

ADVANCED COMPLEX TRAUMA PRACTITIONER COURSE



About the Course – 250 CPD hours

Our self-paced Advanced 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 Advanced 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? (125 hours of Zoom Direct learning and 125 hours of Reflective Practice through video-assisted learning, **totalling 250 h**)

To successfully complete the course, participants must fulfil the following criteria, **totalling 250 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 18 hours of Learning Group Supervision, which can be achieved by attending at least 12 sessions (90 minutes each). This supervision is included in your CTI Membership.- We offer two different group supervision sessions, and you are welcome to attend either one.

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	£99 - This price was specifically discounted for our members to make this work more accessible and to help popularize it as part of a long-term evidence-based research initiative.
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) 15 h	Including Early Bird & Member Discounts	£95
Annual membership provides free access to most of the self-study materials:	Free Webinars, Video Recordings, Articles, Previous Conferences Access, etc.	£95 discounted
Recent Conference (12 hours):	Most up-to-date Conference Attendance	£15 (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:	1149	£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 (125 Hours- direct learning)

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. Participants will be introduced & practice 7 Complex Trauma competences: Prevention and Management of Vicarious Trauma; Clinical Formulation & Goal settings based on extended assessment (short-term contracting, multi-interventions. etc); Psychoeducation (as normalising & motivational tool); Short term interventions (Self regulation)- Trigger management – Relaxation skills, calm down using 7 sensory systems, body reactions, active vs passive relaxation, establishing safety & internal resources. Long term interventions (Self-regulation)- Relaxation skills, skills building (modelling-coaching) Long term interventions (Co-regulation)- to reconnect a client to stable adults and services where client can learn how to self-regulate. Identifying & Managing & Reducing unhealthy/addictive behaviours; Enhancing Safety and Risk Prevention (support a client independently prevent & manage their risky/ unhealthy behaviours before ending therapeutic episode)

<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. 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. 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>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. 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. Based on systemic, embodied and trauma recovery approaches we support trauma clients to stay within the therapeutic window by beginning the therapy session with safety and stabilization. Working with nightmares involves re-visiting the trauma (in some way) and it is not always possible for sufferers to do this until they are stable and have the resources to calm themselves if they become triggered by the work. Using our framework, as the client processes the content of the trauma, they are able to stay in the present, aware of bodily sensations, and not become flooded by emotion. As a result of this work, the negative elements of the nightmare are transformed, allowing the client to move on from the “stuck” process.</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) – 15 CPD hours (online interactive recorded course)</p>	<p>Course Format: This comprehensive course consists of a series of recorded modules, including five video demonstrations, 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.</p>
<p>Learning Group Supervision (Attend a min. 12 meetings - 90 min each, 18 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>
<p>Annual Conference + Live webinars (Interactive Component): 15 hours</p>	<p>includes keynote sessions, interactive workshops, and panel discussions focused on the latest advancements and practical applications in trauma therapy. Participants will engage in advanced techniques workshops, case study analyses, and live webinars covering innovations in trauma therapy and trauma-informed care. The program also offers networking opportunities and a mentorship program to foster collaboration and professional development.</p>

Trauma focused individual supervision – 18 h	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.
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Every course provides a certificate, powerpoint, handout, videos and additional reading materials.

Reflective Practice through Video-Assisted Learning

& Reflective Writing (125 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 125 hours of self-study are structured:

- **Participation in Educational Content (35 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.
- **Additional Reading:** Textbooks, articles, and research papers: 50 hours
- **Reflective Practice:** 15 hours
- **Reflective Writing - Case Study Submission (25 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 Advanced 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 (250 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.