



HOW TO TRAIN

as a Child and Adolescent Psychotherapist

01

CHILD AND ADOLESCENT PSYCHOTHERAPISTS (CAPTS)

- Are one of the core NHS Psychological Professions
- Use their specialist skills and knowledge to work with infants, children and young people and their families
- Work as a vital part of multi-disciplinary teams in the NHS and other public services and in the independent and third sectors
- Have a wide range of clinical, specialist, research and leadership roles

02

WORK WITH INFANTS, CHILDREN & YOUNG PEOPLE

- CAPTs come from a wide range of personal and professional backgrounds
- Most work with infants, children, young people or families in a wide range of occupations before training as a CAPT
- Prior experience of working in mental health is not essential.
- Applications from a diverse range of backgrounds are encouraged

03

PRE-TRAINING STUDY

- Before training you complete a post-graduate course recognized by ACP
- Includes psychoanalytic infant observation, work discussion, psychoanalytic theory and child development research
- Pre-training studies develop an observational, reflective stance allied to understanding of child development and the unconscious mind
- Many undertake the course as personal and professional development

04

PERSONAL PSYCHOANALYSIS

- Strongly recommended that students in pre-training undertake a period of personal psychoanalysis or psychotherapy
- Important developmental opportunity which supports a psychoanalytic approach to working with children and young people
- Prepares for subsequent CAPT training in which training psychoanalysis is essential component

05

NHS BASED CLINICAL TRAINING

- CAPT training is a four-year NHS funded programme
- Salaried training post (NHS Band 6) in children and young people's mental health services
- Direct experience of clinical work across the 0 to 25 age range
- Breadth and depth of competences to work with children and young people
- Training curriculum aligned to NHS long term plan priorities
- Funding for training psychoanalysis (4+ times a week)

06

CLINICAL DOCTORATE PROGRAMME

- Trainees register for professional doctorate which integrates clinical experience with research skills
- Thorough understanding of child development, psychopathology and psychoanalytic psychotherapeutic technique
- Work intensively with 3 patients of different ages and apply psychoanalytic understanding to brief work & consultation with families, teams and networks

* Doctorate qualification not required to register with ACP and work as CAPT

07

PROFESSIONAL REGISTRATION

- Qualified CAPTs must register with the Association of Child Psychotherapists
- Standards of training and practice of CAPTs are regulated by the ACP
- ACP register of CAPTs is accredited by the Professional Standards Authority

08

FOR MORE INFO GO TO:

childpsychotherapy.org.uk

Or contact the ACP on:

020 7922 7751

admin@childpsychotherapy.org.uk