



**Greater Manchester  
Mental Health**  
NHS Foundation Trust

Postgraduate Diploma –  
Children & Young People’s  
Well Being Practitioner

Psychological Therapies  
Training Centre

Carolyn Quinn

CYWP Programme Lead

# Postgraduate Diploma – Children & Young People's WellBeing Practitioner

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Recruit to Train programme

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Work in close partnership with employing services

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12 months duration

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Validated by The University of Manchester

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Accredited by British Psychological Society

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Sept 2026 will be our 11<sup>th</sup> Cohort

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Became a PGDip 2 yrs ago (was PGCert)

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# Teaching days

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Start date 24<sup>th</sup> September 2026

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Thursday and Fridays over three academic terms (Sept 26 to July 27)

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Teaching block in Term 1

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Approx 70 teaching days

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Teaching Venues in North Manchester

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Approx 40% remote / Online teaching

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Seven units taught throughout the year

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Lectures, workshops & skills practice

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Trainee Voice

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Joint teaching with EMHP

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# Programme Aims

- To provide an introduction to the theory and practice of brief evidence-based interventions, specifically low intensity Cognitive Behavioural Therapy and parenting approaches
- To familiarise trainees with the core principles of the CYP Psychological Training service transformation and the application of these principles when working with CYP and families.
- To familiarise trainees with Community Approaches, designed to improve emotional well-being and mental health more broadly within local communities and primary care settings

# Low Intensity Interventions: What you will learn

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Assessment & Formulation skills

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Behavioural activation for low mood

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Worry Management

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Exposure- Specific Phobias

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Group Interventions

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Psychoeducation


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Parenting Interventions-Behaviour that Challenges/Anxiety

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Relapse prevention


# Assessment methods

- Exam
  - Audit report
  - Psychoeducation report
  - Groupwork report
  - Verbal case presentation
  - 1 x assessment video & reflective piece
  - 1 x intervention video & reflective piece
  - Portfolio – reflections, log of clinical work, log of supervision
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# Support & tutorials

- Tutor team
- Regular liaison between clinical tutors, service supervisors and service leads / managers
- Termly tutorial model
- Offer reasonable adjustments, support as needed

# Some important things to know!

- It's a challenging year!
  - It's competitive - we get a lot of applications
  - You do not need to have an undergraduate degree to apply
  - You must be able to travel
  - Not eligible for UofM student card/ council tax reduction
  - We welcome diversity across all protected characteristics
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