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Improving Access to Evidenced Based Psychological Treatments for Children & Adolescents in the UK

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Abstract Title (max 200 char):

Improving Access to Evidenced Based Psychological Treatments for Children & Adolescents in the UK

Abstract text (max 2500 char):

Beginning in 2002, the Department of Health (DoH) in partnership with the National Institute of Clinical Excellence (NICE) began publishing guidelines for the evidenced-based care and treatment of individuals with specific psychiatric disorders. With few exceptions the first-line psychological treatment recommended in all of the guidelines was some form of CBT. The publications of these guidelines led to a re-assessment of the CBT capacity needed to provide this recommended treatment. Out of this assessment was born the Improving Access to Psychological Therapies programme (IAPT) - which aimed to train 10,000 new CBT therapists to provide low and high intensity CBT to adults with anxiety and depression. Building on the success of this programme, the DoH has decided to extend the IAPT so that children with anxiety, depression and behaviour disorders might also gain improved access to CBT. This presentation details the training curriculum (core skills and disorder-based training, supervision and assessment requirements) and the service modernization changes (improving care pathways, weekly outcome measurement, building local CBT supervision capacity and stakeholder involvement) imposed on clinical services that send staff for IAPT training. Drawing on his experience of CBT dissemination in the UK and Europe, the presenter discusses the issues that this new iteration of IAPT will need to address (low CBT supervision capacity, problems of staff retention after training, competition between professional groups, and cultural resistance to assigning diagnoses to and repeated assessment of children) if it is to be as successful as its adult counterpart.

References

Topics

40 Evidence based treatments

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