

1-year Postgraduate Diploma Cognitive Behavioural Therapy

I am writing to express my sincere gratitude for the funding you provided for my second year in my Cognitive Behavioural Therapy (CBT) PG Dip, at the University of Hertfordshire. The course finishes in May 2023 after commencing in September 2022. Your generosity has allowed me to expand my knowledge and skills in the field of mental health, which has had a significant impact on my work as a mental health professional.

The CBT course was an intensive program that covered a wide range of topics, including the principles and techniques of CBT, cognitive restructuring, behavioural activation, and exposure therapy. The course was presented by a team of renowned experts in the field of mental health, and I had the opportunity to learn from their vast experience and expertise. The course also included practical application sessions where I was able to apply the skills I learned in real-world situations. This aspect of the course was particularly helpful in preparing me for the challenges of working with adolescents in a school setting.

Since completing the CBT course, I have been able to apply the skills I learned to improve access to mental health services for adolescents aged 11-18. I have seen significant improvements in the mental health outcomes of the students I work with, and I am confident that this training has played a crucial role in achieving these outcomes.

Thanks to the CBT course that I completed with the support of FPSA's funding, I was able to work with more complex presentations, which I would not have been able to do before. One particular case that stands out is a young person who was experiencing symptoms of Post-Traumatic Stress Disorder (PTSD) but did not meet the threshold for referral to the Child and Adolescent Mental Health Services (CAMHS). Using the skills and knowledge that I gained from the CBT course, I was able to provide this young person with the support they needed. This involved helping them to identify and understand their symptoms, teaching them strategies to manage their emotions and develop coping skills, and providing them with a safe and supportive environment to work through their experiences. Through individual therapy sessions, we were able to make significant progress in addressing the young person's symptoms of PTSD. The young person reported feeling more in control of their emotions and better equipped to manage the impact of their traumatic experiences on their daily life. Without the training provided by the CBT course, I would not have had the skills or confidence to work with a young person experiencing such complex symptoms. Your funding allowed me to access this training, which in turn enabled me to provide support to this young person and others like them who do not meet the threshold for CAMHS.

Overall, I am grateful for the opportunity to have completed the CBT course and for the funding, that made it possible. The skills and knowledge I gained have had a significant impact on my ability to provide effective support to young people experiencing mental health difficulties, particularly those with presentations that are more complex. I intend to continue using these skills in my current role as an Education Mental Health Practitioner and hope to explore opportunities to further develop my expertise in this field. I would highly recommend this training to anyone considering a similar course, as it has had a profound impact on my professional development and the lives of the adolescents I work with.

Once again, thank you for your support and investment in the mental health of young people.