

# COMPLEX TRAUMA PRACTITIONER COURSE



## About the Course

Our self-paced Complex Trauma Practitioner Course offers qualified therapists the opportunity to learn the necessary tools to work with clients who experience Complex Trauma with confidence and competence. At the Complex Trauma Institute, we focus on embodied approaches to Complex Trauma and use experiential training methods.

You will be given one year to complete this course in your own time (possible up to 2 years). On completion you will receive a Certificate and if you want to, we will feature you in our trauma-informed therapists' directory for free.

## What do I need to apply for this course?

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

- Completed qualification as a therapist (Psychologist, Psychological Therapist, Counsellor, Arts Therapist, etc.)
- Registration with a Professional Regulatory Body (UKCP, BACP, HCPC, NCS 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).

**What do I need to complete this course?** (80h Zoom online learning + 45 h Reflective Practice through video assisted Learning & supervision = altogether 125 h)

- Complete 7 of our CTI workshops/short courses that cover different Stages of trauma recovery. Previously attended courses will count towards your course completion. You will find further details on our workshops in the last page of this document.
- Become an Annual CTI Member and participate in our free CTI live webinars, annual online conference or review the on-demand webinar recordings (minimum of 27 hours).
- Attend a min. of 15 hours of our monthly Active Learning Group included in your CTI Membership (Attend a min. 10 meetings – 90 min each)
- Demonstrate you have had 18 hours of supervised individual clinical practice with trauma survivors (*we will provide you a list of trauma informed supervisors or you can independently make arrangements with a trauma informed supervisor of your choice, in mutual agreement with us*).
- Submit a case study (3000 words) demonstrating how you applied learnt skills.
- On completion your details will be included in our trauma informed therapists Directory for free, 1 year (optional).

All of the above material is available online and communication will be online-based. The course is self-paced and you are advised to complete this within one year. However, we understand that certain circumstances might prevent you from completing this within a year and individual circumstances will be taken into consideration. Self-paced learning, you pay separately for each requirement above.

### How much will the Course Cost?

You will find a breakdown of our fees below. On application you will have to pay £490, 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 Discount	£119
Working with Intrusive Memory Experiences Workshop (12h):	Including Early Bird & Member Discount	£119
Working with Nightmares & Dreams Workshop (12 h)	Including Early Bird & Member Discount	£119
Working with Shame and Guilt (Intrusive Thoughts) Workshop (12 h):	Including Early Bird & Member Discount	£119
Fear & the Therapist workshop (6h)	Including Early Bird & Member Discount	£64
Fear & Attachment workshop 6 h	Including Early Bird & Member Discount	£64
The Muss Rewind Technique (MRT) 5 h	Including Early Bird & Member Discount	£65
Annual Membership:	Free Webinars, Video Recordings, Articles, Previous Conference Access, etc.	£95 discounted
Recent Conference (12 hours):	Most up-to-date Conference Attendance	£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	
<b>Total:</b>		<b>£1285*</b>

\*Please note that this total fee is an estimate calculated by using the 'Early Bird' Fee (4 weeks in advance) for our workshops. It is your responsibility to book a space for our training and the fee might increase if the training registration is booked after 'Early Bird' prices have expired. 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
- Professional reference (supervisor, clinical manager, etc).
- Evidence of professional registration (HCPC, UKCP, BACP, BPS, NCS 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, NCS, 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 (3,000 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 Action Learning Group, 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 held 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 (Webinars, Conferences, etc.) are also accessed online. All communication with CTI will be online-based although we are happy to arrange a phone 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 & Michael Guiding. Other contributors to the course learning process, Prof. Tom Stoneham (University of York), Rod Aungier, 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)

### Online learning (80 hours)

<b>Course</b>	<b>Content - All workshops are experiential.</b> This means that participants learn by reflecting on the experiences they get from doing different exercises and these skills can then be applied immediately after any of our workshops.
<b>Stage 1 - Complex Trauma Work during the first phase of trauma recovery - safety and stabilisation (Zoom 2 day workshop)</b>	Establishing Safety and stability, establishing readiness for trauma processing in working with Nightmares, Intrusive memory experiences, Internalised voices. Scaffolding & Externalising during Stage 1, Phase-Oriented Post-Trauma Treatment Approach (based on Herman's stages), Window of Tolerance & 6 Fs/Anxiety vs Depression, Self-care and Prevention of Vicarious Trauma for therapist, exercises for use of client and therapist, Building internal resources, Body awareness, how to bring client into window of tolerance. Co-regulation, Psychoregulation, Assessment and measurement tools, managing distress & triggers, Systemic, Embodied & Trauma Oriented perspective, PTSD vs CPTSD, avoidance & addictive behaviours, Embodied Re-processing during Stage1.

<p><b>Complex Trauma Work during Stage 2 of trauma recovery</b> – working with intrusive memory experiences (flashbacks) (Zoom 2 day workshop)</p>	<p>Revision of Stage 1, Re- Establishing Safety and stability, readiness for trauma processing, Exercises for use of client and therapist, Anxiety management, Continue Building internal resources, Externalising Intrusive Traumatic memories , Narrative vs Embodied memories, Dual representation theory, Shifting from Narrative to Embodied experiences Working with intrusive memories without re-traumatising client, Embodied Re-processing during Stage 2, Facilitating integration of embodied traumatic memories.</p>
<p><b>Complex Trauma Work with Intrusive thoughts, shame &amp; guilt, Adult Survivors of Complex Trauma</b> during the 2<sup>nd</sup> stage of trauma recovery (dealing with shame and guilt) (Zoom 2 day workshop)</p>	<p>Revision of Stage 1, Re- Establishing Safety and stability, readiness for trauma processing, exercises for use of client and therapist, Narrative vs Embodied memories, Dual representation theory, Externalising Internalised/Critical voices, Shifting from Narrative to Embodied experiences, Integration of internalised critical voices without re-traumatising client. Embodied Re-processing during Stage 2, Polyvagal theory, Attachment theory and co-regulation, importance of continued work with addictive behaviours (focus on building confidence on working with addictive behaviours)</p>
<p><b>Working with Dreams and Nightmares</b> - during the 2<sup>nd</sup> stage of trauma recovery (Zoom 2 day workshop)</p>	<p>Revision of Stage 1, Re- Establishing Safety and stability, readiness for trauma processing, Narrative vs Embodied memories, Dual representation theory, Externalising dream content - mapping nightmare &amp; shifting from narrative to embodied experiences, Body map, Embodied Re-processing during Stage 2, Nightmare Re-processing - facilitating re-evaluation of embodied reports related to traumatic memories, Working with traumatic memories without re-traumatising client, Working with Ordinary Dreams, Parasomnias &amp; Sleep disorders, The Standard Model of Dreaming, Alternative Model: Dreams Without Dreaming, The Cultural–Social Model of Dreams.</p>
<p><b>The Muss Rewind Technique (MRT)</b> – 5 CPD hours accredited by BPS (online interactive recorded course )</p>	<p>Processing Traumatic Memories (reconsolidation of memories). After looking at the 5 videos (250 minutes, - including demonstrations) and the Rewind manual (+additional articles ) you will feel confident and, importantly, competent to use the Rewind to treat your clients/patients.</p> <p><u>Course materials:</u></p> <ol style="list-style-type: none"> <li>1. Introduction to the basics of PTSD (30 min)</li> <li>2. Instructions for using the Rewind technique (34 min)</li> <li>3. An example of using Rewind with a client (62 min)</li> <li>4. Comments - explanations about the example (25 min)</li> <li>5. Recent video recorded in July 23 (99 min) another example of using Rewind Technique</li> <li>6. Survey (11 questions - multiple choice question/MCQ)</li> </ol>
<p><b>Fear and the Therapist</b> (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><b>Fear and Attachment</b> (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>

**Active Learning Group/Group Supervision** (Attend a min. 10 meetings - 90 min each)

Our Active Learning Group is a learner/interested participant centred format with the elements of group support combined with group expertise which is both embodied and reflective, includes elements of group supervision, focus on building complex trauma practitioner competencies.

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

## **Reflective Practice through video assisted Learning, supervision & Reflective writing**

**(min of 45 h):**

- Participate in our free CTI live webinars, annual online conference or review the on-demand webinar recordings, choose topics relevant for your learning (minimum of 27 hours).
- Demonstrate you have had 18 hours of supervised individual clinical practice with trauma survivors (we will provide you a list of trauma informed supervisors or you can independently make arrangements with a trauma informed supervisor of your choice, in mutual agreement with us).
- Submit a case study (3000 words) demonstrating how you applied learnt skills.

The C-PTSD Practitioner Course is accredited by the Complex Trauma Institute (CTI) as a course provider. Complex Trauma work is a new faster developing field so we may add new material in line with new research and clinical development as well as legal and regulatory requirements by external accredited professional bodies we may engage. Therefore, to further improve our course and your experience, we are actively working towards additional accreditation from external professional bodies. Thus meaning that the C-PTSD course might be accredited by additional external professional bodies in the future. What this may mean is that we may contact you once we get additional accreditation and invite you to complete additional training (please note that this is an optional offer). We want to be able to offer everyone this in-light of our course being new, but also to give you the confidence in us and our course, that we want to include everyone, and offer all the same opportunity.

Once a training course has been completed, the Complex Trauma Institute will provide the attendees with a CPD Certificate of attendance (125 hours) & clinicians who have appropriate professional registration will be recommended to work with traumatised clients (through the Trauma Informed Therapists' Directory). This course does not lead to any formal qualifications per se since we recruit already qualified professionals. The C-PTSD Practitioner Course is run by accredited professionals from BACP and UKCP and thereby will be recognised as CPD hours by NCS, BACP or UKCP etc.