Level 7 Postgraduate Diploma in Traumatology & PTSD

A comprehensive and systematic approach for treating simple and complex PTSD in adults and children

Integrative Cognitive Solutions Limited

Psychotherapy & Counselling
Individual, Couples & Groups
Accredited Training Courses
Professional Supervision

About the Course

Lucia Hall wrote this course based on her experiences of supervising trauma. What she discovered was that although trained, therapists struggled to implement trauma processes in a systematic way – especially with regards to complex trauma.

This course was extremely well received when it was premiered to an NHS team. The team expressed feeling skilled and empowered after this workshop and issued an invitation to Lucia to come back and teach further courses.

Course Outline Structure & Meeting Days

The course will be held on 18 days, with 4 individual Sundays and 7 Saturday/Sunday weekends held on average once a month for 12 months (4 individual days + 7 x 2-day weekends = 18 days).

The course starts at 10:00 am each day and ends at 5:30pm.

Supervision sessions will be arranged in the fourth month of the course in order to allow time for participants to start working through the trauma process with trauma clients. Supervision will be in group format (up to four supervisees) for three hours each month for 12 months and is a requirement of the course. Where feasible the supervision will be conducted online (via Skype or VSee, which we are trialling).

There is an 80% attendance requirement, including the supervision requirement.

The course consists of theoretical, experiential and supervisory components. The theoretical input encourages critical engagement with the theory and practice of trauma treatment. Assessment is ongoing and aims to ensure that students are able to work with the dynamics and processes of trauma; that there is congruence between the student's theoretical knowledge and their clinical practice. Teaching and supervisory methods emphasise the multi-layered, multi-faceted processes of trauma treatment.

Course philosophy and theoretical orientation

This course caters for a range of professionals who wish to develop their role as trauma specialists: counsellors, therapists or psychotherapists, psychologists, managers of clinical teams. The syllabus covers treating adults as well as children and adolescents, the latter being addressed in two days of the course dedicated to two evidence-based treatments for traumatised children.

Effective trauma treatment is integrative as it utilises techniques from a variety of schools of thought. The trauma treatment approach taught on this course is not tied to any one approach, but uses aspects of many. As such it may be utilised effectively by practitioners from diverse theoretical backgrounds. We appreciate the training and approach that course members bring. Onto that foundation we offer the opportunity to build a cohesive integrative way of working with trauma clients.

The course is taught at postgraduate level; course participants are expected to work academically on this basis. This includes the ability to evaluate theoretical concepts and a commitment to reflect critically and open-mindedly on one's own process, philosophy, theoretical orientation and skills. Discussion in the full group or smaller groups is as important as the tutor-taught components. The experiential process of development encourages participants to learn from one another as well as from

the course tutors. The integrative philosophy underpinning this course fosters a multidisciplinary environment where theoretical differences and similarities are creatively valued. Participants are encouraged to integrate the ideas from the course into a personally coherent model of trauma treatment. Participants can be sure that at the conclusion they will have a comprehensive and systematic approach for treating complex PTSD in adults and children. See www.counsellingcentre.net/trauma.html for more details.

Clinical Requirement

Course participants will be required to document 30 hours of clinical work with trauma clients during the course, and this will include working with both Type I and Type II trauma experiences (simple and complex). More information will be given at the start of the course.

Course dates

January 2016 – December 2016 (with supervision continuing until April 2017).
The start of the course will be on the weekend of January 31st – February 1st (attendance on both days). The other provisional dates are detailed below.

Course Fees

Tuition of £3,300.00, plus 12 supervision sessions (£40 each). Participants are required to become student members of NCP (if you are not already a member), but there is currently no charge for this.

Location

The course will be held in a central London location. We use a number of venues and will let you know once this has been confirmed.

Our main office is located in Berkshire: ICS Ltd, Bracknell Enterprise Hub, Ocean House, the Ring, Bracknell, RG12 1AX.

Deposit & Payment Plans

A deposit of £300 is required with this application. If the course does not run for any reason this will be returned in full.

The balance of the course fees (including supervision) can be paid in full at the start of the course, or by 10 monthly payments of £348.

About the Main Lecturer - Lucia Hall, MSc

Lucia Hall is a psychotherapist, traumatologist, university lecturer, trainer, communication coach, hypnotherapist and supervisor. She was originally from Panama but moved to the United States where she was a social worker in the Family and Child Protection units in Detroit, Michigan. She met and married her British husband in the USA and they eventually decided to move to England.

Lucia studied her MSc. in Mental Health at Guy's Hospital, St Thomas' Hospital & Kings College School of Medicine/ Institute of Psychiatry. She is an EMDR practitioner (Level 3) and is trainer for MBTI (Levels 2 & 3). Additional specialised training includes Schema Therapy, Solution Focused Therapy, CBT Trauma Focused Therapy, Imagery Rescripting & Reprocessing Therapy, Narrative Exposure Therapy, and several other trauma focused processes. Lucia also has a diploma in hypnotherapy (DipH).

Lucia has taught at several colleges and universities in the UK as well as being an external course examiner. She is a consultant traumatologist for the insurance and legal professions and in addition has a great deal of experience in working with depression and anxiety. She owns Integrative Cognitive Solutions Limited, which is a psychotherapy, supervision and training company. Lucia is a member of many professional bodies including AACC, APA, BABCP, MBACP, EMDR UK, GHR, NCP, UKPTS and ESTSS.

Dates for the Course (Provisional)

23 Jan (Sat)	PTSD: Introduction to a Systematic Treatment Approach
24 Jan (Sun)	Definition and Diagnosis of Complex PTSD
13 Feb (Sat)	Assessment and Formulation of Complex PTSD – Part 1
14 Feb (Sun)	Assessment and Formulation of Complex PTSD – Part 2
13 Mar (Sun)	The Neuroscience, Dissociation and Psychopharmacology of PTSD
16 Apr (Sat)	Safety, Stabilisation and Normalisation of Complex PTSD – Part 1
17 Apr (Sun)	Safety, Stabilisation and Normalisation of Complex PTSD – Part 2
15 May (Sun)	Emotion Regulation for Trauma, PTSD & BPD
12 Jun (Sun)	An Evidence-Based Approach for Type I PTSD
16 Jul (Sat)	An Imagery Approach for Treating Complex Type II PTSD – Part 1
17 Jul (Sun)	An Imagery Approach for Treating Complex Type II PTSD – Part 2
17 Sep (Sat)	Trauma and Comorbidities 1A: Mood Disorders – Part A
18 Sep (Sun)	Trauma and Comorbidities 1B: Mood Disorders – Part B
15 Oct (Sat)	Trauma and Comorbidities 2: Traumatic Nightmares
16 Oct (Sun)	Trauma and Comorbidities 3: Treating Suicide Ideation
12 Nov (Sat)	Treating Trauma in Children and Adolescents 1
13 Nov (Sun)	Treating Trauma in Children and Adolescents 2
04 Dec (Sun)	Other Approaches and Working with Specific Populations

L7 PG Diploma in Traumatology & PTSD - Application Form
January 2016 – May 2017

CANDIDATE INFORMATION					
Surname	First Name		Title		
Street Address 1					
Street Address 2					
Town/City	County		Postcode		
Telephone No	E-mail Address				
Mobile No					
It is possible to earn some points towards the ESTSS General Certificate in Psychotraumatology during this training course (ESTSS is the European Society for Traumatic Stress Studies and membership is automatic for members of UKPTS, the UK Psychological Trauma Society).					
Are you a UKPTS member?	Are you an ESTSS member?				
Are you working on ESTSS certification?					

EDUCATION & MAIN PROFESSIONAL MEMBERSHIPS						
Main Trauma Education:						
Main Counselling/Psychotherapy Education:						
Highest level of education	High school		Undergraduate		Postgraduate	
Main Counselling Model(s) used:						
Main Professional Membership (e.g. BACP):						

NEXT OF KIN/EMERGENCY CONTACT DETAILS			
Name:		Relationship:	
Phone 1:		Phone 2:	

EQUAL OPPORTUNITES MONITORING					
Do you have any of the disabilities below? [Please enter the appropriate code number(s)]					
None (98)	Visual impairment not corrected by spectacles (01)			Hearing impairment (02)	
Disability affecting mobility (03)	Medical condition, e.g. asthma (05)			Emotional/behavioural difficulties (06)	
Mental ill health (07)	Temporary disability after injury (08)			Profound/complex disabilities (09)	
Asperger's (10)	Multiple disabilities (90)	Other physical disability (04), please state			

LEARNING DIFFICULTIES					
Do you have any of the disabilities below? [please enter the appropriate code number(s)]					
None (98)	Moderate learning difficulty (01)			Severe learning difficulty (02)	
Dyslexia (10)		Dyscalculia (11)		Dyspraxia (19)	
Autism spectrum disorder (20)		Multiple learning difficulties (90)			

(continued)

REASONS FOR WANTING TO DO THIS COURSE

NCP MEMBERSHIP

This Postgraduate Diploma in Traumatology & PTSD is accredited by the National Council of Psychotherapists (NCP). Candidates who are not already members of NCP will need to become student members. Currently there is no fee for student membership. Further details will be given on the first day of the course.

DECLARATION

By signing below I hereby certify that the information contained in this application is honest and correct to the best of my knowledge. I also certify that I will comply with the terms and conditions outlined in this application document.

Please note that false information could result in dismissal from the course and/or refusal to award a course completion certificate.

Name:		Date:	
Signature:			