

University Recruitment Information sheet

UCL/ANNA FREUD CYP PT THERAPY

CYP-PT Trainee ASC/LD modality

This is an NHSE funded training post as part of the Child and Young People's (CYP) Psychological Trainings (PT) which involves part time working as a Practitioner and part time studying with UCL/Anna Freud undertaking a programme of training in ASC/LD.

This intensive training post will equip the post-holder to provide interventions for children, young people or families using the core principles of the CYP Psychological Training Programme and consistent with the evidence base in the area of ASC/LD.

The post-holder will work in the service, for at least 2.5 days of the week using their newly developed skills whilst attending the training programme or undertaking self-study days for the remaining days, as required by the education provider.

The post holder will hold an appropriate training case load and complete the necessary assignments to meet the course requirements.

We are seeking highly motivated candidates who are enthusiastic about making a difference to children and young people's mental health through evidence-based interventions based on NICE Guideline recommended treatment.

You will be committed to the CYP Psychological Training Programme core principles: Accessibility, accountability, participation, awareness and evidence-based practice, and to providing an inclusive and effective service for children and young people, along with a dedication to equity, diversity and inclusion.

This role will be best suited for applicants that are able to balance a very busy work and study schedule. You will be an employee at the service but also enrolled on a Postgraduate Diploma course. As this is a Postgraduate level training, you will be required to study and perform at academic level. Applicants must be prepared to work towards their studies outside of protected study time (such as on weekends and after work). Protected study time or teaching days are typically two days a week during term (with possibility of extra university days near start) and will be a mixture of in person and online sessions. Applicants must be willing to travel into London to attend their lectures.

This is an exciting opportunity for an enthusiastic practitioner who is keen to develop further experience, training and knowledge of delivering evidence-based interventions to children and their carers/families. Responsibilities will include direct clinical work and management of complex and sometimes high risk cases with support of your line manager and clinical supervisor. You will be a member of the MDT and involved in multi-disciplinary meetings and broader service developments. You will be expected to liaise with other agencies involved in the care of the children and young people on your caseload, including schools, social care or other community agencies.

This is a fixed term post with this training year funded by NHSE. After successful completion of the course the fixed term training contract will end and where available applicants would be encouraged to apply for any vacant posts within the service.

Duties and responsibilities

Clinical/professional:

Please see employer's attached Job Profile

Training:

- Fulfilling the requirements of and completing a PG diploma at UCL/Anna Freud including practical, academic, and practice-based assessments, alongside private study;
- Apply learning from the training programme in practice;
- Prepare and present clinical information for all patients on their caseload to clinical and case management supervisors within the service on an agreed and scheduled basis, in order to ensure safe practice and the clinical governance obligations of the worker, supervisor and service are delivered.
- More information about the course content and the different modalities can be found on the Anna Freud webpage:
<https://www.annafreud.org/ucl-postgraduate-study/ucl-postgraduate-programmes/child-and-young-person-iapt-therapy-pg-dip/>
- There is also a useful training FAQ section for prospective candidates:
[Prospective Trainees_CYP IAPT Therapy Programme FAQ's.docx - Google Docs](#)

Training information:

- **Course start date: 19th January 2026**
- This full-time training will begin in January 2026 with around 2.5 days a week for academic work (teaching and personal study), and 2.5 days based at the service seeing clients (children, young people, and parents/carers) related to training assignments. You will be both an employee of the service and an enrolled student with UCL/Anna Freud. Upon completion, qualified trainees will receive a UCL Postgraduate Diploma.

University application process:

- Please note you need to complete 2 applications. One for applying for the position with our team, and the other for the University Course for the UCL/Anna Freud course team to review. The Course Team will liaise with us on whether you meet the academic requirements for the course during the recruitment process. You will only be offered a UCL training place if you are successful in securing this post and you meet the university training requirements.
- **PRIVACY NOTICE:** *Please be aware the information on your application form (name and contact details, qualifications and prior relevant experience) will be shared with the UCL/Anna Freud staff team as part of the recruitment process. By submitting your application to this role, you are agreeing to your details being shared with Anna Freud.*

- Please see the attached document 'UCL CYP PT Therapy - Application Guidance for Candidates August 2025' for the university application link and more information on how to apply.
- Direct UCL application link:
https://evision.ucl.ac.uk/urd/sits.urd/run/siw_ipp_lgn.login_enc?0qhYzuG1h9udTFM8i9sPhtGiUgIR6D6iP0QBDHq24aUE7Anl4FtDGBDmc3LlBtzaVi6cWmaNYWo=
- Application guidance document for candidates:
https://drive.google.com/drive/folders/17bbinRzAlIfH8SKe3t18l2m14L7sli5e?usp=drive_link
- For more information about the course and minimum entry criteria, please see the course page and brochures:
<https://www.annafreud.org/ucl-postgraduate-study/ucl-postgraduate-programmes/child-and-young-person-iapt-therapy-pg-dip/>

What you will need to include in your UCL application:

- Previous roles/experience: you can complete these on the application and/or upload the latest version of your CV
- Personal Statement (see below for guidance)
- Previous qualifications: transcripts/degree certificates - these will be required by UCL Admissions to check eligibility. If you do not have these, please make arrangements to have these ready to upload to the UCL portal when making your formal application.
- References - you will need to provide 2 referees - ideally this will include 1 work and 1 academic - referees should be from a professional capacity (i.e. previous line manager or academic supervisor) and know you well enough to describe to us your personal and professional attributes.
- For non-UK citizens: Visa information/Confirmation of right to work and study in the UK - this will be checked by the UCL Visa Compliance Team
- For non-native English speakers: Proof of English Language proficiency is required at Level 2 standard. Further information can be found on our English language requirements page at

<https://www.ucl.ac.uk/prospective-students/graduate/learningand-living-ucl/international-students/english-language-requirements>

Personal statement:

As part of your UCL application, you will need to complete a personal statement (1 statement for each modality you are applying for) of around 1,000 words long.

To help you do this, it is helpful to review the university acceptance criteria below for full information on the skills and experience required for each modality.

Your statement should include:

- Which modality and what interests you in this area of specialism?
- Why would you like to study this course?

- o Personal motivation
- o Career relevance
- Outline all relevant experience you have in the field.
- How would you cope with the academic demands of the course while balancing your work and life?

University acceptance criteria:

Please note: NHS England (NHSE) have implemented a 2-year funding rule regarding beneficiaries of a number of trainings from 1st April 2022. Please see more information on the following link:

<https://www.hee.nhs.uk/our-work/mental-health/psychological-professions/nhsfunding-psychological-professions-training-programmes>

	• Essential	• Desirable
Qualifications	• Minimum second-class Bachelor's Degree or equivalent standard in a relevant subject (e.g. psychology, social work etc); OR • Applicants who do not fulfil the academic criteria but have relevant professional experience are still encouraged to apply and will be considered on a case-by-case basis.	• Previous training in a mental-health related profession (e.g. psychology, nursing, health visiting, social work, occupational therapy, speech and language therapy, special needs teaching, psychiatry, psychotherapy, counselling); • Ability to study and complete academic work at postgraduate study level; • Proven record of previous academic attainment.
Skills / Competencies	• Ability to have a flexible and creative approach to facilitating engagement with Autistic and/or LD children and young people; • Ability to adapt methods of communication and intervention for the varying needs and levels of the children and young people's Autistic and/or LD population; • Ability to maintain a reflective stance in emotive/challenging interactions with children and their carers.	• Ability to adopt multi-agency working, especially in relation to complex cases with multiple needs, where a more systemic approach is required. • Ability to advocate for the needs of children and young people with Autism and/or LD and their families. • Ability to maintain an observational stance, particularly in relation to children and young people with Autism and/or LD who do not express themselves verbally. • Understanding of evidence-based practice and the

	• Ability to personally manage sensitive and potentially emotionally distressing caseload material; • Ability to reflect on own practice (in clinical supervision and practice tutor groups with course peers) • Ability to follow policy and clinical governance procedures and make proposals for change • Ability to maintain accurate records • Ability to complete academic work at postgraduate level and balance the academic demands of the course with clinical placement demands; • Demonstrates adaptability and able to work with diverse communities; • Good time management and organisational abilities; • Effective oral and written communication skills; • IT/Computer literate; • Able to accommodate travel demands associated with the role.	ability to demonstrate how this influences clinical practice.
Knowledge	• Knowledge and understanding of the key features and symptoms associated with Autism and/or Learning Disabilities; • Knowledge and understanding of the unique challenges for Autistic/LD children and young people and their families; • Awareness and understanding of the significantly increased risk of co-morbid mental health challenges and other neuro-developmental challenges	• Knowledge of the MDT approach and collaborative working with other agencies to ensure the needs of Autistic/LD children and young people are understood and effectively met (i.e. education and social care agencies).

	within the Autistic population; • Knowledge and understanding of issues relating to safeguarding children.	
Experience	• 2 or more years of experience working within a children and young people's mental health setting (e.g. mental health worker); • 1 year or more of clinical competence and experience working with Autistic and/or LD individuals.	• Previous experience of working with safeguarding issues; • Experience of working as part of the multi-disciplinary team with children and young people with Autism and/or LD and their families.
Personal Qualities	• Motivated to learn and be challenged; • Capacity to work well in teams.	•