

CHILD & ADOLESCENT PSYCHOANALYTIC PSYCHOTHERAPY

Kara Gledsdale

Worcestershire CAMHS





WHAT IS CHILD & ADOLESCENT PSYCHOANALYTIC PSYCHOTHERAPY?

- One of the 12 core NHS Psychological Professions offering evidence-based mental health treatment for children, adolescents, parents and families
- HEE funded national doctoral-level training that focuses exclusively on work with children and young people (0-25) and their families
- Psychotherapy works to see the world through the child/young person's eyes, to then challenge the processes underlying the patient's presentation
- A non-directive approach to explore and understand what the patient may be trying to communicate when they cannot say how they are feeling in an ordinary way. Led by the patient and adapts to the individual child.
- A NICE/SCIE treatment of choice for some of the most severely ill children and young people (moderate to severe depression and after abuse and neglect)
- Brief, time-limited and longer-term interventions e.g. STPP
- Case examples



Individual Psychoanalytic Psychotherapy

Psychoanalytically-informed work;

Parent work, Under-Fives' Clinic, Joint work with LD CAMHS

Psychoanalytic Consultation & Supervision;

Psychotherapy Consultations, Under-Fives' Clinic Consultations to Health Visitors, Social Workers, SaLT and Nurseries, Individual case supervision, 1:1 Clinical Supervision, Complex Case Discussions facilitated and contributed to, MDT attendance, PIQs attendance, LAC Pathway and Developmental Trauma Pathway facilitation, Consultation to other services including LD CAMHS, YOT, ISL, CEDs, CAST, Orchard Service, Perinatal Psychiatry Team, Mental Health Support Teams in Schools

*WTE 2 Child & Adolescent Psychoanalytic Psychotherapists
plus 2 Trainee Child & Adolescent Psychoanalytic Psychotherapists*

WHAT DOES A CHILD
& ADOLESCENT
PSYCHOANALYTIC
PSYCHOTHERAPIST
DO IN
WORCESTERSHIRE
CAMHS?





THE PPN 5 PLANETS AND CHILD & ADOLESCENT PSYCHOANALYTIC PSYCHOTHERAPY (PART I)

Put people first

- Seeing the world through the child's eyes
- Led by the patient and adapts to the individual child
- Work with parents and carers in supporting the therapeutic needs of infants, children and adolescents
- Colleague support, supervision & consultation
- A comprehensive skill mix is needed for effective services to meet high levels of demand and, for some, high severity of need
- Ensure patients receive the help they need on first referral, and can be discharged with better outcomes
- 40% of children with mental health problems have complex conditions often arising from early trauma or adverse childhood experiences, which are likely to require specialist input

Transform and innovate

- Brief, time-limited and longer-term interventions
- Layers of intervention; individual, parents & families, group, psychoanalytically-informed, training, supervision and consultation
- Digitally enabled care
- At the forefront of research, innovation and service development in many specialist areas including perinatal and infant mental health, children looked after and adopted, paediatric psychotherapy and work in schools



Unite and increase diversity in the psychological professions

- Integrated part of CAMHS workforce; MDT, pathways, complex case discussions and formulations
- Contribution to leadership, training and planning
- HEE increased the total number of training commissions by 25% in both 2020 and 2021 from approximately 45 to 76
- Inclusion in the RISE Ethnic Minority Leadership Mentoring Programme
- National EDI Lead to develop a strategy for increasing the diversity of people on the pathway towards training

Make all health and care psychological

- Consultation and support to other professions and services
- Deliver integration across primary and specialist care, physical and mental health, and health with social care
- Trained to work across systems and qualify with leadership and supervisory skills
- Work in LTP priority service areas including schools, perinatal, eating disorder services

Help our communities to thrive

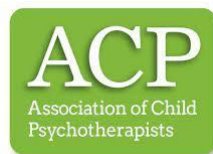
- Consultation and support to other professions and services
- Reduce risk and reduce demands on other services such as inpatient units, A&E and social care

THE PPN 5 PLANETS AND CHILD & ADOLESCENT PSYCHOANALYTIC PSYCHOTHERAPY (PART 2)

- An important contribution to meeting the needs of infants, children, young people and families
- Contributions to the NHS Long Term Plan in areas such as Perinatal Mental Health, Children & Young People's Mental Health, Inpatient Care, Autism, Learning Disabilities, Physical Health Services, Digital Delivery and System Leadership
- A sustainable workforce supply of Child and Adolescent Psychotherapists that is both equitably spread across the country and representative of the diversity of communities it serves
- The ACP recommends a minimum of 2 Child and Adolescent Psychotherapists per 100,000 total population to meet the needs of infants, children, young people and families
- Work with local service planners, commissioners and providers to develop and implement local workforce and service plans that embed child and adolescent psychotherapy as a core psychological profession in all service areas in order to support the safe and effective delivery of the NHS Long Term Plan priorities
- Cement links with PPN regionally and nationally

Further information:

www.childpsychotherapy.org.uk



WHAT NEXT FOR
CHILD & ADOLESCENT
PSYCHOANALYTIC
PSYCHOTHERAPY?

