

COMPLEX TRAUMA PRACTITIONER COURSE



About the Course

Our self-paced Complex Trauma Practitioner Course provides qualified therapists with the tools to confidently and competently work with clients experiencing Complex Trauma. At the Complex Trauma Institute, we emphasize embodied, systemic, and experiential approaches. In addition to these methods, the C-PTSD course includes interactive workshops, case studies, peer group discussions, role-playing exercises, guided reflections, expert lectures, and access to extensive digital resources and reading materials, ensuring a comprehensive and enriching learning experience.

You will have one year to complete this course at your own pace, with an option to extend up to two years. We repeat all of our workshops two or three times a year, allowing you to select dates that suit your schedule.

What do I need to apply for this course?

Pre-requisites to apply to our Complex Trauma Practitioner Course are:

- Be a qualified therapist (e.g., Psychologist, Psychological Therapist, Counsellor, Psychotherapist, Art Therapist, Social Worker, etc.) or a final-year student in one of these fields (and registered with UKCP, BACP, BABCP, NCPS or BPS or other professional association).
- Registration with a Professional Regulatory Body (HCPC, UKCP, BACP, BABCP, NCPS, BPS etc.). Please be aware that you can join this course without professional registration if you have appropriate professional qualification (these applications will be decided by the course panel - Exceptional Circumstance route). However Professional Registration is required in order to be added to the Complex Trauma therapists directory after completion of this course.
- Professional Indemnity insurance
- Reference (and DBS check if you work with children).

International colleagues are welcome, provided they have a working level of English

What do I need to complete this course? (80 hours of Zoom online learning and 50 hours of Reflective Practice through video-assisted learning and supervision, totalling 130 h)

To successfully complete the course, participants must fulfil the following criteria, totalling 130 hours of training and practice:

Workshops/Short Courses:

- Complete 7 CTI workshops or short courses focusing on different stages of trauma recovery. Workshops attended prior to enrolment may count towards this requirement. Details of available workshops are provided on the last page of this document.

CTI Membership and Webinars:

- Become an annual member of CTI and engage in a minimum of 27 hours of our educational offerings. This can include participating in free live CTI webinars, attending our annual online conference, or accessing on-demand webinar recordings.

Learning Group Supervision:

- Complete a minimum of 15 hours of Learning Group Supervision, which can be achieved by attending at least 10 sessions (90 minutes each). This supervision is included in your CTI Membership.

Supervised Clinical Practice:

- Accumulate 18 hours of supervised clinical practice with trauma survivors. We can provide a list of trauma-informed supervisors, or you may independently arrange supervision with an approved trauma-informed supervisor of your choice, subject to our agreement.

Case Study Submission:

- Submit a detailed case study of 2500-3300 words, demonstrating the application of skills learned during the course.

Inclusion in Therapists Directory:

- Upon completing the course, your details will be listed for one year in our Trauma Informed Therapists Directory at no additional cost (optional).

These components are designed to ensure comprehensive learning and practical application of skills in complex trauma treatment.

All course materials are available online, and communication is primarily conducted through online channels. This self-paced course is intended to be completed within one year; however, we understand that individual circumstances may extend this timeline, and we are willing to accommodate such situations. Each component of the course can be paid for separately, or you have the option to pay for the entire course upfront.

How much will the Course Cost?

You will find a breakdown of our fees below. On application you will have to pay £495, which includes your enrolment, case study submission and completion fees. You can pay the rest as and when you register for our events on our website. We advise you to buy the CTI Membership first, as you will then be eligible for 25 - 70 % discount on the workshops and conference.

Enrolment & Completion Fee (an Invoice will be sent for £495):	Eligibility Check, Introduction & Planning	£160
	Course Completion Check: Case Study Submission (3,000 words), adding to the list of CTI approved therapist's directory for 1 year, Certificate.	£335
Safety & Stabilisation Workshop (12h)	Including Early Bird & Member Discounts	£119
Working with Intrusive Memory Experiences Workshop (12h):	Including Early Bird & Member Discounts	£119
Working with Nightmares & Dreams Workshop (12 h)	Including Early Bird & Member Discounts	£119
Working with Shame and Guilt (Intrusive Thoughts) Workshop (12 h):	Including Early Bird & Member Discounts	£119
Fear & the Therapist workshop (6h)	Including Early Bird & Member Discounts	£64
Fear & Attachment workshop (6 h)	Including Early Bird & Member Discounts	£64
The Muss Rewind Technique (MRT) 5 h	Including Early Bird & Member Discounts	£75
Annual Membership:	Free Webinars, Video Recordings, Articles, Previous Conference Access, etc.	£95 discounted
Recent Conference (12 hours):	Most up-to-date Conference Attendance	£15 - 25 (70% discounted price for members)
Clinical Supervision min. 1 year:	18 hours as agreed with your own supervisor, or we can suggest experienced supervisors	
Total:		£1285*

* Please note that this total fee is an estimate calculated using the 'Early Bird' fee (available up to 4 weeks in advance) for our workshops; changes may be possible. It is your responsibility to book your training space promptly, as fees may increase after the 'Early Bird' pricing period expires. The total price does not include your supervision fees which you will have to arrange with your clinical supervisor.

Enrolment & Payment Instructions

As soon as you receive an Induction Pack you will need to follow these steps in order to enrol to our course:

Step 1. Send us evidence of all course requirements:

- Previous qualifications
- Supervisor Professional Reference Form (at the Enrolment Stage)
- Evidence of professional registration (HCPC, UKCP, BACP, BABCP, NCPS, BPS etc.)
- Professional Indemnity insurance:

Please be aware that you can join this course *without* professional registration if you have appropriate professional qualification(s) (these applications will be decided by the course panel - **Exceptional Circumstance Route**). However, Professional Registration* is required in order to be added to the Complex Trauma therapists directory after completion of this course. The assumption is that Exceptional Circumstance entrants will have some knowledge of the workings of the mental health services, experience in working with other mental health services professionals and psychological therapies.

**Registration to a professional regulatory body I.e. BACP, UKCP, BABCP, NCPS, BPS, etc.*

Step 2. Once we receive and check the above, we will send you an invoice for the enrolment fee of £495.

Step 3. As soon as we receive your payment – you'll receive a confirmation email and the enrolment process will be complete!

Enrolment fee explained (please see below):

£495 to be paid by bank transfer (invoice will be sent) + CTI Annual Membership £95 paid directly on the CTI website (you will receive a receipt), if you are already an Annual Member you will need to renew your membership once this runs out.

Enrolment & Completion Fee (an Invoice will be sent for £495):	Eligibility Check, Introduction & Planning	£160
	Course Completion Check: Case Study Submission (2500- 3,300 words), adding to the list of CTI approved therapist's directory for 1 year, Certificate.	£335

As part of your course requirements you will need to become an 'Annual CTI Member'. This will give you access to our library, webinars, past conferences and other e-learning. For further information and to join and pay for the membership please follow the below link: <https://www.complextraumainstitute.org/plans-pricing>

CTI Annual Membership Fee (To be paid on our Website):	Access to e-learning, library, journal, Monthly Learning Group Supervision, discounts and other resources.	£95
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All other fees (Workshops, Webinars and Conference) are to be paid directly on our website as and when you purchase our services.

Where does the course take place?

Currently, all our two-day workshops are conducted online via Zoom. If you have attended CTTN or CTI workshops prior to the launch of this course, these will count towards your certification. All other materials, including webinars and conferences, are also accessible online. Although our primary mode of communication with CTI is online, we are happy to arrange a phone or Zoom call if needed.

Accessibility:

Please let us know if you have any accessibility requirements when registering so we can support you as best as we can to complete this course. You can also send us an email for any queries on: info@complextraumainstitute.org

Who facilitates this course?

The workshops are mostly facilitated by Dzmitry Karpuk, Celia Dawson, Arlette Kavanagh & Michael Guilding. Other contributors to the course learning process, Prof. Tom Stoneham (University of York), Rose Hall, Hanna Kemp, Dr Diane Harrisson and others. The conference material and webinars are facilitated by a variety of professionals from different modalities.

How do I register?

Complete the registration form on our website by following the below link:

<https://www.complextraumainstitute.org/c-ptsd-practitioner-certificate>

A member of our team will get in touch with the Induction Pack and further instructions.

For any further questions please contact us on: info@complextraumainstitute.org

Interactive Zoom Workshops (80-Hour Outline)

Course	All workshops are experiential, meaning that participants learn by reflecting on their experiences during various exercises. The skills acquired can be applied immediately following any of our workshops.
Complex Trauma Work: Safety and Stabilization in the First Phase of Trauma Recovery (2-Day Workshop)	Establishing Safety and Stability: This stage is crucial for addressing nightmares, intrusive memories, and internalized thoughts, and employs techniques such as scaffolding and externalizing within a phase-oriented post-trauma treatment approach based on Judith Herman's model. Window of Tolerance and Emotional Regulation: Understanding and operating within the Window of Tolerance is essential. We focus on differentiating between anxiety and depression through the framework of the 6 Fs, and utilize exercises that help clients and therapists manage these states. We emphasize co-regulation and psychoregulation to help clients achieve a balanced emotional state. Building Resources and Awareness: Developing internal resources and increasing body awareness are fundamental. We engage in activities that build resilience and teach clients how to stay within their window of tolerance through mindful awareness and bodily engagement. Assessment and Management of Distress: The program includes comprehensive assessment tools to gauge the client's progress and needs. We address how to manage distress and triggers effectively, providing a systemic, embodied, and trauma-oriented perspective on therapy. Differences in Trauma Responses: We explore the differences between Post-Traumatic Stress Disorder (PTSD) and Complex PTSD (CPTSD), highlighting the unique treatment needs of each. The

	<p>introduction of concepts related to avoidance and addictive behaviours is integral to this understanding. Clinical formulation and goal setting are conducted with an emphasis on detailed assessments, short-term contracting, and multi-intervention strategies.</p> <p>Psychoeducation and Motivation: Psychoeducation is used as a tool for normalization and motivation, helping clients understand their experiences and the therapeutic process. Short-term and Long-term Interventions: Short-term interventions focus on self-regulation, including trigger management and relaxation techniques that utilize all seven sensory systems for both active and passive relaxation. Long-term interventions involve skills building through modelling and coaching. Co-regulation and Community Connection: Our long-term co-regulation strategies aim to reconnect clients with stable adults and supportive services, enhancing their ability to self-regulate and engage socially. Behaviour Management and Safety Enhancement: We work on identifying, managing, and reducing unhealthy or addictive behaviours. Enhancing safety and risk prevention is also a key component, equipping clients to independently handle risky or unhealthy behaviours before concluding therapy.</p>
<p>Complex Trauma Work: Managing Intrusive Memory Experiences Between the 1st and 2nd Stages of Trauma Recovery (2-Day Workshop)</p>	<p>Revision of Stage 1: We re-establish safety and stability, ensuring readiness for trauma processing, with a special focus on working with intrusive memories. We continue building internal resources and apply exercises for both clients and therapists that help manage anxiety and externalize intrusive traumatic memories. Using a blend of narrative and embodied memory techniques, we prevent re-traumatization by shifting focus from narrative recounting to engaging with the embodied experiences.</p> <p>Understanding Trauma and Intrusive Memories: Further psychoeducation highlights how trauma affects the body, explaining our approach to working with physiological responses. We set realistic expectations, emphasizing that while control over memories can be gained, erasing them is not the goal.</p> <p>Resource Building through Self-Regulation and Co-Regulation: We intensify efforts in trigger management and coping strategy development. For clients with CPTSD, reconnecting with stable adults or appropriate services is crucial, using a multi-intervention approach to enhance self-regulation.</p> <p>Externalizing Intrusive Memories. Memory Map: Clients create a sequential list of memory 'headlines', starting with a non-traumatic event and progressing through significant traumatic events, including any imagined outcomes. Body Map: This translates the memory map onto a body outline, where internal sensations associated with memories are marked, helping clients to apply strategies for managing discomfort effectively. Re-evaluating and Processing Intrusive Memories: We focus on sensory processing, using the seven senses to describe internal experiences, seeking to find positive intentions or new perspectives on traumatic memories. Advancing Treatment: The discussion of further treatment steps includes plans for discharging or extending care. We motivate clients to consistently apply their strategies to manage sensations and behaviours, thereby improving engagement in daily activities and relationships affected by traumatic memories.</p>
<p>Complex Trauma Work: Managing Intrusive Thought Experiences Between the 1st and 2nd Stages of Trauma Recovery (2-Day Workshop)</p>	<p>Revision of Stage 1: Re-establishing Safety and Stability. We re-establish safety and stability, ensuring readiness for trauma processing. We employ exercises for both clients and therapists to facilitate this readiness, emphasizing the shift from narrative to embodied experiences of memories, and introducing the Dual Representation Theory. Externalizing Internalized/Critical Voices: Through mapping and externalizing internalized voices, including critical voices and negative self-talk, we aim to engage these aspects without triggering distress. Utilizing body maps helps to externalize these voices and supports a gradual exposure to early traumatic experiences, while addressing maladaptive behaviours and fostering adaptive strategies. Shifting from Narrative to Embodied Experiences: This process involves deeper engagement with the body's reactions to internalized critical voices, facilitating a shift from narrative recounting to embodied experiences. This is grounded in the understanding of Polyvagal Theory and Attachment Theory, highlighting the importance of co-regulation. Facilitating Client Integration and Understanding of Intrusive Thoughts: We focus on externalizing conversations around intrusive thoughts to help clients reevaluate and transform problematic internal voices. The goal is to extract positive messages from self-limiting, self-defeating, and self-destructive patterns, thereby reducing shame-triggered reactions and replacing maladaptive behaviours with adaptive strategies. This includes</p>

	<p>fostering compassionate acceptance of alienated embodied experiences and uncovering helpful, positive messages. Continued Work with Addictive Behaviours: We emphasize building confidence in addressing addictive behaviours, understanding them as potentially maladaptive strategies for managing internal distress. Strategies include setting clear expectations, conducting risk assessments, and ensuring safety for both clients and therapists. Integration of Reprocessed Embodied Experiences: Integrate the reprocessed (previously avoided) embodied experiences into the client's broader life context and narrative, aiding in identity development with a focus on adaptive techniques, especially in relational contexts. This integration supports the client in linking traumatic life events to bodily sensations and promoting alternative, healthier outcomes. Future Steps and Consistent Application: We discuss further treatment steps, such as discharging plans or reviewing and proposing new episodes of care. We motivate clients to consistently apply short- and long-term strategies to manage uncomfortable sensations and behaviours during daily activities and relationships previously affected by these intrusive thoughts.</p>
<p>Complex Trauma Work: Managing Nightmares and Dream Experiences Between the 1st and 2nd Stages of Trauma Recovery (2-Day Workshop)</p>	<p>Addressing ordinary dreams, parasomnias, and sleep disorders through the Standard Model of Dreaming, Dreams Without Dreaming, and the Cultural–Social Model of Dreams. Revision of Stage 1: Re-establishing safety and stability, readiness for trauma processing, focusing on narrative vs. embodied memories, and the dual representation theory. Establishing External and Internal Safety: Scaffolding techniques to build internal resources, improve sleep hygiene, and reduce dissociation with routine homework. Continuous Psychoeducation: Normalizing symptoms to educate clients about how trauma impacts the body and its functions. Emphasize that symptoms are a normal response to trauma. Sleep Hygiene and Symptom Management: Improve sleep hygiene, identify and manage triggers, and support clients in staying present. Motivation and Coping Techniques: Increase motivation for positive change, teach coping and relaxation techniques including progressive muscle relaxation, and integrate these into clients' routines. Creative and Self-regulation Techniques: Introduce creative techniques like inner protectors and anchoring, and ensure clients have robust self-regulation skills to engage safely with their bodily experiences within their window of tolerance. Externalizing Dream Content: Techniques for mapping nightmares and shifting from narrative to embodied experiences, including the use of body maps, sensory processing. Embodied Re-processing: Advanced nightmare re-processing to facilitate the re-evaluation of problematic embodied reports related to traumatic memories without re-traumatizing the client. Safely enter and process nightmares by externalizing dream content and facilitating conversations around non-problematic and problematic dream elements. Support clients in engaging positively in daily activities and relationships, reinforcing safety, and continuing to improve sleep hygiene and relational dynamics.</p>
<p>Fear and the Therapist (1 day workshop aimed at enhancing our ability as therapists to recognise and regulate our own Fear System responses in our work with clients).</p>	<p>The aim of this workshop is to increase our awareness of the physical, emotional and mental impact on us of our biological fear system responses, and to enhance our ability to regulate these responses, bringing ourselves and our clients to a place of safety - the “window of tolerance” within which therapeutic work becomes possible. Working with our clients, our own fear system responses are activated. These are biological processes that can shut down our social engagement system and render us ineffectual as therapists. When our fear system activates in the counselling room, we can experience tension, anxiety, fright, loss of our ability to think clearly, irritation, frustration, feelings of uselessness and hopelessness or extreme exhaustion.</p>
<p>Fear and Attachment (1 day workshop)</p>	<p>The aim of this workshop is to explore the impact of our Fear system responses on our ability to give and seek care in our personal lives and in our work as therapists). A framework for understanding this impact, focusing on two key attachment systems which are critical for therapeutic work – caregiving and careseeking. Careseeking and caregiving are instinctive biological systems which, working in a straightforward manner, enhance our wellbeing and sense of self. However, when our careseeking needs have not been adequately met by responsive caregiving in infancy and childhood, our patterns of careseeking and caregiving can be defensive (infiltrated by fear-system responses) and become complicated and ineffective</p>

<p>The Muss Rewind Technique (MRT) – 5 CPD hours accredited by BPS (online interactive recorded course)</p>	<p>Course Format: This comprehensive course consists of a series of recorded modules, including five video demonstrations (totalling 364 minutes), an in-depth Rewind manual, and additional scholarly articles. The course is designed to be self-paced, allowing participants to engage with the content at their convenience. Live Interaction: Enhance your learning experience with a live Zoom group session led by Dr. Muss. This session provides an opportunity for real-time interaction, discussion, and clarification of concepts introduced in the recorded materials. Introduction to Rewind Technique: Explore the Rewind Technique as a therapeutic tool for the reconsolidation of traumatic memories. Understand its foundational principles and its effectiveness in trauma processing. Video Demonstrations: Access practical demonstrations through recorded videos that show the Rewind Technique in action, offering clear examples of its application in clinical scenarios. Theoretical Insights and Practical Application: Delve into the theoretical underpinnings of memory reconsolidation and discuss how these principles are applied in the Rewind Technique to achieve therapeutic outcomes. Skill Acquisition: Gain the necessary skills to confidently and competently apply the Rewind Technique in your clinical practice, focusing on detailed guidance provided in the recordings. Client/Patient Outcomes: Learn to safely and effectively utilize the Rewind Technique to treat clients/patients with traumatic memories, aiming for transformative and sustainable therapeutic results. Ethical Considerations: Address ethical issues and safety protocols critical for employing trauma processing techniques in therapy. Professional Development: This course is aimed at equipping therapists, counsellors, and mental health professionals with advanced skills in trauma therapy, enhancing their clinical repertoire and therapeutic impact.</p>
<p>Learning Group Supervision (Attend a min. 10 meetings - 90 min each, 15 h)</p>	<p>Attending Learning Group supervision is invaluable for clinicians and therapists aiming to refine and apply new skills directly to their clinical cases. Here's why participation in these sessions is so important: Application of Skills to Clinical Cases: Learning Group supervision provides a practical framework where participants can discuss and dissect real-life cases using the skills they have learned. This direct application bridges the gap between theoretical knowledge and practical implementation, enhancing the therapist's ability to manage complex cases effectively. Learner/Participant-Centered Format: Our sessions prioritize the needs and interests of the participants, creating a dynamic learning environment tailored to their professional growth. This format ensures that every session directly addresses the concerns and challenges faced by the participants, making the learning experience highly relevant and immediately applicable. Combination of Group Support and Expertise: Participants benefit from the collective experience and knowledge of the group, allowing them to gain diverse perspectives on handling clinical situations. This collaborative setting not only broadens their understanding but also integrates peer support, crucial for professional resilience and growth.</p> <p>Reflective Team Model: Utilizing the Reflective Team Model, our Learning Group supervision encourages thoughtful discussion and reflection on practice sessions. This model fosters deeper insight into clinical interactions and therapeutic processes, enhancing reflective practice skills that are essential for effective therapy.</p> <p>Focus on Developing Complex Trauma Competencies: The sessions are specifically designed to develop competencies in handling complex trauma cases. This specialized focus ensures that participants are well-equipped to deal with the nuances and challenges of trauma therapy, which are often not covered in general training programs. Supportive Environment for Transition from Theory to Practice: The supportive atmosphere of the Learning Group supervision sessions facilitates a safe space for discussing challenges and successes in therapy practice. This environment helps members to confidently transition the theoretical knowledge acquired from their education into effective therapeutic practice. Enhanced Professional Identity and Network: Regular participation in these sessions helps build a stronger professional identity and a network of peers and mentors who can provide ongoing support and collaboration opportunities. This network is invaluable for professional development and career advancement.</p>

Every course provides a certificate, powerpoint, handout, videos and additional reading materials.

Reflective Practice through Video-Assisted Learning, Individual Supervision, & Reflective Writing (minimum of 50 hours):

The comprehensive CPD component titled "Reflective Practice through Video-Assisted Learning & Reflective Writing" has been meticulously structured to ensure that participants not only receive a breadth of knowledge but also deepen their understanding and application of complex trauma treatment through various engaging and interactive methods. This component is vital for fostering a well-rounded and insightful approach to trauma-informed care. Here's how the 50 hours are structured:

- **Participation in Educational Content (27 hours):** Engage in a curated selection of CTI's live webinars and the annual online conference or delve into our extensive library of on-demand webinar recordings. This component is designed to provide you with up-to-date theoretical knowledge, diverse therapeutic perspectives, and the latest research in the field of trauma recovery. It is your responsibility to choose content that best suits your learning needs and professional focus, ensuring relevance and applicability to your practice.
- **Supervised Clinical Practice (18 hours):** Apply the theories and techniques learned in a real-world setting with trauma survivors under the guidance of a trauma-informed supervisor. This practical experience is crucial for translating theoretical knowledge into clinical skills, allowing for real-time feedback and professional development. You may select a supervisor from our provided list or continue with an approved existing supervisor, ensuring alignment with the course's objectives and your personal learning goals.
- **Reflective Writing - Case Study Submission (5 hours):** Compile and submit a detailed case study of 2,500 - 3,300 words that reflects on your practical experiences. This case study should not only describe the clinical scenario but also critically analyse your approach, the application of learned skills, and the outcomes. This exercise is designed to enhance your reflective practice skills, encouraging a deeper understanding of client interactions and therapeutic processes.

The C-PTSD Practitioner Course is accredited by the Complex Trauma Institute (CTI) as a course provider. Given that complex trauma work is an emerging and rapidly developing field, we may update our materials in response to new research, clinical developments, and legal and regulatory requirements set by external accredited professional bodies with which we may engage. Our aim is to ensure that everyone has equal opportunities to benefit from these updates, thereby enhancing your confidence in our commitment to quality and inclusivity.

Upon completion of the training course, the Complex Trauma Institute will issue CPD Certificates (130 hours) to attendees. Clinicians with appropriate professional registration will also be recommended for working with traumatized clients through the Trauma-Informed Therapists' Directory. It is important to note that this course does not lead to any formal qualifications, as it is designed for already qualified professionals. The C-PTSD Practitioner Course is facilitated by accredited professionals from major UK professional bodies such as BACP, UKCP, BABCP, NCPS, and BPS. The training hours are recognized as CPD by these and similar organizations.