course	June, July, August, September, October, November, December, January, February, March	Online
9. Mental Health and Wellbeing Practitioner (MHWP)	1 year	March	Face to Face
10. Cognitive Analytic Therapy (CAT)	2 Year	October	Face to Face
11. Model of Anorexia Nervosa (MANTRA)	5 days	March	Online
12. Eye Movement Desensitisation and Reprocessing - EMDR	2 years	October	Blended - with some compulsory face to face attendance
13. Multi Professional Approved Clinicians	1 year plus portfolio development	September, February	Online (Distance Learning)

Training Summary

Course	Course Length	Indicative start date	Online/Face to Face
Children and Young People's (CYP) Mental Health Programme			
1. Children and Young People's Wellbeing Practitioner (CWP)	1 year	September	Blended (F2F/Online)
2. Education Mental Health Practitioner (EMHP)	1 year	September, January	Blended (F2F/Online)
3. CYP-PT Cognitive Behaviour Therapy (CBT)	1 year	January	Blended (F2F/Online)
4. CYP-PT - Interpersonal Therapy with Adolescents Pathway (IPT-A)	1 year	January	Blended (F2F/Online)
5. CYP-PT - Parent Training for Conduct Disorders (PT) pathway	1 year	January	Blended (F2F/Online)
6. CYP-PT - Systemic Family Practice (SFP) – Conduct Disorder (SFP-CD) & Eating Disorders (SPF-ED)	1 year	January	Blended (F2F/Online)
7. CYP-PT – Learning Disabilities and Autism	1 year	January	Blended (F2F/Online)
8. Senior Wellbeing Practitioner (SWP)	Part time over 2 years	January, September	Blended (F2F/Online)
9. CYP Service Leadership for Evidence-based Psychological approaches	18 days over a period of 12 months	October	Online
10. Enhanced Evidence Based Practice (EEBP)	26 Days	TBC	Blended (F2F/Online)
11. Supervision	1 year	Various	Blended (F2F/Online)



Training Summary

Course	Course Length	Indicative start date	Online/Face to Face
Clinical Neuropsychology Postgraduate Training			
Qualification in Clinical Neuropsychology (QiCN)	Flexible	Candidates can enrol at any time	Online
MSc Clinical Neuropsychology, Knowledge and Practice Components (Adult)	2, 3, 4 or 5 years dependent on education provider and mode of entry	September, January	Online
MSc Clinical Neuropsychology Knowledge and Research Dimensions	2 years part time	September	Online
MSc Clinical Paediatric Clinical Neuropsychology	1 or 2 years	September	Face to face
PG Dip Clinical Neuropsychology Knowledge (Adult)	2, 3 or 4 years dependent on mode of entry	September, January	Online
PG Dip Clinical Paediatric Clinical Neuropsychology Knowledge	1 or 2 years	September	Face to face
PG Dip Theoretical and Practical Neuropsychology	2,3 or 5 years dependent on mode of entry	September, January	Online
PG Cert Clinical Neuropsychology Practice (Adult or paediatric)	2, 3 or 4 years dependent on mode of entry	September, January, April	Online

Training Summary

Course	Course Length	Indicative start date	Online/Face to Face
Eye Movement Desensitisation and Reprocessing - EMDR			
1. EMDR	2 years	October 2025	Blended - with some compulsory face to face attendance
Family and Systemic Psychotherapy Training			
1. Masters Level Training in Systemic Psychotherapy	2 years part time	September 2025 (biannual intakes)	Face to face 2-3 days per month
NHS Talking Therapies for Anxiety and Depression Practitioner Training			
1. High Intensity Cognitive Behavioural Therapy (CBT) Training Programme	12 months –part time route also available	September, January	Blended with a minimum 50% face to face
2. Psychological Wellbeing Practitioner (PWP) Programme	12 months – part time and apprenticeship route also available	September, October, March	Blended with a minimum 50% face to face
3. Long Term Condition Training - High Intensity Cognitive Behavioural Therapy (CBT) Training Programme	10 days, weekly attendance	September, January	Online with option for face to face if required
4. Long Term Condition Training - Psychological Wellbeing Practitioner (PWP) Programme	5 days	January	Online

Training Summary

Course	Course Length	Indicative start date	Online/Face to Face
NHS Talking Therapies Other Modalities Training			
1. Behavioural Couples Therapy for Depression	5 days + 12 x monthly supervision	Various	Online
2. Counselling for Depression (CfD)	7 taught days +80 hrs supervised practice	Various between October and February	Online with option for face to face if required
3. Couple Therapy for Depression (CTfD)	5 days + 12 months of fortnightly supervision	Various	Online
4. Dynamic Interpersonal Therapy (DIT) PG Cert	20 days	January, March	Blended
4a. Dynamic Interpersonal Therapy (DIT) CPD	5 days	March	Online
5. Evidence Based Training to work with Traumatized Refugees and Asylum Seekers (formerly NET)	12 months including self-directed study module, 4 taught days + monthly supervision	September, March	Blended
6. Interpersonal Psychotherapy Training (IPT)	6 or 7 days depending on education provider	Various	Online
7. Mindfulness Based Cognitive Therapy (MBCT)	10 days + 3 optional days over 12 months	February or March	Blended (F2F/Online)
8. Trauma-Focused CBT Top-up training - upskilling in the Ehlers and Clark intervention	5 days + monthly supervision	March	Online

Training Summary

Course	Course Length	Indicative start date	Online/Face to Face
Peer Support Workers			
Peer Support Worker Training	12 weeks (1 day per week)	Various throughout the year	Online
Peer Support Worker Supervisor Training	2 days over a number of weeks	Various throughout the year	Online
Perinatal Mental Health			
EMDR, Behavioural Couples Therapy, Couples therapy for Depression, Interpersonal Psychotherapy, Dialectical Behaviour Therapy, Mental Health Wellbeing Practitioner, CBT – Eating Disorders, CBT – Psychosis and Bipolar Disorder and CBT – Personality Disorder training are available for Perinatal Mental Health Teams – please refer to information provided on pages 3,6&7.			

NHS funding for psychological professions training programmes

2-year Psychological Professions Funding Rule Policy Statement

In August 2021, HEE made an initial announcement about implementing a policy change for future eligibility on NHS funding across specific psychological professions' training programmes for individuals who wish to undertake more than one NHS-funded training.

The 2-year psychological professions funding rule policy was implemented from the 1 April 2022 and applies to any person starting on one of the NHS-funded psychological professions training programmes (see below). In other words, if entering one training from April 2022, that trainee will normally not be eligible to receive NHS funding for a subsequent psychological professions training until a minimum of 2 years after the award for the first training is recommended by a qualifying examination board or by chair's action after the qualifying exam board.

The Policy: 2-year Psychological Professions Funding Rule

- The '2-year psychological professions funding rule' is based on the principle that once an individual has commenced an NHS-funded psychological professions training programme, a 2-year period will be required to pass from the expected completion date of that training before the funded individual would be eligible for further NHS funding to train in another psychological profession training (where this leads to a change of occupation). Notes:
 1. The 2-year timeframe is taken from the date of the qualifying exam board (or the date individual award is formally recommended by chair's action post-exam board) of one course to the start date for teaching of the next course to be undertaken.
 2. The rule applies to any individual who starts and subsequently completes, withdraws or fails to complete the qualifying requirements of a training programme.

The 2-year funding rule will not impact the 'Progression from PWP to HIT training' IAPT training policy as the training rule established in 2018 will continue to apply.

The list of training programmes included within the policy (where NHS-funded) will be updated periodically. This means additional NHS-funded training programmes may be added to this list. WT&E will give prior notice to any additional programmes and inform stakeholders and partners before these training programmes are advertised and recruited to. For further information and the list of NHS funded programmes this relates to, please click here: [Funding for psychological professions training programmes](#)

Adult and Older People, Psychological Therapies for Severe Mental Health Problems (A&OP PT-SMHP)

Kay Helliwell

kay.helliwell2@nhs.net

Adult & Older People, Psychological Therapies for Severe Mental Health Problems (A&OP PT-SMHP)

1. Understanding Psychosis & Bipolar Disorder (UPBD)

A training initiative to promote specialist understanding of psychosis and bipolar amongst community mental health staff.

Training will include:

- Sharing the theoretical background to NICE psychological therapy recommendations – highlighting psychosocial influences (e.g. trauma, adversity, social injustice), the role of caregivers, and recovery approaches
- Discussing the recommendations, what these therapies entail, and what service delivery should look like
- Supporting teams to deliver aspects of these interventions to improve experience and quality of care

[Lancaster University](#)

2. Family Intervention (FI)

Upskilling the adult and older adult community mental health workforce is central to the strategy to improve timely access to a range of evidence-based psychological therapies, including Family Intervention.

The University of Exeter Programme & Meriden Family Programme (BFT) are 2 of the 4 training providers commissioned to deliver across England and will be offering a 12-month programme to staff working in community adult/older adult and EI services. The training will equip practitioners with the skills to deliver evidence based face-to-face FI sessions, as well as remote working where necessary.

[University of Exeter](#)

[Meriden Family Programme \(BFT\)](#)

For further details on how to access these programmes, please contact kay.helliwell2@nhs.net

* AOP Mental Health Programmes will be subject to re-procurement during 26/27 & 27/28

Adult & Older People, Psychological Therapies for Severe Mental Health Problems (A&OP PT-SMHP)

3. Dialectical Behaviour Therapy (DBT) Training

Psychological therapies for people with severe mental health problems (PT-SMHP) are a key part of the new integrated community offer for adults, as set out in the NHS Long-Term Plan. Upskilling the workforce is central to the strategy to improve access to psychological therapies. WT&E has identified Dialectical Behaviour Therapy (DBT) as one of the treatments of choice to implement this strategy. DBT was officially recommended for consideration by NICE from 2009 in the Borderline Personality Disorder Guideline for treating repeated self-harming behaviours and has since been extensively researched for individuals with a wide range of mental health conditions receiving treatment in diverse practice settings across the world, sustaining a record of efficacy and effectiveness (Walton & Comtois, 2019).

Full Course

This pathway is for clinicians who:

- Are looking to implement a new DBT Programme and have not previously received DBT Intensive Training.
- Are joining an already established DBT Programme and have not previously received DBT Intensive Training.
- Are joining an already established DBT Programme and have received DBT training to Foundational level with BI-DBT or another training provider.

Please note the elements of the Top-Up Course, have now been merged into the Full course programme

These elements are for clinicians who:

- Are currently practising DBT as part of an established programme and have previously completed the full 10 days of Intensive Training with BI-DBT.
- Are currently practising DBT and have previously completed the PG CERT in DBT.

Supervisor Training

WT&E are also looking to increase the pool of trained DBT Supervisors. The requirements for this training are:

- If the person is accredited by the SfDBT or the Linehan Board of Certification (LBC) they can automatically be accepted onto the training.
- If not, then the person will have needed to have practised DBT for one year post intensive training or one year post foundational training plus six months.

British Isles DBT (BI-DBT) Training

For further details on how to access these programmes, please contact kay.helliwell2@nhs.net

Adult & Older People, Psychological Therapies for Severe Mental Health Problems (A&OP PT-SMHP)



4. Adult Eating Disorders - Whole Team Training

The Eating Disorders Services for Adults Whole Team Training (EDSA WTT) programme, commissioned by NHSE WT&E, is aimed at all Adult Eating Disorders teams in England. The programme is designed to equip teams with the collective and individual skills needed to provide high quality care and evidence based interventions in line with the Adults Eating Disorders – Whole Team Training curriculum.

The annual training programme provides blended learning across eight training days, support from a dedicated team mentor, and access to an online learning hub to ensure that busy teams can learn flexibly and translate this learning to practice.

The programme is engaging with a wide array of stakeholders to develop and deliver the content ensuring the widest reach and impact possible. Service user, family and carer input features throughout, from the training design and delivery, through to evaluation and quality assurance.

Maudsley Learning (SLaM)

For further details on how to access this programme, please contact kay.helliwell2@nhs.net



Adult & Older People, Psychological Therapies for Severe Mental Health Problems (A&OP PT-SMHP)

5. Structured Clinical Management (SCM)

Structured Clinical Management (SCM) is an atheoretical, evidenced based approach that enables generalist mental health practitioners to work effectively with people with borderline personality disorder.

SCM provides generalist mental health staff with a coherent and systematic approach to working with people with borderline personality disorder. It is based on a supportive approach with case management and advocacy support.

There is an emphasis on problem-solving, effective crisis planning, managing emotional regulation and impulsivity, improving personal and social relationships and medication review and assertive follow-up if appointments are missed.

Full Course/Supervisor Training

Anna Freud

6. Mentalization Based Treatment (MBT)

Mentalization Based Treatment (MBT) is an evidence based psychological therapy for borderline personality disorder (BPD).

Mentalizing refers to our ability to attend to mental states in ourselves and in others as we attempt to understand our own actions and those of others on the basis of intentional mental states.

A focus on this very human activity as a therapeutic intervention forms the core of mentalization based treatment. MBT was initially developed for the treatment of borderline personality disorder although it is now being used on a wide range of disorders.

Training programmes are now available for MBT for antisocial personality disorder, MBT for families, and MBT for adolescents.

Full Course/Supervisor Training

Anna Freud

For further details on how to access these programmes, please contact kay.helliwell2@nhs.net

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Adult & Older People, Psychological Therapies for Severe Mental Health Problems (A&OP PT-SMHP)

7. Cognitive Behavioural Therapy (CBT) Severe Mental Health Problems

NHS England fund training for NHS clinicians to improve access to psychological therapies for people with severe mental health problems.

Full Course - The two-year programme is targeted at staff with a core mental health qualification who have not previously undertaken core CBT training either as part of their core mental health training or subsequently through a postgraduate diploma CBT course. The first year of the programme covers the fundamentals of CBT and CBT for depression and anxiety disorders. The second specialist year focuses on one of three SMHP areas: psychosis and bipolar, eating disorders or personality disorders.

Top-up Course - The one-year programme is targeted at staff with previous substantial core CBT training either as part of their core mental health training or subsequently through a postgraduate diploma CBT course. You will follow specialist modules for your SMHP route (CBT for psychosis and bipolar, CBT for eating disorders or CBT for personality disorders) throughout your training.

The curriculum and requirements have been set by NHSE WT&E.

[Click here to access the curriculum](#)

For further details on how to access these programmes, please contact kay.helliwell2@nhs.net

PTTC at GMMH - Psychological Therapies Training Centre at Greater Manchester Mental Health

CBT - Psychosis & Bipolar Disorder

PTTC at GMMH

CBT - Personality Disorder

PTTC at GMMH

CBT - Eating Disorder

University of Sheffield

Adult & Older People, Psychological Therapies for Severe Mental Health Problems (A&OP PT-SMHP)

8. Comprehensive Assessment of At Risk Mental States for Psychosis (CAARMS for Psychosis)

CAARMS is considered to be a useful tool to help clinicians identify those who are at risk and those who have experienced a first episode of psychosis (FEP).

There is a high demand within Early Intervention for Psychosis (EIP) services for this training and the course will be aimed at increasing the number of individuals who are upskilled in being able to deliver the assessment within early intervention services.

CAARMS for Psychosis practitioner and supervisor courses are delivered by University of Hull.

Course Information

[University of Hull](#)

9. Mental Health and Wellbeing Practitioner (MHWP)

The MHWP role is designed to support collaborative care planning, alongside other members of the multi-disciplinary team. MHWPs will also deliver a set of brief wellbeing-focused psychologically informed interventions - not therapy - for example: Behavioural Activation and Graded Exposure using the “GOALS” programme, problem-solving, improving sleep, recognising and managing emotions, guided self-help for bulimia and binge-eating, confidence building, and support with medicines management.

Courses are delivered by **Edge Hill University and UCLAN**. For further details about the programmes please click on the links below:-

[University of Lancashire](#)

[Further Information](#)

[Edge Hill University](#)

For further details on how to access these programmes, please contact kay.helliwell2@nhs.net

Adult & Older People, Psychological Therapies for Severe Mental Health Problems (A&OP PT-SMHP)

10. Cognitive Analytic Therapy (CAT)

Cognitive-Analytic Therapy is a time limited, evidence-based, NICE-approved psychotherapy which integrates theories derived from cognitive psychology, psychoanalytic psychotherapy, developmental psychology and other approaches.

This training is funded by NHS England WT&E specifically for clinicians working with adults (including older people) in community services with people with complex relational problems and adverse childhood experience, who would be likely to meet criteria for a diagnosis of "Borderline" or "Emotionally Unstable" Personality Disorder.

Training for the North West is provided by Catalyse, 1 of 3 providers nationally. Please see the link below for further details about the course.

Course Information

Catalyse



For further details on how to access this programme, please contact kay.helliwell2@nhs.net

* AOP Mental Health Programmes will be subject to re-procurement during 26/27 & 27/28

Adult & Older People, Psychological Therapies for Severe Mental Health Problems (A&OP PT-SMHP)

11. Model of Anorexia Nervosa Treatment for Adults (MANTRA)

MANTRA is a structured individual psychotherapy with integrated carer support for adults with anorexia nervosa. It is based on a psycho-biological model of anorexia, developed with support from the NIHR Maudsley Biomedical Research Centre.

It is one of three NICE recommended therapies to be used as a first line of treatment for anorexia nervosa. MANTRA training is aimed at qualified practitioners with a core mental health profession working in specialist adult or all-age eating disorder services.

Course Information

Maudsley Learning (SLAM)

12. Eye Movement Desensitisation and Reprocessing - EMDR

EMDR is a form of psychological therapy recommended by the National Institute for Health and Care Excellence (NICE) for Post-Traumatic Stress Disorder (including Complex PTSD) or clinically significant symptoms of PTSD. EMDR sits alongside Trauma-focused Cognitive Behavioural Therapy as a first line treatment of choice for these presentations.

This is a two-year training programme aligned to the national curriculum to build on the individual's core profession and existing generic competences to deliver individual structured psychotherapy as well as a core understanding of trauma and PTSD. The training will expand on this foundation knowledge and teach clinicians how to intervene effectively with PTSD or significant PTSD symptoms using EMDR. This prepares trainees to deliver EMDR within the scope of NICE guidance.

There are strict entry requirements for this training – please see page 30 for further information on this.

Funded training for EMDR is available for Community Mental Health Teams. Please note that training places are very limited.

Training is provided by Solent NHS Trust.

For further details on how to access these programmes, please contact kay.helliwell2@nhs.net

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Adult & Older People, Psychological Therapies for Severe Mental Health Problems (A&OP PT-SMHP)



13. Multi Professional Approved/Responsible Clinician (ACRC)

The 2007 amendments to the Mental Health Act 1983 introduced the roles of approved clinician and responsible clinician, enabling mental health professionals other than psychiatrists to carry out duties previously performed by psychiatrists.

The introduction of these roles was intended to deliver enhanced quality of care while also ensuring the best use of our skilled and professionally diverse workforce. It is therefore important to ensure the approved clinician is the clinician with the right set of skills to address the patient's main treatment needs.

The adoption of this role will allow patients to benefit from the unique perspectives of nurses, social workers, occupational therapists and psychologists.

[Northumbria University](#)[Further Information](#)

* AOP Mental Health Programmes will be subject to re-procurement during 26/27 & 27/28

Children and Young People's (CYP) Mental Health Programme

Kay Helliwell
kay.helliwell2@nhs.net

Children & Young People's (CYP) Mental Health Programme*

1. Children and Young People's Wellbeing Practitioner (CWP)

Children and Young People's Wellbeing Practitioners (CYWPs) play a key role in providing early mental health and wellbeing support for children and young people in community settings and are part of the Children and Young People's Psychological Trainings (CYP-PT). This is a service transformation programme delivered by NHS England Workforce Training & Education and partners that aims to improve existing children and young people's Mental Health Services (CYP MHS). CYP Wellbeing Practitioner (CYWP) training benefits from being integrated within CYP MHS and linked to regional CYP-PT Collaborative, bringing a valuable organisational infrastructure.

During training, the post-holder will work under supervision to gain experience to enable them to meet the competence required to deliver high-quality, evidence-based, CBT-Informed early interventions for children and young people experiencing mild to moderate mental health problems within community settings.

The programme is of 12 months duration and consists of a combination of taught days, independent self-guided study days and closely supervised practice experience gained within a community mental health service.

The course and supervision course is delivered by the **PTTC at GMMH**. For further details about the programmes please click on the link below:-

[PTTC at GMMH](#)

2. Education Mental Health Practitioner (EMHP)

In line with the government's priority to increase access and availability of mental health and wellbeing support for children and young people, the Education Mental Health Practitioner (EMHP) role is an exciting opportunity to deliver brief evidence-based early interventions. EMHPs work in educational settings, including primary and secondary schools, and further education colleges, as part of NHS led Mental Health Support Teams. The EMHP training programme is part of the national Children and Young People's Psychological Trainings (CYP-PT) initiative.

The training programme for EMHPs is 12 months in duration. Training consists of a combination of taught, independent self-guided study days and closely supervised practice experience gained within Mental Health Support Teams.

During training, the post-holder will work under the supervision of their employing service to gain experience in providing brief interventions for children and young people who are experiencing mild to moderate mental health problems (principally anxiety and depression). Trainee EMHPs are also trained in providing support to educational settings with Whole School Approaches, designed to improve emotional well-being and mental health more broadly within schools and colleges. Successful completion of training entitles trainees to join the BPS or BABCP register, and then work as a qualified EMHP.

Courses & Supervision Courses are delivered by **PTTC at GMMH and Edge Hill University**. For further details about the programmes please click on the links below:-

[PTTC at GMMH](#)

[Edge Hill University](#)

* CYP Mental Health Programmes will be subject to re-procurement during 26/27

PTTC at GMMH - Psychological Therapies Training Centre at Greater Manchester Mental Health

For further details on how to access these programmes, please contact kay.helliwell2@nhs.net



3. CYP Psychological Trainings (CYP-PT) – Cognitive Behaviour Therapy (CBT)

This programme is a Postgraduate Diploma in Evidence-based Psychotherapies for children and young people, validated by the University of Manchester. The programme is part of the national Children and Young People – Psychological Trainings (CYP-PT) project and has gained validation by the British Association of Behavioural and Cognitive Psychotherapy (BABCP). It is a full-time programme (two days per week teaching/ supervision, with the rest of the week spent in clinical practice with a small caseload of CBT clients), in three 10-week terms, commencing in January each year.

The aim of the programme is to provide health and social care professionals working in CYP-PT services with the opportunity to develop general core clinical skills and theoretical knowledge, with specialism in cognitive and behaviour therapy interventions for internalising disorders (8-18 year olds).

This is a **Recruit to Train programme** funded by NHSE WT&E and delivered by the **PTTC at GMMH**. For further details about the programme please click on the link below:-

[PTTC at GMMH](#)

4. CYP Psychological Trainings (CYP-PT) – Interpersonal Therapy with Adolescents Pathway (IPT-A)

This programme is a Postgraduate Certificate in Evidence-based psychotherapies for Children and Young People, validated by the University of Manchester. In addition to offering a breadth of teaching and training in evidence-based practice, it focusses specifically on supporting trainees towards accreditation in Interpersonal Psychotherapy for Adolescents, an evidence based and NICE recommended treatment for adolescent depression. The programme is part of the national Children and Young People, Psychological Trainings (CYP-PT) project and has gained validation by IPT UK. It is a part-time multi-disciplinary programme (one day a week teaching and one and a half days spent in clinical practice and supervision) across three 10-week terms, commencing in January each year. The aim of the programme is to provide health and social care professionals working in CYP-PT services who have experience of delivering therapy with the opportunity to specialise in Interpersonal Psychotherapy for adolescents with depression.

This is a **Recruit to Train programme** funded by NHSE WT&E and delivered by the **PTTC at GMMH**. For further details about the programme please click on the link below:-

[PTTC at GMMH](#)

* CYP Mental Health Programmes will be subject to re-procurement during 26/27

PTTC at GMMH - Psychological Therapies Training Centre at Greater Manchester Mental Health



5. CYP Psychological Trainings (CYP-PT) – Parent Training for Conduct Disorders (PT) pathway

This programme is a postgraduate diploma in evidence-based psychotherapies for children and young people, validated by the University of Manchester. The programme is part of the national Children and Young People – Psychological Trainings (CYP-PT) project, has gained validation by the British Association of Behavioural and Cognitive Psychotherapy (BABCP). It is a full-time multi-disciplinary programme (two days per week teaching/ supervision, with the rest of the week spent in clinical practice), in three 10 week terms, commencing in January each year.

The aim of the programme is to provide health and social care professionals working in CYP-PT services with the opportunity to develop general core clinical skills and theoretical knowledge, with specialism in parenting training interventions for conduct disorders (3-10 year olds). Students will obtain clinical experience in Incredible Years group delivery and individual home coach training for children between 3 and 10 years old and their parents/carers. The course will consist of model specific supervision in Incredible Years. It will include teaching on PT skills-based workshops and evidence-based theory and literature relating to supporting the emotional wellbeing and mental health of children between the ages of 3 and 10 years old and their parents/carers.

This is a **Recruit to Train programme** funded by NHSE WT&E and delivered by the **PTTC at GMMH**. For further details about the programme please click on the link below:-

[PTTC at GMMH](#)

PTTC at GMMH - Psychological Therapies Training Centre at Greater Manchester Mental Health

6. CYP Psychological Trainings (CYP-PT) – Systemic Family Practice (SFP) – Conduct Disorder (SFP-CD) & Eating Disorders (SFP-ED)

The Systemic Family Practice (SFP) programme is a postgraduate diploma in evidence-based psychotherapies for children and young people, validated by the University of Manchester. The programme is part of the national Children and Young People – Psychological Trainings (CYP-PT) project. The course is accredited with the Association of Family Therapy and Systemic Practice (AFT). It is a full-time multi-disciplinary programme with two days per week in teaching / supervision with the training centre, and the rest of the week spent working clinically with families in their service. The course has three 10 week terms, commencing in January each year. The aim of the programme is to provide health and social care professionals working in CYP-PT services with the opportunity to develop general core clinical skills and theoretical knowledge, with specialism in systemic family practice for mood (depression) and self-harm, behavioural (conduct) issues and eating disorders. There are 2 branches and trainees choose to specialise in either eating disorders, or combined mood, self-harm and behaviour issues.

This is a **Recruit to Train programme** funded by NHSE WT&E and delivered by the **PTTC at GMMH**. For further details about the programme please click on the link below:-

[PTTC at GMMH](#)

* CYP Mental Health Programmes will be subject to re-procurement during 26/27



7. CYP Psychological Trainings (CYP-PT) –

Learning Disabilities and Autism

This programme is part of the national Children and Young People – Psychological Trainings (CYP-PT) project.

Autistic young people are at much higher risk of experiencing mental health issues: around half will experience anxiety at a level that reaches diagnostic threshold; across a lifetime an autistic person is 4 times more likely to experience depression; and the risk of suicidal ideation and attempts are also higher. Similarly, young people with significant learning disabilities are more likely to experience depression and anxiety than neurotypical young people, and both groups are more likely to present with behaviour that challenges, which impacts on their quality of life and that of their family and peers.

Services that work to support young people's mental health and emotional well-being need practitioners who can effectively assess neurodevelopmental conditions, formulate difficulties with sound knowledge of these conditions, provide early intervention, and adapt therapeutic approaches to better meet the needs of Autistic young people and/ or those with Learning Disabilities.

This is a **Recruit to Train programme** funded by NHSE WT&E and delivered by the **PTTC at GMMH**. For further details about the programme please click on the link below:-

[PTTC at GMMH](#)

PTTC at GMMH - Psychological Therapies Training Centre at Greater Manchester Mental Health

8. Senior Wellbeing Practitioner

The Senior Wellbeing Practitioner (SWP) role and training opportunity has been designed to support career progression for qualified Education Mental Health Practitioners (EMHPs) and Children & Young People's Wellbeing Practitioners (CYWPs, known nationally as CWPs).

The SWP training has been designed as a part-time Graduate/Post-graduate Diploma level training programme (120 credits), delivered in the Northwest by the Psychological Therapies Training Centre (PTTC) and Edge Hill over 2 years (24 months).

SWP trainees will need to have access to appropriate supervision from a senior clinician within the service both whilst in training and once qualified.

Courses are delivered by **PTTC at GMMH and Edge Hill University**.

For further details about the programmes and delivery please click on the links below:-

[PTTC at GMMH](#)

[Edge Hill](#)

* CYP Mental Health Programmes will be subject to re-procurement during 26/27

For further details on how to access these programmes, please contact kay.helliwell2@nhs.net



9. CYP Service Leadership for Evidence-based Psychological approaches for Children & Young People

This programme is aimed at service leads, managers and CYP-PT service commissioners.

This is a 60 credit M-Level training programme for experienced service managers already working in Child and Adolescent Mental Health Services (CAMHS). The programme is run on an annual basis. The training includes taught and guided experiential learning components and site visits to support service transformation with additional self-directed learning.

The course is delivered by the **PTTC at GMMH**. For further details about the programme please click on the link below:-

[PTTC at GMMH](#)

10. Enhanced Evidence Based Practice (EEBP)

The EEBP curriculum complements existing CYP IAPT curricula in specialist psychological therapies (CBT, Systemic Family Practice, Interpersonal Therapy for Adolescents, and Parent Training for Conduct Problems.) It focuses on enhancing skills in assessment, including of risk; delivering brief, low intensity, evidence-based interventions, and in core competencies required to work with children and young people.

For further details about the programme please contact the PTTC.

[PTTC at GMMH](#)

For further details on how to access these programmes, please contact kay.helliwell2@nhs.net

* CYP Mental Health Programmes will be subject to re-procurement during 26/27

PTTC at GMMH - Psychological Therapies Training Centre at Greater Manchester Mental Health



11. Postgraduate Certificate in Supervision Skills for Evidence-based Psychological approaches for Children & Young People

This programme is designed for supervisors of students on the Postgraduate Diploma or Postgraduate Certificate programmes in Evidence-Based Psychological Therapies for Children and Young People. These include: CBT, Parent Training for Conduct Disorders, Systemic Family Practice, Education Mental Health Practitioner (EMHP), CYP Wellbeing Practitioner (CYWP) and Learning Disability & Autism pathways.

This 60 credit M-Level Postgraduate Certificate training programme is for experienced clinicians already working and supervising in Child and Adolescent Mental Health Services (CAMHS). Overall, the programme will take 9-12 months to complete. This is to allow for the completion of the academic work. The programme is validated by the University of Manchester.

For further details about the programme please click on the link below:-

[PTTC at GMMH](#)

For further details on how to access these programmes, please contact kay.helliwell2@nhs.net

* CYP Mental Health Programmes will be subject to re-procurement during 26/27

PTTC at GMMH - Psychological Therapies Training Centre at Greater Manchester Mental Health

Clinical Neuropsychology Post Graduate Training

Laura Dunaway
l.dunaway@nhs.net

Clinical Neuropsychology Post Graduate Training

NHS England provides funding that can be used against courses at a number of different institutions, this includes adult and paediatric courses, alongside courses that provide the opportunity to complete the Knowledge and/or Practice components required to join the specialist register of Clinical Neuropsychologists at the British Psychological Society.

This funding can be used against several available courses and from the following education providers:

- University of Bristol

<https://www.bristol.ac.uk/psychology/courses/postgraduate/neuropsychology/>

- University of Glasgow

<https://www.gla.ac.uk/postgraduate/taught/clinical-neuropsychology/>

- Canterbury Christ Church University- Salomon's Institute for Applied Psychology

<https://www.canterbury.ac.uk/about-us/faculties-schools-and-departments/faculty-of-science-engineering-and-social-sciences/school-of-psychology-and-life-sciences/salomons/clinical-neuropsychology>

- University College London

<https://www.ucl.ac.uk/prospective-students/graduate/taught-degrees/clinical-paediatric-neuropsychology-msc>

- British Psychological Society <https://www.bps.org.uk/qualification-clinical-neuropsychology>



EMDR – Eye Movement Desensitisation and Reprocessing

Laura Dunaway
l.dunaway@nhs.net

Eye Movement Desensitisation and Reprocessing - EMDR

EMDR is a form of psychological therapy recommended by the National Institute for Health and Care Excellence (NICE) for Post-Traumatic Stress Disorder (including Complex PTSD) or clinically significant symptoms of PTSD. EMDR sits alongside Trauma-focused Cognitive Behavioural Therapy as a first line treatment of choice for these presentations.

This is a two-year training programme aligned to the national curriculum to build on the individual's core profession and existing generic competences to deliver individual structured psychotherapy as well as a core understanding of trauma and PTSD. The training will expand on this foundation knowledge and teach clinicians how to intervene effectively with PTSD or significant PTSD symptoms using EMDR. This prepares trainees to deliver EMDR within the scope of NICE guidance.

There are strict entry requirements for this training – please contact Laura Dunaway for further information on this.

Funded training for EMDR is available for Talking Therapies, Perinatal Mental Health and Community Mental Health Teams. Please note that training places are very limited.

Training is provided by Solent NHS Trust.



Family and Systemic Psychotherapy Training

Laura Dunaway
l.dunaway@nhs.net

Masters in Family and Systemic Psychotherapy Training

The course will provide high quality training in the key skills required to be a systemic psychotherapist, drawing on a range of theory, models and research, with an emphasis upon adult learning principles, evidence-based practice and creative approaches within systemic family therapy. This will include individual, couple and family systemic therapy and will feature working within a live family therapy training team, supervised by an Associate for Family Therapy and Systemic Practice (AFT) accredited systemic clinical supervisor, for 5 hours a week over the two years.

This programme will deliver a professional training at postgraduate level in Family and Systemic Psychotherapy leading to UKCP (UK Council for Psychotherapy) registration. This professional qualification will be accredited by AFT and assure that graduates are fit for safe and effective practice as Systemic Psychotherapists. It will equip graduates to undertake systemic psychotherapeutic work with individuals and people in family and relational groups in accordance with the AFT and UKCP Codes of Ethics and Practice.

Family therapists are employed as a core part of multi-disciplinary teams, within a range of agencies. Specialist systemic family therapy services have an established evidence base for working with a wide range of presenting issues. Trainees will be taught the necessary knowledge and skills to work effectively with evidence-based models across the age range. They will need to evidence their knowledge, skills and attributes through the specified assessments and clinical practice requirements.

Details of all available training programmes can be found on the Association for Family Therapy and Systemic Practice (AFT) website .



Association for Family Therapy and
Systemic Practice

NHS Talking Therapies for Anxiety and Depression

Laura Dunaway
l.dunaway@nhs.net

[Further Information](#)

1. High Intensity Cognitive Behavioural Therapy (CBT) Training Programme

Cognitive Behavioural Therapy (CBT) is a current form of evidence-based psychological therapy recommended by NICE (National Institute for Health and Care Excellence) as a first line intervention for many psychological disorders.

The training aims to support students to achieve the level of theoretical knowledge, reflective abilities and clinical skills needed when considering work in the field of psychological therapy, using evidence-based cognitive behaviour therapy methods in their work.

Funding Information: Tuition fees and 60% salary support for 12 months.

PTTC at GMMH - Psychological Therapies Training Centre at Greater Manchester Mental Health

National Curriculum

Full Course

[Click here to access the curriculum](#)[University of Chester](#)[University of Cumbria](#)[PTTC at GMMH](#)

Supervision Course

Course is delivered by **University of Chester, University of Cumbria and the Psychological Therapies Training Centre at Greater Manchester Mental Health NHS Foundation Trust (PTTC at GMMH)**. For further details on how to access this programme, please contact I.dunaway@nhs.net

2. Psychological Wellbeing Practitioner (PWP) Programme

This British Psychological Society (BPS) accredited course provides the training needed to qualify as a Psychological Wellbeing Practitioner (PWP).

PWP's work within the NHS Talking Therapies compliant services as part of the initiative to help increase access to evidence-based psychological therapies for people with depression and anxiety. They are trained to identify common mental health problems and, where appropriate, provide treatment at a low-intensity level. They also case-manage referrals or signposting to other agencies such as social care organisations.

Funding Information: Tuition fees and 60% salary support for 12 months.

[Further Information](#)

LJMU - Liverpool John Moores University

National Curriculum

[Click here to access the curriculum](#)

Full Course

[University of Manchester](#)[LJMU](#)[University of Lancashire](#)

Supervision Course

Course is delivered by **University of Manchester, Liverpool John Moores University (LJMU), University of Lancashire**. For further details on how to access this programme, please contact l.dunaway@nhs.net

Apprenticeship Course

Course is delivered by **LJMU**. For further details on how to access the apprenticeship, please contact l.dunaway@nhs.net

[LJMU](#)

3. Long Term Condition Training - High Intensity Cognitive Behavioural Therapy (CBT) Training Programme

High-intensity therapy (HIT) Cognitive-Behaviour Therapy (CBT) trainees undertake training on a specifically commissioned high-intensity CBT course accredited by the British Association for Behavioural and Cognitive Psychotherapies (BABCP).

This course has been commissioned by NHS England to provide Talking Therapies staff with the skills and competencies to work with patients with anxiety and depression in the context of their LTC or MUS using national curricula.

Full Course

Courses are delivered by **Psychological Therapies Training Centre at Greater Manchester Mental Health NHS Foundation Trust (PTTC at GMMH)**.

[PTTC at GMMH](#)

4. Long Term Condition Training - Psychological Wellbeing Practitioner (PWP) Programme

This training aims to enable experienced PWPs to deliver NICE recommended treatments for people presenting to Talking Therapies services with long-term physical conditions such as diabetes, cardiac disease, respiratory disease, and cancer with accompanying low mood and/or anxiety.

National Curriculum

[Click here to access the curriculum](#)

Full Course

Course is delivered in 5 days by **University of Manchester, Liverpool John Moores University (LJMU), University of Lancashire**.

NHS Talking Therapies for Anxiety and Depression Modality Training

Laura Dunaway
l.dunaway@nhs.net

1. Behavioural Couples Therapy for Depression

This Course is for experienced CBT practitioners who are seeking to develop their skills in working with couples to reduce couple distress and improve outcomes where one partner has a psychological problem.

Behavioural Couples Therapy (BCT) is an evidence-based psychological treatment that has acquired a significant amount of empirical support for the benefits it provides, both in terms of reducing couple distress and in improving specific psychological disorders, such as depression. BCT is distinct from, but complements, individual CBT using a range of methods to enhance relationship well-being as well as reduce individual psychological distress.

Full Course Central and North West London FT

Supervision Course is also available. Please contact I.dunaway@nhs.net for more information.

2. Counselling for Depression (CfD)

CfD is a manualised form of psychological therapy as recommended by NICE (NICE, 20094) for the treatment of depression.

This modality targets the emotional problems underlying depression along with the intrapersonal processes, such as low self-esteem and excessive self-criticism, which often maintain depressed mood. The therapy aims to help patients contact underlying feelings, make sense of them and reflect on the new meanings which emerge. This, in turn, provides a basis for psychological and behavioural change. Participants will attend for 5 full days and 2 half days training either at university or online, complete 80 hours supervised clinical practice, and attend for a minimum of 6 hours of clinical supervision.

Full Course Metanoia

Supervision Course Metanoia

3. Couple Therapy for Depression (CTfD)

Based on NICE guidelines, Couple Therapy for Depression is a brief integrative-behavioural treatment for depression for couples where one or both partners are experiencing relationship distress and depression.

Couple Therapy for Depression focuses on the relational aspects of depression and on factors that reduce stress and increase support within the couple, using the relationship as a resource for recovery and relapse prevention.

Full Course

Tavistock Relationships

Supervision Course

Tavistock Relationships

4. Dynamic Interpersonal Therapy (DIT)

DIT is the brief psychodynamic therapy model offered at Step 3 within NHS Talking Therapies. The National Institute for Health and Clinical Excellence (NICE) guidelines for depression state that brief psychodynamic therapy is one option that can be considered for depressed patients, either when the patient has not responded to cognitive behavioural therapy interventions, or where the patient actively opts for a psychodynamic approach.

20 Day Programme

This training provides counsellors and psychologists working in NHS Talking Therapies with a structure to conduct a time-limited manualised psychodynamic therapy. It is a postgraduate certificate-level training for NHS Talking Therapies employees who do **not** meet psychodynamic competencies. Participants will become a DIT practitioner on successful completion of the full training.

5 Day Programme

This training provides psychoanalytically/dynamically trained practitioners with a structure to conduct a time-limited, manualised psychodynamic therapy. It is intended as a CPD course to hone the skills of established psychodynamic practitioners, to enable them to deliver an effective brief psychodynamic intervention to treat depression. To become a DIT practitioner, participants are required to attend the five-day training, pass the role-play, successfully complete supervision and pass a case study. This course is accredited by the British Psychoanalytic Council.

20 Day Programme

Anna Freud

5 Day Programme

Anna Freud

5. Evidence based training to work with traumatised Refugees and Asylum Seekers (RAS) (formerly NET)

The training has 4 components;

- An online, directed self-study module in which participants will revise the theoretical and diagnostic aspects of Post-traumatic stress disorder (PTSD), using the Ehlers and Clark (2000) Cognitive Model of PTSD;
- A two-day, face-to-face CT-PTSD (Cognitive Therapy for PTSD) workshop ;
- A two-day training in Narrative Exposure Therapy (NET). NET has the strongest evidence for treating PTSD in RAS. The training is very practical and consists mainly of coached, small group role plays interspersed with some brief lectures on the theory, evidence base and practicalities of NET.
- Eight, monthly, 2-hour video group supervision sessions with the trainers, covering how to deliver NET and CT-PTSD with RAS.

Entry requirements

Therapists will have completed Talking Therapies High Intensity Training or be BABCP Accredited CBT therapists. In addition, each therapist will need to have had experience of at least three supervised cases treating PTSD using the Ehlers and Clark model.

Training is provided by **Central and North West London NHS Foundation Trust**.

Please contact I.dunaway@nhs.net for more information.

6. Interpersonal Psychotherapy Training (IPT)

Interpersonal Psychotherapy Training (IPT) is one of the recognised NICE psychological therapies for depression. IPT is a time-limited and focused treatment for major depression and other psychiatric disorders.

IPT establishes a collaborative focus with the client to address issues of interpersonal loss, change, dispute or isolation, identified as central to the current episode of depression.

Full Course

Anna Freud

Supervision Course

Anna Freud

7. Mindfulness Based Cognitive Therapy (MBCT)

Mindfulness-based Cognitive Therapy (MBCT) is an evidence-based group intervention recommended by the National Institute for Health and Clinical Excellence for recurrent depression (NICE: 2004, 2009). In 2017, Health Education England recognised the importance of this recommendation and commissioned the first cohort of MBCT training for High-Intensity therapists working in NHS Talking Therapies Services. This training is designed to increase access to MBCT in Talking Therapies services across England.

The training uses an apprenticeship approach with a strong emphasis on supervised group facilitation, resting on a firm foundation of theory, regular feedback on teaching practice and daily personal mindfulness practice.

Full Course

Sussex Mindfulness Centre

Supervision Course is also available. Please contact I.dunaway@nhs.net for more information.

8. Trauma-Focused Cognitive Therapy Top-up training - upskilling in the Ehlers and Clark intervention

The course will address training gaps in trauma-focused cognitive therapy for Post-Traumatic Stress Disorder (tCT-PTSD). The course is only required for HIT-CBT staff who started their HIT training before 2019.

The training programme has been designed by Professor Anke Ehlers' team at the Oxford Centre for Anxiety Disorders and Trauma, Dr Kerry Young (London) and Dr Rachel Handley (Exeter). It aims to increase competence and confidence to deliver tCT-PTSD and is aligned to the Roth & Pilling (2007) CBT competencies, especially PTSD specific competencies.

The programme comprises a five-day intensive training followed by on-going monthly small group supervision for 12 months.

Full Course

OxCADAT

Peer Support Workers (PSW)

Laura Dunaway
l.dunaway@nhs.net

Peer Support Worker (PSW)

Peer Support Workers (PSWs) within mental health provide support, companionship and encouragement to people experiencing mental health difficulties, drawing upon their own lived experiences, or from caring for others experiencing mental health difficulties.

PSWs use their lived experience to connect with people and help them, by:

- giving them a sense of hope and wellbeing
- supporting them to gain a sense of control over their lives
- helping them engage with and build connections and a sense of belonging to their local communities
- helping them gain satisfaction in different parts of their lives.

Trainees are given mentorship in the form of Supervision support.

[Imroc](#)[With You](#)[Further Information](#)

For further details on how to access this programme, please contact I.dunaway@nhs.net



Perinatal Mental Health

Laura Dunaway
l.dunaway@nhs.net



The following training programmes are available for perinatal mental health teams, please refer to the relevant pages within this brochure for further information;

- [CBT – Eating Disorders](#)
- [CBT – Personality Disorder](#)
- [CBT – Psychosis and Bipolar Disorder](#)
- [Dialectical Behaviour Therapy](#)
- [Mental Health Wellbeing Practitioner](#)

Summary of acronyms



Acronym	Full Text	Acronym	Full Text	Acronym	Full Text
AFT	Association for Family Therapy and Systemic Practice	EMHP	Education Mental Health Practitioner	PSW	Peer Support Workers
BABCP	British Association for Behavioural and Cognitive Psychotherapies	FI	Family Intervention	PT	Psychological Therapies
BCT	Behavioural Couples Therapy	HIT	High Intensity Therapist	PTSD	Post-Traumatic Stress Disorder
BPS	British Psychological Society	ICB	Integrated Care Board	PWP	Psychological Wellbeing Practitioner
CAT	Cognitive Analytic Therapy (CAT)	IPT	Interpersonal Psychotherapy Training	QiCN	Qualification in Clinical Neuropsychology
CBT	Cognitive Behavioural Therapy	LTC	Long Term Conditions	RAS	Refugees and Asylum Seekers
CfD	Counselling for Depression	MBCT	Mindfulness-based Cognitive Therapy	SCM	Structured Clinical Management
CTfD	Couples Therapy for Depression	MBT	Mentalization Based Treatment	SFP	Systemic Family Practice
CPD	Continuing Professional Development	MSc	Master of Science	SMHP	Severe Mental Health Problems
CWP	Children's Wellbeing Practitioner	MHWP	Mental Health and Wellbeing Practitioner	SWP	Senior Wellbeing Practitioner
CYP	Children and Young People	MUS	Medically Unexplained Symptoms	tCT-PTSD	Trauma-focused cognitive therapy for PTSD
DBT	Dialectical Behaviour Therapy	NET	Narrative Exposure Therapy	UKCP	UK Council for Psychotherapy
DIT	Dynamic Interpersonal Therapy	NICE	National Institute for Health and Care Excellence		
EDSA WTT	Eating Disorders Services for Adults Whole Team Training	PG Cert	Post Graduate Certificate		
EMDR	Eye Movement Desensitisation and Reprocessing	PG Dip	Post Graduate Diploma		

Contacts for further information:-

Talking Therapies for Anxiety and Depression – Laura Dunaway – email: l.dunaway@nhs.net

Talking Therapies for Anxiety and Depression – Other Modalities – Laura Dunaway – email:-
l.dunaway@nhs.net

Adults & Older People, Psychological Therapies for Severe Mental Health Problems –
Kay Helliwell - email: kay.helliwell2@nhs.net

Childrens & Young People – Kay Helliwell – email: kay.helliwell2@nhs.net

Multi Profession Approved Clinicians – Laura Dunaway – email: l.dunaway@nhs.net

Peer Support Workers – Laura Dunaway – email: l.dunaway@nhs.net