

INTRODUCTORY CERTIFICATE AND DIPLOMA IN TRAUMA THERAPY

This training provides the basis for the Diploma in Trauma Therapy.

Acceptance onto the Course requires at least one year of prior training in Counselling or Psychotherapy at Diploma level or above.

Course Tutor: Joanna Beazley Richards MSc, TSTA, BA (Hons), Cert ED, Dip.TMHA, CPsychol., EMDR Consultant

A five day introductory training covering:

- The definition of trauma,
- Signs and symptoms,
- Post-Traumatic Stress Disorder
- The neurological correlates of trauma
- The four stage treatment programme
- Therapy with traumatised children
- Severe and complex trauma and dissociation
- Attachment, attachment disorder, trauma and recovery

Students must take the basic Trauma and Recovery day first, but the other four days may be taken in any order.

To gain the Introductory Certificate students will be required to:

- Attend all modules
- Actively participate on the course
- Keep an ongoing journal showing their understanding of the course contents and ability to reflect on their process and practice..
- Write a critical appraisal of the book “Trauma and Recovery” by Judith Lewis Herman, 1992, Basic Books, New York (1000 to 2000 words)
- Read and give a statement of having read “The Body Remembers”, Volumes 1 and 2, and “The Body Remembers Casebook” by Babette Rothschild, 2017, Norton, New York and London, and “The Body Keeps the Score”, 2014 by Bessel van der Kolk. These will be assessed by a tutor.

To gain the Diploma in Trauma Therapy:

People who have achieved the Introductory Certificate in Trauma Therapy and who have received at least 120 hours of Diploma level Counselling or Psychotherapy training will be eligible to attend the Diploma in Trauma Therapy, held as a block week at our French branch.

Upon completion of the block course, a learning journal of those five days must be submitted, plus a substantial piece of case study based written work must be assessed as a pass for the award of the Diploma in Trauma Therapy.