



## ACP statement on the support and education for CAPPT trainees during the COVID-19 crisis

This document is a modification of the ACP's Quality Assurance Framework (QAF) and also reflects guidance issued by the National Psychological Professions Workforce Group.

During these challenging times when the NHS is working under unprecedented strain, it is important that we keep on educating and developing the next generation of clinicians to the high standards the NHS has always held to, whilst at the same time meeting the clinical needs of this vital public service in treating the population.

To this end the Association of Child Psychotherapists wants to support the NHS in using its clinical staff appropriately to meet crisis needs, noting that these needs include continuing to train clinicians to keep the NHS working in the future.

We recognise that the training experience of child psychotherapy trainees has to be modified to some extent, but we want to ensure the best possible training experience in the circumstances for our Child & Adolescent Psychoanalytic Psychotherapist (CAPPT) trainees by stating:

- CAPPT trainees can where appropriate and with equipment, training and supervision, help to meet current existing and new patient needs in NHS CAMHS in ways which are beneficial for patients, trainees and services.
- That all CAPPT trainees are NHS employees on training contracts and their training needs as laid out in the ACP's QAF should be met where practicable and without damaging patient care.
- CAPPT training needs can still be met during the current crisis such as a limited number of clinical contacts, mainly using digital media rather than face to face contact.
- Where trainees are working with patients remotely they should be given access to appropriate equipment and training to do so, as well as clear guidelines for remote working; they should also understand that they need to work to their employing Trusts' and the ACP's guidelines for remote working.
- What direct patient and other work from CAPPT trainees' existing workloads can and needs to be continued should be assessed on a case by case basis with support from their service supervisor and line manager.
- Some protected time for research/ academic commitments is essential.

- Regular supervision from service supervisor and where appropriate from training case supervisors must be available, as well as other forms of supervision provided by the training school and multi-disciplinary team. It is important that the service supervisor's workload takes account of the continuing (& possibly additional) need to support the trainee.
- CAPPT trainees with previous clinical experience and more likely third- and fourth-year trainees may work alongside experienced CAMHS colleagues to offer work in line with CAMHS response to the current crisis, such as urgent care, initial and risk assessments. However, CAPPT trainees should not be asked to work beyond their competence and should have appropriate equipment, training, and supervision.
- As trainees they cannot be case holders and their status as trainees remains whatever the circumstances.
- Where CAPPT trainees are working in new ways with experienced non CAPPT colleagues it is essential that this work can also be presented to service supervisors to be thought about using a psychoanalytically informed framework.
- Where trainees are being asked to meet clinical needs not part of their usual training, this should be agreed in advance with their service supervisor and line manager, and they should have training and equipment including PPE where necessary in order to carry this out safely and appropriately, keeping in mind their lack of familiarity with the new setting.
- CAPPT trainees can be well placed to be part of NHS CAMHS responses to the new needs of children, adolescents and families which are likely to arise from the current pandemic.
- Decisions about what work each individual trainee can safely undertake need to be assessed on a case by case basis, involving service supervisors and line managers.

The ACP believes that CAPPT trainees can work in the current crisis in ways which benefit patients, trainees and NHS CAMHS as well as offering learning experiences which provided the trainees are well supported and supervised, can add to their clinical skills.

With proper training and supports this can be beneficial to all.

Properly managed this can provide invaluable experience for future senior clinicians.

Jason B Kaushal  
**Director of Training**