

# South East Mental Health, Learning Disabilities & Autism (MHLDA) Education & Training Brochure 2026/27



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# Meet The Team

Please do contact the Mental Health, Learning Disabilities & Autism (MHLDA) programme team if you are interested in any aspect of the training programmes listed within this brochure. Our contact details are below and general queries can be directed to our team inbox: [england.mentalhealthadmin.se@nhs.net](mailto:england.mentalhealthadmin.se@nhs.net)

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Please note that the course details contained within this document are correct at the time of writing but are subject to change at any point. They cover the MHLDA offer within the South East geographical footprint – other training may be available at institutions outside of the region – please speak to a member of the team above for further details

# Foreword

Our 2026/27 brochure sets out the education and training programmes we plan to commission, in partnership with our stakeholder colleagues. These will support the development of a South East regional health and care workforce with the right skills, competencies, behaviours and values to provide high quality care and support to adults and children who have mental health needs, a learning disability or are neurodiverse.

Our investment is aligned with the [NHS England 10 Year Health Plan](#) and supports the priorities for the South East Workforce Training and Education Directorate

- **from hospital to community**
- **from analogue to digital**
- **from sickness to prevention**

Our investments will be aligned with the 10 Year Workforce Plan which is due to be published in spring 2026

We want to thank all our colleagues and partners who work with us to increase the supply and enhance the competency of our workforce. Our shared passion and determination means we can make a real difference to the lives of people in the South East.



**Jeanette Williams**  
**Head of Engagement, Experience and EDI**  
**MHLDA Senior Responsible Officer**  
Workforce, Training and Education  
NHS England – South East

## Funding for psychological professions training programmes (2-year gap policy effective from April 2022)

From April 2022 NHS England implemented a policy change regarding future eligibility for NHS funding for specific psychological professions' training programmes for individuals who wish to undertake more than one NHS-funded training. The planned policy change means that from April 2022, those entering NHS-funded psychological professions' training programmes will only become eligible for NHSE training funding (incl. Clinical Psychology) two years after the award by a qualifying exam board, or by chair's action after the qualifying exam board.

For the list of affected programmes, please click here: [Funding for psychological professions training programmes](#)

This list of NHS funded training programmes will be updated periodically. This means additional NHS funded training programmes can be added to this list. NHSE will give prior notice for any of these and additional programmes and inform stakeholders and partners before these training programmes are advertised and recruited into.

This policy change is necessary to meet the expansion ambitions for the NHS workforce, ensuring the delivery of high-quality services for the public. It is vital that NHSE-funded training for specific roles is directed to those who wish to practice that role for a period, which will protect the tax-payer's investment, guarantee that staff in these roles gain experience after qualification and provide the best possible service for patients.

# Children & Young People's (CYP) Mental Health programme



## 1. Children's Wellbeing Practitioner (CWP)

This course provides the essential knowledge and skills required when working within the field of children and young people's mental health. It combines academic study with a clinical placement providing direct experience of delivering low intensity cognitive-behavioural interventions to young people in community settings and early help services. The Children's Wellbeing Practitioner (CWP) PG Diploma is linked to a national initiative with the aim to increase access to psychological therapies. Courses are delivered by University of Sussex & University of Reading. For further details on how to access this programme, please contact: [england.mentalhealthadmin.se@nhs.net](mailto:england.mentalhealthadmin.se@nhs.net)

### National Curriculum

[Click here to access the curriculum](#)

### Full Course

*These 1yr courses generally start in January/February.*

University of Reading

University of Sussex

## 2. Educational Mental Health Practitioners (EMHPs)

The role of an Educational Mental Health Practitioner (EMHP) was developed to improve access to high quality mental health support for children and young people within education settings. These roles work within education providers and have a unique function of providing early intervention for mild to moderate mental health conditions as well as supporting psychoeducation and a whole school approach to mental health and wellbeing. This course will provide the skills needed to provide low intensity CBT to children, young people and their families, supporting common mental health problems including anxiety, low mood and behavioural difficulties. Courses are delivered by University of Southampton, University of Sussex & University of Reading. For further details on how to access this programme, please contact:

[england.mentalhealthadmin.se@nhs.net](mailto:england.mentalhealthadmin.se@nhs.net)

### National Curriculum

[Click here to access the curriculum](#)

### Full Course

*These 1yr courses generally start in January & September*

University of Southampton

University of Sussex

University of Reading

### 3. CYP Recruit to Train (RtT) Cognitive Behavioural Therapy (CBT)

This course offers those working within CYP MH services the opportunity to learn evidence-based interventions in high intensity CBT to support children and young people presenting with emotional disorders such as: generalised anxiety disorder, obsessive compulsive disorder, post-traumatic stress disorder, depression, social anxiety, specific phobias, separation anxiety disorder and panic disorder. Training will cover the evidence-base for CBT, assessment and cognitive behavioural treatment strategies for internalising disorders in children and young people. Course is delivered by University Reading. For further details on how to access this programme, please contact:

[england.mentalhealthadmin.se@nhs.net](mailto:england.mentalhealthadmin.se@nhs.net)

#### National Curriculum

[Click here to access the CYP Recruit to Train programmes' curriculum](#)

#### Full Course

*This 1yr course starts in January*

University of Reading

### 4. CYP Parent Training Practitioner

The Parent Training Practitioner pathway for CYP IAPT has been designed specifically for staff who routinely work with children and young people who present with conduct problems including aggression, bullying, antisocial behaviour, as well as co-morbid conditions such as attention deficit hyperactivity disorder (ADHD), learning disabilities, callous-unemotional traits and emotional dysregulation. The training will also cover the main presentations, assessment and treatment of parenting difficulties in terms of the immediate parent–child relationship. This includes child attachment and the wider contextual factors that impede parenting ability, such as parental depression, substance misuse, domestic violence, life events and parental learning disabilities. The primary focus at this stage is on children aged 3–10 years. The training provided can be applied in both individual and group approaches. For further details on how to access this programme, please

contact: [england.mentalhealthadmin.se@nhs.net](mailto:england.mentalhealthadmin.se@nhs.net)

*This course is not currently delivered within the South East Region.* For further details on how to access this programme, please contact: [england.mentalhealthadmin.se@nhs.net](mailto:england.mentalhealthadmin.se@nhs.net)

## 5. CYP Recruit to Train (RtT) Systemic Family Practice Conduct Disorder and Depression (SFP- CDD)

This curriculum has been developed as part of the Child and Young People Improving Access to Psychological Therapies programme (CYP IAPT).

Highlights of the course:

- Adolescents with Depression, Self-Harm and Conduct Disorder;
- Association for Family Therapy Accredited;
- Programme focuses on taking skills to an advanced level and encouraging students to develop greater expertise in chosen areas;
- The PG Dip Systemic Family Practice curriculum complements other CYP IAPT curricula in specialist psychological therapies

*This course is not currently delivered within the South East Region.*

For further details on how to access this programme, please contact: [england.mentalhealthadmin.se@nhs.net](mailto:england.mentalhealthadmin.se@nhs.net)

## 6. CYP Recruit to Train (RtT) Systemic Family Practice for Eating Disorders (SFP-ED)

This curriculum has been developed as part of the Child and Young People Improving Access to Psychological Therapies programme (CYP IAPT).

Highlights of the course:

- Adolescents with Eating Disorders
- Association for Family Therapy Accredited
- Programme focuses on taking skills to an advanced level and encouraging students to develop greater expertise in chosen areas
- The PG Dip Systemic Family Practice curriculum complements other CYP IAPT curricula in specialist psychological therapies

*This course is not currently delivered within the South East Region* For further details on how to access this programme, please contact: [england.mentalhealthadmin.se@nhs.net](mailto:england.mentalhealthadmin.se@nhs.net)

## 7. CYP Interpersonal Psychotherapy for Adolescents (IPT-A)

This curriculum has been developed as part of the Child and Young People Improving Access to Psychological Therapies programme (CYP IAPT).

Interpersonal Psychotherapy (IPT-A) is a treatment for young people with depression, which looks at the ways in which symptoms of depression interact with the relationships in their lives. IPT-A helps the young person to make sense of the difficulties they are experiencing and to understand how their relationships with other people contribute to how they feel and how they can be used to help them to feel better.

*This course is not currently delivered within the South East Region.* For further details on how to access this programme, please contact: [england.mentalhealthadmin.se@nhs.net](mailto:england.mentalhealthadmin.se@nhs.net)

## 8. CYP Infant Mental Health (0-5)

The aims of this programme are aligned to those of NHS England and the UK Government's Improving Access to Psychology Therapies (IAPT) for Children and Young People project (CYP IAPT). The course provides practitioners with a comprehensive skill set to assess and treat parents and their infants who are experiencing common mental health and relationship difficulties using the latest evidence-based approaches. The programme includes theoretical teaching and practical, skills-based training.

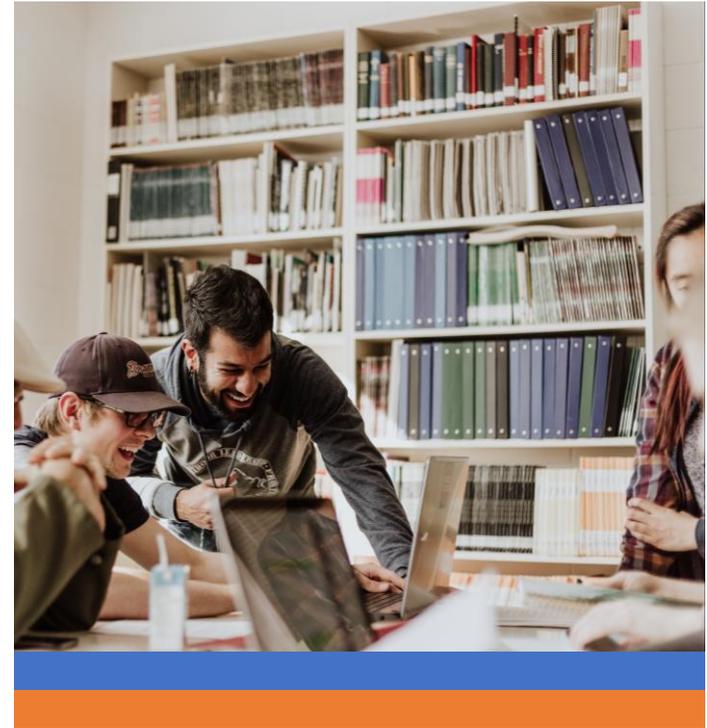
*This course is not currently delivered within the South East Region.* For further details on how to access this programme, please contact: [england.mentalhealthadmin.se@nhs.net](mailto:england.mentalhealthadmin.se@nhs.net)

## 9. CYP Recruit to Train (RtT) Autism Spectrum Conditions and Learning Disabilities (ASd-LD)

This curriculum has been developed as part of the Child and Young People Improving Access to Psychological Therapies programme (CYP IAPT).

This programme provides trainees with an opportunity to gain understanding, expertise and a broad range of skills and practical strategies required to meet the needs of children and young people with ASC and LD. Due to the heterogeneity of the unique strengths and difficulties in this population, the focus of the curriculum is to cover the main assessment and treatment approaches recommended by the NICE guidelines, which have the evidence-base for improving mental health, adaptive functioning and emotional well-being of this population. Activities of our curriculum are co-designed and co-delivered with autistic CYP, their families and autistic adults.

*This course is not currently delivered within the South East Region.* For further details on how to access this programme, please contact: [england.mentalhealthadmin.se@nhs.net](mailto:england.mentalhealthadmin.se@nhs.net)



## 10. Senior Wellbeing Practitioner

The Senior Wellbeing Practitioner programme aims to support the delivery of NHS Long Term Plan and Green Paper commitments in relation to access and extending support to specific groups of young people. It provides career and skill progression for those who have previously trained as EMHPs or CWP (or EEBP at the University of Reading).

Students will be trained in a range of additional clinical skills including adaptations to low intensity interventions for complex cases.

Courses are delivered by University of Southampton & University of Reading. For further details on how to access this programme, please contact:  
[england.mentalhealthadmin.se@nhs.net](mailto:england.mentalhealthadmin.se@nhs.net)

[Click here to access the curriculum](#)

*This 2yr part time course starts in January & March*

[University of Reading](#)

[University of Southampton](#)

## 11. Parent/Carer Peer Support Worker

Parent carer peer support (PCPS) workers use their lived experience to provide hope and encouragement to other families, to help them identify their own strengths, needs and goals. They may work alongside professionals who provide mental health advice and ensure that the help offered is safe and based on the best evidence available.

Parent carer peer support (PCPS) training courses are open to those already working or volunteering as PCPS workers, or parents and carers supported by local services who would like to train to become a PCPS worker. Training for those Supervising these roles is also available.

Training is delivered by the Charlie Waller Trust. For further details and to express interest in this training programme see the website.

[Charlie Waller Trust](#)

## 12. CYP Service Leadership Transformation CPD

This course is being offered at the University of Reading as CPD (*previously a Post Graduate Certificate*).

This programme is designed for service and clinical directors/leaders/managers who are working in or with statutory or voluntary sector Child and Adolescent Mental Health Services (CAMHS). The programme is part-time and designed to support implementation of the CYP IAPT principles by leaders who are currently active in role. The leadership training offers an exciting opportunity for participants to develop leadership skills and to meet like-minded colleagues to share good practice.

Course is delivered University of Reading. For further details on how to access this programme, please contact: [england.mentalhealthadmin.se@nhs.net](mailto:england.mentalhealthadmin.se@nhs.net)

[Click here to access the curriculum](#)

[University of Reading](#)

## 13. CYP Inpatient Whole Team Training Including two day Eating Disorder Training

To transform existing inpatient services for children and young people by adopting and adapting elements of the CYP IAPT programme that will help improve outcomes for children and young people, and by providing treatment which is client informed, outcomes focused and based on best evidence. All clinical staff working within an inpatient context will be put forward for the training, likely small groups of 4 – 6 staff across the multi-disciplinary team will be put forward at a time. Each unit may make strategic decisions about who is put forward to train and when, emphasising the need for 'service transformation ambassadors' and advocates for change to carry the new training experience back onto their units.

Course is delivered by University of Reading. For further details on how to access this programme, please contact: [england.mentalhealthadmin.se@nhs.net](mailto:england.mentalhealthadmin.se@nhs.net)

[Click here to access the curriculum](#)

# NHSE Psychological Professions Initiatives



## 1. NHSE Clinical Neuropsychology Training – Adult and Paediatric

This is an annual CPD funding initiative to enable further upskilling of the psychological workforce to meet unmet need for clinical neuropsychology. Candidates may choose from several courses at several different institutions, this includes both Adult and Paediatric courses. Courses tend to start in September, April or January.

### Full Course

[University of Bristol](#)

[University of Glasgow](#)

[Canterbury Christ Church University](#)

[University College London](#)

[British Psychological Society](#)

## 2. Family & Systemic Therapy, Adult and Paediatric Workforce Expansion

This is an annual funding initiative to fund course fees of an Association for Family Therapy and Systemic Practice (AFT) accredited qualifying level Family and Systemic Psychotherapy where NHS Trusts/ NHS commissioned services commit to creating a new family therapy post of which at least 0.4 wte will be spent delivering family therapy by the trainee on qualifying.

### Full Course

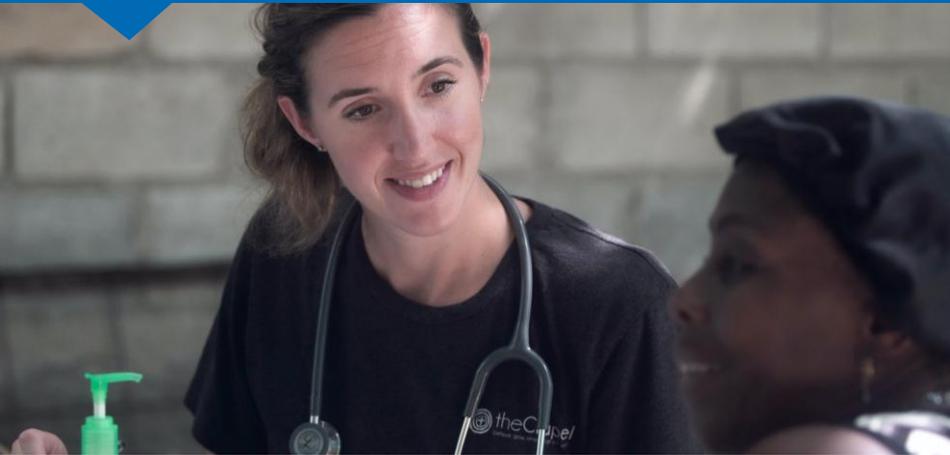
[Exeter University](#)

[Tavistock & Portman NHS Foundation Trust](#)

[Institute of Psychiatry, Psychology and Neuroscience \(IOP\)](#)

Courses applied to may be from any AFT qualifying accredited [courses](#). Candidates in the South East usually choose from London or South West - as there are no current dedicated providers in the South East.

# Adult Mental Health - NHS Talking Therapies Practitioner Training



## 1. Psychological Wellbeing Practitioner (PWP) Programme

### Psychological Wellbeing Practitioner (PWP) PG Certificate

This British Psychological Society (BPS) accredited course provides the training needed to qualify as a Psychological Wellbeing Practitioner (PWP). PWPs 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. The course consists of 27 taught university days and 18 study days, alongside a placement in a TT service. The module runs over the course of one calendar year.

### Psychological Wellbeing Practitioner (PWP) Apprenticeship

The PWP apprenticeship programme is a 12 – 15-month course, delivered by Health Apprenticeship & Development Centre. The programme combines both academic and work-based learning through close collaboration between services and the Oxford Health apprenticeship team.

#### National Curriculum

[Click here to access the curriculum](#)

#### Full Course

*Courses generally start in September for Southampton & September & March for Reading*

[University of Reading](#)

[University of Southampton](#)

[Oxford Health  
Apprenticeship Programme](#)

For further details on the supervision programmes at Reading University, Southampton University & Oxford Health Apprenticeship Programme please contact:

[Ruth.machado1@nhs.net](mailto:Ruth.machado1@nhs.net)

## 2. 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.

This Postgraduate Diploma in Evidence-Based Psychological Treatment is suitable for experienced mental health professionals who wish to become accredited cognitive behavioural psychotherapists. This programme is studied full-time over one year.

### National Curriculum

[Click here to access the curriculum](#)

### Full Course

*Courses generally start in March for Canterbury & Reading and September for Reading, Southampton & Sussex*

[Canterbury Christ Church University](#)

[University of Reading](#)

[University of Southampton](#)

[University of Sussex](#)

For further details on the supervision programmes at Canterbury Christ Church, Reading, Southampton, and Sussex universities please contact

[Ruth.machado1@nhs.net](mailto:Ruth.machado1@nhs.net)

### 3. Person-Centred Experiential Counselling for Depression (PCE-CfD)

This qualification is recognised by the NHS and enhances the career prospects for qualified therapists. PCE-CfD training deepens understanding of the connection between research, theory and practice and focuses on person-centred practice that engages with emotional processing which has been shown to be effective with clients who are depressed.

#### National Curriculum

[Click here to access the curriculum](#)

#### Full Course

*Courses generally run throughout the year*

[Metanoia Institute](#)

### 4. Couples Therapy for Depression (CTfD)

This course is approximately nine months in duration and consists of an initial five-day teaching block that is followed and supported with fortnightly supervision sessions.

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

#### National Curriculum

[Click here to access the curriculum](#)

#### Full Course

[Tavistock Relationships](#)

*Courses generally start in June, July, October, November, February & March  
Supervisor courses generally start in September*

## 5. Post Qualification Certificate in Behavioural Couples Therapy for Depression (BCT)

This course is for experienced CBT practitioners who want to develop their skills in working with couples. 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 wellbeing, as well as reduce individual psychological distress. The programme comprises a five-day intensive training followed by on-going monthly small group supervision for 12 months.

### Full Course

*Courses generally start in December & January*

[Central and North West London NHS Foundation Trust](#)

## 6. Dynamic Interpersonal Therapy (DIT) (5 Day)

Dynamic Interpersonal Therapy (DIT) is a semi-structured, Talking Therapies approved, brief (16 sessions) psychodynamic therapy for mood disorder. Initial studies of DIT suggest its effectiveness with individuals in primary care with symptoms of anxiety and depression. The protocol was designed on the basis of the work of the Expert Reference Group on clinical competencies, which identified key components drawn from manualized psychoanalytic/dynamic therapies with an evidence base.

### Full Course

*Courses generally start in January & March*

[Anna Freud Centre](#)

## 7. Extended Dynamic Interpersonal Therapy (DIT) (20 Days)

The Extended Dynamic Interpersonal Therapy (DIT) training programme is a 20-day course designed for mental health professionals, like counsellors and psychologists, who want to develop skills in delivering DIT, a psychodynamic therapy for depression. This training provides a comprehensive overview of the DIT model, including its theoretical underpinnings and practical application. The programme emphasizes a competency-based approach, ensuring trainees are equipped with the necessary skills and knowledge to effectively deliver DIT within IAPT (Improving Access to Psychological Therapies) services.

The extended DIT training is now being offered for counsellors and psychologists who do not meet these psychodynamic competencies. Within the 20 face-to-face teaching days and close clinical supervision of 3-4 cases, you will be taught the required competencies to deliver DIT effectively.

### Full Course

[Anna Freud Centre](#)

## 8. Eye Movement Desensitisation & Reprocessing

Eye Movement Desensitisation & Reprocessing (EMDR) Therapy NHS National Curriculum is designed to equip trainees within talking therapies, adult community mental health and perinatal mental health services to become competent EMDR Therapist able to provide EMDR treatment for adults of all ages with PTSD (including Complex PTSD [cPTSD]) or clinically significant symptoms of PTSD consistent with NICE guidelines<sup>1</sup>.

The 24-month training and supervision programme has been tailored to build upon trainees' core professional and generic therapeutic competences for the delivery of individual structured psychotherapy as well as a core understanding of trauma and PTSD (see the EMDR Competency Framework for more detail). The training will expand on this foundation knowledge and teach clinicians how to intervene effectively with PTSD or significant PTSD symptoms using EMDR therapy. This prepares trainees to deliver EMDR within the scope of NICE Guidance.

*This course is not currently delivered within the South East Region.* For further details on how to access this programme, please contact: [england.mentalhealthadmin.se@nhs.net](mailto:england.mentalhealthadmin.se@nhs.net)

## 9. Interpersonal Psychotherapy Training (IPT)

This six-day course provides introductory training for practitioners in Interpersonal Psychotherapy Training (IPT) and reflects the IPT competency framework. This course is accredited with IPT UK and is suitable for staff working in Talking Therapy services. The course includes a series of didactic sessions, small and large group work and clinical role play. This course qualifies participants for Level A (Basic) training in IPT. The course instructors have been delivering IPT training for over ten years and have delivered IPT practitioner and supervisor training across the UK, Europe and in North America.

### Full Course

[Anna Freud Centre](#)

*Courses generally start in June, October & March  
Supervisor courses generally start in September & March*

## 10. 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](#)

*Courses generally start in March  
Supervisor courses generally start in April*

## 11. Trauma-Focused CBT 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.

### Full Course

*Courses generally start in May & January*

[Sussex – Trauma Focused CBT for PTSD Summary](#)

## 12. Narrative Exposure Therapy (a form of Trauma Focused CBT) for Refugees and Asylum Seekers (RAS)

The training is comprised of four parts, the first is an online, directed self-study module in which the IAPT therapists will revise the theoretical and diagnostic aspects of Post-traumatic Stress Disorder (PTSD), using the Ehlers and Clark (2000) Cognitive Model of PTSD as a guiding framework. There is a one-day, face-to-face overview workshop which will allow therapists to revise the practical aspects of Ehlers and Clark's treatment for PTSD (CT-PTSD); and to learn about the conceptual and the practical aspects of delivering CBT to refugees and asylum seekers with PTSD and depression, as well as looking at the evidence-base for such interventions. There is a three-day training in Narrative Exposure Therapy (NET) (Schauer, Neuner and Elbert, 2011). NET has the strongest evidence at present for treating PTSD in Refugees and Asylum Seekers (RAS). Once training has been completed the final part includes six, monthly telephone/video group supervision sessions with the trainers.

[Contact South East NHSE Mental Health Team directly for details on recruitment](#)

### 13. Short Course in CBT for Long Term Persistent & Distressing Health Conditions (LTHC)

This programme is designed to train experienced CBT practitioners to treat people with Long Term Persistent and Distressing Health Conditions and Medically Unexplained Symptoms (LTHCs & MUS) who have anxiety disorders and depression. The curriculum is based on Roth & Pilling's (2015) Core Competencies for work with this population and developed by members of the NHS England IAPT Education & Training Group. The programme will address three main areas of knowledge: the underpinning competences for work with this population, generic intervention skills and evidence-based interventions for specific health conditions.

#### Full Course

[University of Southampton](#)[Canterbury Christ Church University](#)

### 14. Low Intensity Psychological Interventions in the Context of Long-term, Persistent and Distressing Physical Health Conditions

This course has been designed to meet the requirements of the psychological wellbeing practitioners' long-term conditions national curriculum. It aims to develop the skills, knowledge and competencies required to assess, formulate and treat patients who are presenting with long-term conditions in a low-intensity, talking therapies context.

#### National Curriculum

[Click here to access the curriculum](#)

#### Full Course

*Courses generally start in Autumn & Spring*

[University of Southampton](#)

*Please note: This course is delivered remotely*

# Adult Psychological Therapies for Severe Mental Health Problems (PT-SMHP)



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

CAARMS has become the standard tool for assessing people at risk of developing psychotic illness around the world. This programme includes two days of live teaching in addition to an interactive eLearning course and will enable practitioners to implement effective screening of at-risk individuals in their service. It has been developed as a collaboration between experts from Maudsley Learning, the Outreach and Support in South London (OASIS) team, and King's College London and is delivered by experienced early intervention practitioners.

At the end of this course, you will be accredited to administer the CAARMS tool. A 1-day CAARMS supervisor course is also available on request.

CAARMS for Psychosis practitioner and supervisor courses are delivered by Maudsley Learning.

[Maudsley Learning \(SLaM\) \(practitioner\)](#)

[Maudsley Learning \(SLaM\) \(supervisor\)](#)

## 2. Eating Disorders Services for Adults Whole Team Training (EDSA WTT)

The Eating Disorders Services for Adults Whole Team Training (EDSA WTT) programme, commissioned by NHSE, is aimed at all Adult Eating Disorders (AED) 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 AED WTT 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 \(SLaM\)](#)

### 3. Cognitive Analytic Therapy (CAT) development

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 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.

Following successful completion of the course, trainees will be accredited as CAT Practitioners, and entitled to become full members of the Association for Cognitive Analytic Therapy (ACAT).

For those located in the South East, please contact

[Spft.cat@nhs.net](mailto:Spft.cat@nhs.net)

Sussex Partnership NHS Trust

## 4-6. Cognitive Behavioural Therapy (CBT) (Severe Mental Health) Post Graduate Diploma

**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 year.

### 4. CBT – Personality Disorder

[University of Southampton](#)

*Courses generally start in September*

### 5. CBT – Psychosis & Bipolar Disorder

[University of Southampton](#)

*Courses generally start in September*

### 6. CBT – Eating Disorder

[UCL](#)

*Courses generally start in January*

## 7. Dialectical Behaviour Therapy (DBT) Training – two courses, Pathway A (full) and B (top-up)

Psychological therapies for people with severe mental health problems (PTSMHP) 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. NHSE 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).

### A. 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.

### B. Top-Up Course

This pathway is 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

NHSE 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.

*Courses generally start in October*

[British Isles DBT Training](#)

## 8. Family Interventions (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.

Training will establish foundations for collaborative systemic practice, developing knowledge and skills for holding family and network meetings. It will also cover specialist knowledge focusing on psychoeducational, behavioural, cognitive behavioural, solution-focused and systemic work with families within serious mental health contexts within NICE guidelines.

[University of Surrey](#)

## 9. The Maudsley Model of Anorexia Nervosa Treatment for Adults (MANTRA) Training Programme

The Maudsley Model of Anorexia Nervosa Treatment for Adults (MANTRA) Training Programme is a structured individual psychotherapy with integrated carer support designed for adults with anorexia nervosa. It is based on a psychobiological model of anorexia nervosa, developed with support from the NIHR Maudsley Biomedical Research Centre.

MANTRA is one of three NICE-recommended therapies recommended for use as a first-line treatment for anorexia nervosa. The MANTRA training is intended for qualified practitioners with a core mental health profession (such as psychologists, psychotherapists, psychiatrists, mental health nurses, allied health professionals, and social workers) working in specialist adult or all-age eating disorder services. Service user and carer collaboration features throughout the programme, from training design and delivery to evaluation and quality assurance.

[Maudsley Learning \(SLaM\)](#)

## 10. Mentalisation Based Treatment (MBT)

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

Mentalising 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 based on intentional mental states.

A focus on this very human activity as a therapeutic intervention forms the core of mentalisation 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.

[Anna Freud](#)

## 11. 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.

[Anna Freud](#)

## 12. Understanding Personality and Bipolar Disorder

This is 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.

**This course is by invitation only.**

[KCL](#)

### 13. Mental Health and Wellbeing Practitioner (MHWP)

The mental health and wellbeing practitioner is designed to support collaborative care planning and wellbeing-focused psychologically informed interventions (not therapy) alongside their multi-disciplinary colleagues. The role is open to both graduates, who will undertake a post graduate diploma, and non-graduates, who will undertake a graduate certificate qualification. The training is very much a collaboration between the education provider and employer and for that reason NHSE require the education provider and employer to run a joint recruitment process for trainees who wish to undertake these roles.

During the one-year training, MHWPs will, under supervision, develop knowledge and practice skills to employ wellbeing-focused psychologically informed interventions and coordinate care plans for adults with serious mental health problems. It is intended that this additional capacity in teams should release suitably qualified staff to take up roles with dedicated time to deliver NICE-recommended psychological therapies.

#### National Curriculum

[Click here to access the curriculum](#)

#### Full Course

[Contact link South East NHSE Mental Health Team directly for details on recruitment](#)

[University of Sussex](#)

[Oxford Health](#)

*Courses generally start in September/October & February/March*

# New ways of working in Mental Health



## 1. Peer Support Workers (PSW)

Peer support workers are people who have lived experience of mental health challenges themselves. They use these experiences and empathy to support other people and their families receiving mental health services. Peer support workers join other members of someone's care team to help support their wellbeing and provide inspiration for their recovery.

The Mental Health Implementation Plan identifies opportunities for the growth of peer support workers up until 2024. This is across the following areas: perinatal mental health, adult severe mental illnesses (SMI) community care, adult crisis alternatives and problem gambling mental health support.

For further details on how to access this programme, please contact: [england.mentalhealthadmin.se@nhs.net](mailto:england.mentalhealthadmin.se@nhs.net)

## 2. Approved / Responsible Clinicians (AC/RC)

[AC/RC](#) are mental health professionals approved by the secretary of state and empowered to make some decisions under the Mental Health Act. The introduction of these roles under the 2007 amendment to the Mental Health Act 1983 enabled mental health professionals other than psychiatrists to carry out some of the duties previously performed by psychiatrists and may be drawn from the following staff groups.

1. Practitioner Psychologists listed on the register maintained by the Health and Care professions Council (HCPC)
2. Occupational Therapists registered by the HCPC
3. First level nurses with a field of practice in mental health or learning disability
4. Social Workers registered by Social Work England.

Full Course

University Of Exeter

For further details on how to access this programme, please contact: [england.mentalhealthadmin.se@nhs.net](mailto:england.mentalhealthadmin.se@nhs.net)

# Learning Disability & Autism Programme



## 1. Oliver McGowan Mandatory Training for Learning disabilities and Autism

The Oliver McGowan Mandatory Training on Learning Disability and Autism is named after Oliver McGowan, whose death shone a light on the need for health and social care staff to have better training. The Health and Care Act 2022 introduced a statutory requirement that CQC-registered providers must ensure their staff receive learning disability and autism training appropriate to their role.

The Oliver McGowan Mandatory Training is the standardised training that was developed for this purpose and is the preferred and recommended training for health and social care staff.

Oliver's Training also supports the NHS Long Term Workforce Plan ambition by upskilling the wider health and care workforce to provide appropriately adjusted care for people with a learning disability and autistic people to reduce health inequality.

The training is being managed by ICBs, please use the following link to see who to contact in your ICB for more information on how to access this training

[Oliver McGowan Mandatory Training](#)



## 2. Autism Peer Support Worker

Autistic and neurodivergent individuals have long known the power of lived experience and peer support. With this in mind, Imroc is proud to offer this coproduced peer support worker training course, which enables peers to grow, embed and sustain effective, person-led, and hopeful peer support that directly aligns to the Autism Peer Support Work Capability Framework.

Our Autism Peer Support Training offer develops skills, extends knowledge, fosters community and structures the peer support offer for mutual benefit. It is applicable and relevant in a variety of settings and supports people to thrive in a way and that truly fits for them.

Needs led, fluid and structured reasonable adjustments that are person centred are facilitated before, during and after the course, maximizing predictability, accessibility, collaboration and inclusion - the very heart of true peer support.

[IMROC](#)

### 3. Autism

The National Autistic Society suggest that over 700,000 (1 in 100) people are on the autistic spectrum in the UK, more recent findings published by the Centre for Disease Control and Prevention suggest that this number could be closer to 1 in 59. For these people and their families, there is often a battle to get the information, support and care they need. Fundamental struggles exist for autistic people in engaging with the world around them, leading to difficulties accessing adequate services.

To find out more about the key delivery areas across learning disability in workforce, education and training, visit our website

[Autism](#)

### 4. Learning Disabilities

Over 1.2 million people in England have a learning disability and face significant health inequalities compared with the rest of the population. People with a learning disability and autistic people across all ages have the right to the same opportunities as anyone else to live satisfying and valued lives, and to be treated with dignity and respect. This includes access to a home of their own within their community, and being able to develop and maintain relationships, and have the support needed to live healthy, safe and rewarding lives.

To find out more about the key delivery areas across autism in workforce, education and training, visit our website

[Learning Disabilities](#)

## Summary of acronyms

Acronym	Full Text	Acronym	Full Text
AC/RC	Approved/Responsible Clinician	MHWP	Mental Health and Wellbeing Practitioner
BPS	British Psychological Society	NHS	National Health Service
CBT	Cognitive Behavioural Therapy	NICE	National Institute for Health and Care Excellence
CfD	Counselling for Depression	NMC	Nursing and Midwifery Council
CTfD	Couples Therapy for Depression	PG CERT	Post Graduate Certificate
CWP	Children's Wellbeing Practitioners	PG DIPL	Post Graduate Diploma
CYP	Children and Young People	PSW	Peer Support Workers
DBT	Dialectical Behaviour Therapy	PT	Psychological Therapies
DIT	Dynamic Interpersonal Therapy	PTSD	Post-Traumatic Stress Disorder
EDSA WTT	The Eating Disorders Services for Adults Whole Team Training	PWP	Psychological Wellbeing Practitioner
FI	Family Intervention	SCM	Structured Clinical Management
ICB	Integrated Care Board	SFP	Systemic Family Practice
IPT	Interpersonal Psychotherapy Training	SMHP	Severe Mental Health Problems
MBCT	Mindfulness-based Cognitive Therapy	STP	Sustainability and Transformation Partnership
MBT	Mentalization Based Treatment	SWP	Senior Wellbeing Practitioner
MHLDA	Mental Health, Learning Disabilities and Autism	tCT-PTSD	Trauma-focused cognitive therapy for PTSD

Prepared by:

NHS England Workforce, Training and Education  
Directorate, SE Mental Health Team

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