PSYCGN47: Clinical Skills 1: Bunsi Shah

MSc Developmental Psychology & Clinical Practice -Year 2. All lectures take place on Fridays 13:30 – 16:30 in the AFNCCF Library, unless otherwise noted below. Aims: To enable students to understand and develop core clinical skills for working with children and families in a mental health setting. These include; how to work within an ethical and child centred framework, adapting your approach appropriately according to the developmental stage, presenting problem, personality and life history of the children and families and the ability to think reflexively.

Description: Clinical Skills I consists of 10 sessions during the Autumn term of year two. Over the course of the term a range of clinical presentations and professional issues will be explored. Students will be required to engage in small and large group discussions, as well as role plays and experiential exercises, in order to develop their clinical and reflective skills. Assessment: Therapy snapshot assessment. In this assessment students will be required to explore a 5 minute therapy clip from a number of angles. View Online



'Antisocial behaviour and conduct disorders in children and young people: Recognition and management | Guidance and guidelines | NICE' (2013). National Institute for Health and Care Excellence. Available at: https://www.nice.org.uk/guidance/cg158.

Avraham-Krehwinkel, C. and Aldridge, D. (2010) A non-violent resistance approach with children in distress: a guide for parents and professionals. London: Jessica Kingsley.

Bailey, S. (2006) 'Adolescence and beyond : Twelve years onwards', in The developing world of the child. London: Jessica Kingsley, pp. 208–225. Available at: https://contentstore.cla.co.uk/secure/link?id=a49f21c2-8336-e711-80c9-005056af4099.

British Psychological Society (no date) 'Code of ethics and conduct'. Leicester: British Psychological Society. Available at: https://www.bps.org.uk/node/1714.

Burnham, J. (2005) 'Relational reflexivity: A tool for socially constructing therapeutic relationships.', in The space between: Experience, context and process in the therapeutic relationship. Karnac Books, pp. 1–18.

Carey, T.A. and Mullan, R.J. (2004) 'What is Socratic questioning?', Psychotherapy: Theory, Research, Practice, Training, 41(3), pp. 217–226.

Clabby, J.F. (2006) 'Helping depressed adolescents: A menu of cognitive-behavioural procedures for primary care', The Primary Care Companion to The Journal of Clinical Psychiatry, 08(03), pp. 131–141. Available at: https://doi.org/10.4088/PCC.v08n0302.

'Clinical Psychology: Reflective practice [Special issue]' (2003), 27. Available at: http://www.psychminded.co.uk/clinical-psychology-issue-27-july-2003/.

Duncan, R.E., Williams, B.J. and Knowles, A. (2012) 'Breaching confidentiality with adolescent clients: A survey of Australian psychologists about the considerations that influence their decisions', Psychiatry, Psychology and Law, 19(2), pp. 209–220. Available at: https://doi.org/10.1080/13218719.2011.561759.

E. Webb et al. (2009) 'Using the UN Convention on the Rights of Children to improve the health of children', Paediatrics and Child Health, 19(9), pp. 430–434. Available at: https://doi.org/10.1016/j.paed.2009.05.006.

Freeman, J., Epston, D. and Lobovits, D. (1997a) 'Getting to know the child apart from the problem', in Playful approaches to serious problems. New York: W.W. Norton, pp. 34–46.

Freeman, J., Epston, D. and Lobovits, D. (1997b) 'Playful communication in family therapy', in Playful approaches to serious problems : Narrative therapy with children and their families. London: W.W. Norton, pp. 3–33. Available at: https://contentstore.cla.co.uk/secure/link?id=a35706fb-5036-e711-80c9-005056af4099.

Freeman, J., Epston, D. and Lobovits, D. (1997c) 'Thinning the plot, thickening the counterplot', in Playful approaches to serious problems. New York: W.W. Norton, pp. 94–111.

Freire, T. (2010) 'From vulnerability to skillfulness : Leisure and positive intervention in therapy with adolescents', in Happiness, healing, enhancement : your casebook collection for applying positive psychology in therapy. Hoboken, NJ: Wiley, pp. 100–112. Available at: https://contentstore.cla.co.uk/secure/link?id=36d62e45-5736-e711-80c9-005056af4099.

General Medical Council (2007) '0-18 years: Guidance for all doctors'. Available at: https://www.gmc-uk.org/ethical-guidance/ethical-guidance-for-doctors/0-18-years.

Gold, C. (2012) Understanding childism: Are we prejudiced against children? | Psychology Today. Available at:

https://www.psychologytoday.com/blog/child-in-mind/201201/understanding-childism-are-we-prejudiced-against-children.

J. Wilson (1998) Child-focused practice: A collaborative systemic approach. Karnac.

Keeley, J. (2009) 'Moving towards safe uncertainty: The development of resilience and excitement in the future (unpublished paper)'. Available at: http://www.keeleycarlisle.co.uk/Movingtowardssafeuncertainty.pdf.

Kennedy, F. (2008) 'The use of formulation in inpatient settings', in I. Clarke and H. Wilson (eds) Cognitive behaviour therapy for acute inpatient mental health units: Working with clients, staff and the milieu. New York, NY: Routledge, pp. 39–62. Available at: https://contentstore.cla.co.uk/secure/link?id=efbffa7f-0f7d-ec11-94f6-a04a5e5d2f8d.

Kerns, C.M. and Kendall, P.C. (2012) 'The presentation and classification of anxiety in autism spectrum disorder', Clinical Psychology: Science and Practice, 19(4), pp. 323–347. Available at: https://doi.org/10.1111/cpsp.12009.

Kerns et al., C.M. (2014) 'Traditional and atypical presentations of anxiety in youth with autism spectrum disorder', Journal of Autism and Developmental Disorders, 44(11), pp. 2851–2861. Available at: https://doi.org/10.1007/s10803-014-2141-7.

Koocher, G.P. (2008) 'Ethical challenges in mental health services to children and families', Journal of Clinical Psychology, 64(5), pp. 601–612. Available at: https://doi.org/10.1002/jclp.20476.

Lavender, T. (no date) 'Redressing the balance: The place, history and future of reflective practice in clinical training', Clinical Psychology: Reflective practice [Special issue], 27, pp. 11–15. Available at: http://www.psychminded.co.uk/clinical-psychology-issue-27-july-2003/.

Martell, C.R., Dimidjian, S. and Herman-Dunn, R. (2010) Behavioral activation for depression: A clinician's guide. New York: Guilford Press.

Mason, B. (1993) 'Towards positions of safe uncertainty', Human systems : the journal of systemic consultation and management, 4, pp. 189–200. Available at: https://contentstore.cla.co.uk//secure/link?id=ef4f432e-4b36-e711-80c9-005056af4099.

Mason, B. (2005) 'Relational risk-taking and the therapeutic relationship', in The space between : experience, context, and process in the therapeutic relationship. Karnac Books, pp. 157–170. Available at:

https://contentstore.cla.co.uk/secure/link?id=dd541413-8a36-e711-80c9-005056af4099.

Meichenbaum, D. (2005) '35 Years of working with suicidal patients: Lessons learned.', Canadian Psychology/Psychologie Canadienne, 46(2), pp. 64–72. Available at: http://ovidsp.ovid.com.libproxy.ucl.ac.uk/ovidweb.cgi?T=JS&CSC=Y&NEWS=N&PAGE=fullt ext&AN=00011346-200505000-00002&LSLINK=80&D=ovft.

Moree, B.N. and Davis, T.E. (2010) 'Cognitive-behavioral therapy for anxiety in children diagnosed with autism spectrum disorders: Modification trends', Research in Autism Spectrum Disorders, 4(3), pp. 346–354. Available at: https://doi.org/10.1016/j.rasd.2009.10.015.

MST-UK (no date) Multisystemic Therapy. Available at: http://www.mstuk.org/.

National Institute for Health and Care Excellence (2004) 'Self-harm in over 8s: Short-term management and prevention of recurrence (NICE Clinical guideline CG16)'. National Institute for Health and Care Excellence. Available at: https://www.nice.org.uk/guidance/cg16.

National Society for the Prevention of Cruelty to Children (2012) Gillick competency and Fraser guidelines (NSPCC factsheet). Available at: http://www.nspcc.org.uk/inform/research/questions/gillick_wda61289.html.

Norris, V. and Maher, M. (2009) 'The trap: Self-harm and young people in foster care and residential settings', in A. Motz (ed.) Managing self harm: Psychological perspectives. New

York: Routledge, pp. 82–96. Available at: https://contentstore.cla.co.uk/secure/link?id=afc77e76-9732-e811-80cd-005056af4099.

Northern Ireland. Department of Health, Social Services and Public Safety (2010) 'Promoting quality care: good practice guidance on assessment and management of risk in mental health and learning disability services'. Available at:

http://www.scie-socialcareonline.org.uk/promoting-quality-care-good-practice-guidance-onassessment-and-management-of-risk-in-mental-health-and-learning-disability-services/r/a1 1G00000017uqHIAQ.

Ozsivadjian, A., Knott, F. and Magiati, I. (2012) 'Parent and child perspectives on the nature of anxiety in children and young people with autism spectrum disorders: A focus group study', Autism, 16(2), pp. 107–121. Available at: https://doi.org/10.1177/1362361311431703.

Paul, M., Newns, K. and Creedy, K.V. (2006) 'Some ethical issues that arise from working with families in the National Health Service', Clinical Ethics, 1(2), pp. 76–81. Available at: https://doi.org/10.1258/147775006777254506.

Scaife, J. (2010) 'Frameworks supporting reflective practice', in Supervising the reflective practitioner. New York, NY: Routledge, pp. 25–47. Available at: https://contentstore.cla.co.uk/secure/link?id=6abdc19c-31a4-e711-80cb-005056af4099.

Scott, S. and Dadds, M.R. (no date) 'Practitioner review: When parent training doesn't work: Theory-driven clinical strategies', Journal of Child Psychology and Psychiatry, 50(12), pp. 1441–1450. Available at: https://doi.org/10.1111/j.1469-7610.2009.02161.x.

Slade, A. (2008a) 'Mentalization as a frame for working with parents in child psychotherapy', in E.L. Jurist, Arietta Slade, and S. Bergner (Eds.) (eds) Mind to mind: Infant research, neuroscience and psychoanalysis. New York: Other Press, pp. 307–344.

Slade, A. (2008b) 'Working with parents in child psychotherapy: Engaging reflective capacities', in Mentalization: Theoretical considerations, research findings, and clinical implications. New York: Analytic Press, pp. 207–235.

Sondhi, R., Gulgulia, S. and Shriharsh, V. (2013) 'Cognitive-behavioral therapy for an Indian adolescent With depression: A clinical case study', Clinical Case Studies, 12(2), pp. 157–173. Available at: https://doi.org/10.1177/1534650112470741.

Urwin, C. (2008) 'Where the wild things are: Tantrums and behaviour problems in two under-fives boys', in E. Bradley and L. Emmanuel (eds) What can the matter Be?: Therapeutic interventions with parents, infants, and young children. Karnac, pp. 151–166. Available at:

https://contentstore.cla.co.uk/secure/link?id=66134d0a-8a36-e711-80c9-005056af4099.

Verduyn, C., Rogers, J. and Wood, A. (2009) 'Cognitive Behaviour Therapy: An introduction and overview', in Depression: Cognitive behaviour therapy with children and young people. London: Taylor & Francis, pp. 13–26. Available at: https://contentstore.cla.co.uk/secure/link?id=4ca8e1e7-5436-e711-80c9-005056af4099.

Walker, S. (2012) 'Recognising and treating self-harm', in Responding to self-harm in

children and adolescents : a professional's guide to identification, intervention and support

. London: Jessica Kingsley, pp. 36–64. Available at: https://contentstore.cla.co.uk/secure/link?id=a44804d4-8636-e711-80c9-005056af4099.

Webb, E. (2004) 'Discrimination against children', Archives of Disease in Childhood, 89(9), pp. 804–808. Available at: https://doi.org/10.1136/adc.2003.046300.

Webster-Stratton, C. and Herbert, M. (1995) Troubled families - problem children: Working with parents : A collaborative process. Chichester: Wiley.

Welsh Assembly Government & European Social Fund. (no date) 'UNCRC Decoded: United Nations Convention on the Rights of the Child – awareness raising and promotion.' Available at:

http://www.uncrcletsgetitright.co.uk/images/PDF/ActivityToolkits/RaisingAwareness/UNCRC TheUNCRCDecodedEnglish.pdf.

Westman, J.C. (1991) 'Juvenile ageism: Unrecognized prejudice and discrimination against the young', Child Psychiatry & Human Development, 21(4), pp. 237–256. Available at: https://doi.org/10.1007/BF00705929.

Young-Bruehl, E. (2009) 'Childism—Prejudice against Children', Contemporary Psychoanalysis, 45(2), pp. 251–265. Available at: https://doi.org/10.1080/00107530.2009.10745998.

Younggren, J.N. and Harris, E.A. (2008) 'Can you keep a secret? Confidentiality in psychotherapy', Journal of Clinical Psychology, 64(5), pp. 589–600. Available at: https://doi.org/10.1002/jclp.20480.