



timetotalk
WEST BERKSHIRE

TRAINING TO WORK WITH CYP

ACCREDITED SERVICES & COURSES
CONFERENCE 2024

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However you are feeling...
you are not alone.

We are a charity that delivers an emotional and psychological support service for young people aged 11-25 and parents connected to West Berkshire.





timetotalk
WEST BERKSHIRE

WHO ARE WE?

- ❖ Independent local charity established in 1985
- ❖ Promote mental and psychological support for young people aged 11-25 and parents connected to West Berkshire
- ❖ One to one counselling: 7,000+ One to one counselling sessions in 2023
- ❖ BACP accredited since 2015
- ❖ Award winning; NWN Charity of the year 2024, Greenham Trust Young people's charity of the year 2023
- ❖ Supported online programmes
- ❖ Presentations, workshops, assemblies



WHAT?

❖ WHY ALL counselling COURSES
SHOULD INCLUDE A MODULE
ON WORKING WITH CYP



WHY?

- ❖ 20% of adolescents are likely to experience a 'mental health problem in any given year.
- ❖ 50% of 'mental health' problems are established by age 14 and 75% by age 24
- ❖ Around half of young people living in the UK will have experienced at least one traumatic event or adverse childhood experience (2020)
- ❖ Experience of childhood trauma, without the chance to talk, doubles a young person's risk of experiencing mental health problems.



CYP COMPETENCE FRAMEWORK (11-18YRS)

- ❖ Published in 2014
- ❖ Updated in 2019 to include work with 4-10 year olds
- ❖ Updated again in 2022 to include online and phone therapy with CYP (current 3rd edition)

Obviously a very good thing

BUT ...



THE REALITY.....

Despite our training, within an accredited service, and meeting requirements for stage 1 of BACP competencies for working with CYP, trainees are not able to count all CYP placement hours if they are on “adult” counselling course & nationally most counselling courses are “adult” focused.

THIS MEANS

- ❖ Fewer trainees come forward to CYP agencies
- ❖ Fewer QUALIFIED counsellors to work with CYP
- ❖ Difficulties in providing counselling which is free at the point of delivery for YP
- ❖ Indirect discrimination against CYP

THE KNOCK ON EFFECT.....

❖ Long waiting lists at CYP agencies

- ❖ waiting is even more difficult for YP than adults

❖ Lack of fully inclusive workforce

- ❖ Counsellors who work with CYP need to have more funds and more time than adult counsellors because training takes longer so currently a less inclusive area of counselling and therefore a more homogenous group (white middle class women) which is even more of an issue for CYP than for adults

❖ Lack of trained and experienced counsellors in schools

- ❖ Our observation that local schools (not the ones we are in) taking on counsellors who have NO training to work with CYP – schools don't know about CYP curriculum

OUR SOLUTION.....



**INCLUDE CYP MODULE
ON ALL COURSES**

ADVANTAGES.....

- ❖ **Every counsellor would have basic CYP skills**
 - ❖ every counsellor who works with YP would have relevant training
- ❖ **More counsellors available for CYP agencies**
 - ❖ more counselling for CYP
 - ❖ easier for CYP agencies to have higher number of counselling slots for YP
 - ❖ shorter waiting times
- ❖ **More diverse group of counsellors available to work with CYP**
- ❖ **CYP training is relevant for working with all people**
 - ❖ more knowledge of child development & working with the 'child in the adult' & being creative
 - all skills useful to counselling with any age

WIN WIN WIN

THANK YOU FOR LISTENING