

Free CWP Service

Who are we?

We are trainee CWP's undertaking a postgraduate certificate in Children and Young Peoples' Psychological Wellbeing at King's College London.



Lily Glover



Anna Watson

Who do we work for?

We are employed by the Eikon Charity and are funded by Health Education England (HEE), which is why our service is free for anyone who may need it.

What are CWP's?

CWP stands for Children's Wellbeing Practitioner. We were recruited as part of the Children and Young Peoples' Improving Access to Psychological Therapies (CYP-IAPT) programme which prioritises early intervention. Our role is to provide Guided Self-Help interventions for children and young people experiencing symptoms of low to moderate anxiety, low mood or challenging behaviour.

What is Guided Self-Help (GSH)?

GSH is based on Cognitive Behavioural Therapy (CBT) principles. CBT focuses on the link between thoughts, feelings and behaviour. Therefore, GSH aims to identify unhelpful thoughts or behaviours to challenge them, which attempts to break unhelpful cycles contributing to the maintenance of anxiety, low mood and challenging behaviour.

Who is GSH for?

GSH is suitable for children and young people experiencing low to moderate anxiety, low mood or challenging behaviour. The criteria for GSH and our interventions are:

When we can help

- When parents or young people are motivated to engage with the intervention
- When the problem has a duration of less than 6 months
- When the presenting problem is anxiety, low mood or challenging behaviour

When we can't help

- When there is extreme risk involved
- When Obsessive Compulsive Disorder (OCD) or Post Traumatic Stress Disorder (PTSD) are the main presenting problem
- If the parent or young person is engaged in a different intervention