

I am writing this report to thank the FPSA for their financial support. Specifically the cost of course fees for my British Association of Behavioural and Cognitive Psychotherapist (BABCP) level 2 accredited Postgraduate Diploma in Cognitive Behavioural Therapy (CBT) at Bolton University. My attendance on the second year of this course and therefore becoming an accredited Psychotherapist would not have been possible if it was not for their generosity. My attendance of the second year has enhanced my CBT clinical effectiveness and efficiency when working therapeutically with adolescents and young people. In particular the second year has consolidated my learning from year one and provided me with the opportunity to practice CBT with more complex presentations.

CBT is an evidence based therapy and is the recognised treatment by the National Institute of Clinical Excellence (NICE) for adolescents and young people presenting with depression, Obsessive Compulsive Disorder, Post Traumatic Stress Disorder, Social Anxiety and Specific Phobias. The course was delivered by experts in the area of CBT and they encouraged students to deliver evidence based CBT and display fidelity in treatment via the CTS-R (Cognitive therapy Scale Revised) tool. At the same time the lectures were also very mindful of the importance of developmental theories, child development and the system the child lives in and how CBT formulations and interventions can support families and be delivered in a way that takes in to account individual differences.

The second year of my course took place between September 2015 and April 2016 and included four modules (CBT applications 2, CBT applications 3, supervised practice 2 and supervised practice 3). In total there were 29 taught days in my second year each of which included a CBT applications lecture and a supervised practice seminar. In addition supervision was provided internally by Bolton University approximately every other week, totalling 15 supervision sessions.

The second year of the course was assessed via two presentations and three case reports. All of the presentations and reports have been relevant and allowed me to develop my skills of integrating theory into practice. In my employed position, as a Child and Adolescent Mental Health Service (CAMHS) CBT trainee, I have worked with a large number of young people whilst studying. Many of whom have now been discharged due to their progress and the reduced impact and distress their thoughts and behaviours have on their everyday lives. Moreover, I have been able to support the team to reduce the services waiting times, which has resulted in young people being able to access mental health services faster. This opportunity, to support so many adolescents and young people along their journey of recovery, would not have been possible without the FPSA funding. I am so thankful. I look forward to continuing to support adolescents and young people with my newly acquired skills.

James McGuirk

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