

# 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, **totaling 250 h**)

To successfully complete the course, participants must fulfil the following criteria, **totaling 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.

**Interactive Online Workshops (125 hours of direct learning) + Reflective Practice through Video-Assisted Learning & Reflective Writing (125 hours of self-study).** *Every course provides a certificate, powerpoint, handout, videos and additional reading materials:*

Enrolment & Completion Fee (an Invoice will be sent for £495):	Eligibility Check, Introduction & Planning	£160
	Course Completion Check: Case Study Submission (up to 3,000 words), adding to the list of CTI approved therapist's directory for 1 year, Certificate.	£335
<a href="#">Stage 1 - Safety &amp; Stabilisation Workshop (12h)</a>	Including Early Bird & Member Discounts	£99
<a href="#">Working with Intrusive Memory Experiences (Flashbacks) Workshop (12h):</a>	Including Early Bird & Member Discounts	£99
<a href="#">Therapeutic Tools: Working with Dreams, Night Terrors, and Nightmares (12 h)</a>	Including Early Bird & Member Discounts	£99
<a href="#">Healing from Shame and Guilt: Managing Intrusive Thoughts and Inner Voices(12 h):</a>	Including Early Bird & Member Discounts	£99
<a href="#">Fear &amp; the Therapist workshop (6h)</a>	Including Early Bird & Member Discounts	£64
<a href="#">Fear &amp; Attachment workshop (6 h)</a>	Including Early Bird & Member Discounts	£64
<a href="#">The Rewind Technique (MRT) 15 h</a>	Including Early Bird & Member Discounts	£95
<a href="#">Annual membership</a> provides free access to Reflective Practice through Video-Assisted Learning & Reflective Writing (125 hours of self-study)	Free Webinars, Video Recordings, Articles, Previous Conferences Access, Participation in Educational Content etc.	£49 discounted
<a href="#">Recent Conference (15 hours):</a>	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	
<b>Total:</b>		<b>£1085</b>

\* 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 £49 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.	£49
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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](mailto:info@complextraumainstitute.org)

### Who facilitates this course?

The workshops are mostly facilitated by Dzmitry Karpuk, Celia Dawson, Arlette Kavanagh, Dr David Muss & 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](mailto:info@complextraumainstitute.org)

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.