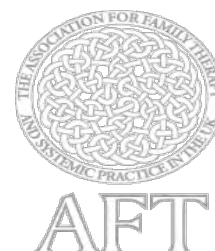
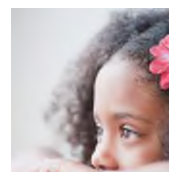




Course Brochure

Postgraduate Diploma CYP-PT Therapies: Systemic Family Practice



**Please note that CYP Mental Health training programmes are now referred nationally as CYP Psychological Training (CYP-PT)*

What does training involve?

The Postgraduate Diploma in CYP-PT Therapies in Systemic Family Practice (SFP) starts in January 2026 and will be completed over 1 year, finishing in December 2026. Students attend university teaching on Mondays and Tuesdays over three terms. For the remainder of the week you will be seeing young people and their families in your service where you will be applying what you learn on the course.

Summary of Systemic Modules

The Systemic Family Practice course has two strands: Depression & Self Harm and Conduct Disorder **OR** Eating Disorders. All students begin with a Basic Systemic Skills module which will introduce a range of systemic approaches for working with families from diverse socio-cultural backgrounds and where you will learn a range of systemic techniques and interventions. You will continue on to modules focusing on either Adolescents with Depression and Self Harm and Conduct Disorder or Adolescents with Eating Disorders.

To help you develop and embed your developing skills, you will be required to video record your own practice and review recordings in small, safe and supportive practice tutor groups. We receive consistent feedback that this is a highly valuable part of the course.

University teaching will take place at the [Institute of Psychiatry, Psychology and Neuroscience](#), part of King's College London.

How many cases do I need to see to complete the training?

You will need to see at a minimum 8 cases over the course with 2 cases for the Basic Systemic Skills module and 3 cases per specialist module. You will be assessed on these through written and video presentation. You will need to accrue at least 60 hours of systemic practice working directly with families and receive supervision on each case.

What support will I have at my new service?

You should have a minimum of 1 hour a week SFP supervision from a UKCP registered, AFT Approved Systemic Supervisor. If your SFP supervision is provided externally to your service, you must also have at least 1 hour a month case management supervision within the service, to support you with identifying appropriate cases, assessments, managing risk and monitoring outcomes, with good communication between supervisors.

What will I gain from the training?

The skills and knowledge you develop will enable you to work more effectively and confidently with young people and their families. **The course is accredited by the Association for Family Therapy as an Intermediate Level training in Systemic and Family Practice.** Graduates are eligible to apply for the final two years of family therapy training leading to registration with United Kingdom Council for Psychotherapy as a Family and Systemic Psychotherapist.

Assessment of Modules

Students will be assessed through written case reports, whole session video recordings with reflective analysis, a theory-oriented case report, a participation assignment and a portfolio which includes a clinical log.

Caseload Requirements

Unit	Case Requirement
Basic Systemic Practice	2 children/young people and their families. A minimum of 12 hours of clinical practice
Systemic Family Practice for Depression/Self-Harm	3 adolescents and their families where the adolescent presents with depression/self-harm. A minimum of 24 hours of clinical practice.
Systemic Family Practice for Conduct Disorder	3 adolescents and their families where the adolescent presents with conduct disorder. A minimum of 24 hours of clinical practice.
Systemic Family Practice for Eating Disorders	6 adolescents and their families where the adolescent has an Eating Disorder. A minimum of 48 hours of clinical practice.

Entry Requirements

Essential

Normally a minimum of a second-class Bachelor's degree from a UK university or an overseas qualification of an equivalent standard in a relevant academic subject (e.g. Psychology, Education, Childhood development, Social Work etc)

AND a registerable professional qualification (e.g. as a counselling/clinical/educational psychologist, social worker, counsellor (three year minimum training, full BACP accredited membership (MBACP Accred) and experience in the public or voluntary sector), mental health nurse, occupational therapist, art / music therapist.

Applications **MAY** be considered from those with relevant first degree who do not have a registerable professional training if they have at least 3 years experience in a CAMHS or equivalent setting.

***Applicants who do not fulfil the academic criteria are encouraged to apply and may be considered on a case-by-case basis.**

Please contact us with queries

Knowledge and understanding of issues relating to safeguarding children and young people

Experience of working with children/young people in a mental health setting.

Capability to complete academic work at postgraduate diploma level, including IELTS or equivalent to the appropriate level for students with English as a foreign language (BAND D)

<https://www.kcl.ac.uk/study/postgraduate/apply/entry-requirements/english-language.aspx>

KCL Application Deadline – Tuesday 25th November 2025

Teaching will begin on Monday 19th January 2026

***Please note: The SFP programme is not a standalone CYP MH training course. The programme requires potential candidates to apply for both the University led training course and the role within a participating mental health service.**

Next Steps

If you are interested in this training, you can find out more information [here](#).

Application Process

- To apply online go to <https://apply.kcl.ac.uk>
- Please do contact cyp-mh@kcl.ac.uk for any queries



Contact Details

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[Website](#)