



Certified Clinical Trauma Professional Level II (CCTP-II): Complex Trauma Certification Standards

1.0 Statement of Purpose of Certified Clinical Trauma Professional-II Certification

This Certification is intended for the professional who has an existing knowledge about trauma and an overview of trauma treatment modalities (CCTP for example or evidence of equivalency). The Level II certification builds from that foundation and adds skills and tools designed to promote trauma healing.

Training that underpins the Certification is reflective not only of the challenges of treating “fragmented”, dissociative, individuals but also of the unique factors that negatively influence the clinician’s therapeutic approach such as:

- Internal conflicts that patients can’t straightforwardly express in therapy;
- Lack of control over certain behaviors; and,
- The clinician’s confusion (often) with clients who may present in therapy as “not the same person” moment to moment, day to day.

Training should include the therapeutic complexities that show up with clients who have experienced repeated relational violations, such as difficulty with trust, boundary violations and early attachment related issues.

The purpose of the Certification in Complex Trauma & Related Disorders is to demonstrate knowledge of the ability to assess, use effective treatment approaches, and address the therapeutic challenges of treating complex trauma (alternatively described as Complex PTSD “CPTSD”) and dissociative disorders.

2.0 Professional Standards

2.1 State or Nationally licensed as a (or equivalent if practicing outside of the United States):

- Psychologist
- Clinical Social Worker
- Licensed Professional Counselor
- Marriage and Family Therapist
- Psychiatrist
- Psychiatric Nurse

Canadian Applicants: Licensed professionals who have met the licensure requirements for Provincial and Territorial Regulatory Bodies are welcome to apply. If you are unsure if your professional background meets the standards for Certification, please email us a copy of your educational background and CV to info@traumapro.net.

UK Applicants: Senior accrediting members who are psychotherapists meet the standards for Certification. Being a BACP member and designation as a counsellor does not meet the standards for Certification.

2.2 The applicant must:

- Be in good standing with the State Board that licenses him/her, including not being on probationary status for any reason.
- Not have been ethically or professionally denied application to or renewal of his/her professional membership in local, state or national associations to which he/she is qualified within the past 5 years.
- Not have had his/her professional or medical privileges restricted, revoked, or revised in any formal institutional setting (e.g., hospital, clinic or other clinical setting) based upon professional malpractice within the last 5 years.

3.0 Educational Standards

3.1 Prerequisite for Certification:

The candidate must evidence designation as a Certified Clinical Trauma Professional CCTP or provide evidence of equivalent knowledge (a minimum of 12 hours of professional continuing education workshops or post-graduate education for example). A full listing of CCTP standards can be found here:

https://cdn.pesi.com/pdf/evergreen/IATP/CCTP_Standards.pdf

3.2 The candidate must meet the following education criteria (total minimum of 24 hours at a post-graduate level):

- Complete a minimum of 18 education hours in Complex PTSD & Dissociation including hours specific to:
 - Neurobiology & Neuroscience of Complex Trauma and Dissociation
 - Expanded knowledge of the science & applicability of Porges' Polyvagal Theory
 - Neuroplasticity & Neural Networks
 - Psychopharmacology – trauma specific
 - Traumatic or Disorganized Attachment
 - Styles/strategies/stages of attachment
 - Symptoms of traumatic attachment
 - Lack of attachment
 - Neglect
 - Dissociation, (“fragmentation”) and working with parts of self
 - Adaptations to complex trauma and/or managing co-morbidities inclusive of extreme symptoms: self-injury, suicide, dissociation, numbing, process and substance addictions, eating disordered behavior, chronic, intractable depression, hyper/hypo sexuality, rage
 - Reframing the symptoms (survival resources or appreciating the protective function of trauma symptoms)
 - Therapist reactions and managing the therapeutic process:
 - Countertransference redefined (exploring the parts of the therapist that can get activated while working with complex trauma clients)
 - Therapeutic boundaries
 - Self-care for the therapist
 - Phase-Oriented Treatment
 - Phase I: Safety & Stabilization (development of therapeutic alliance), skills building (DBT Skills: mindfulness, emotion regulation, distress tolerance and interpersonal effectiveness that bring client back into the window of tolerance)
 - Phase II: Trauma Processing Modalities. Compare and contrast the following treatment approaches, including both pros and cons and risks and limitations with an emphasis on any restrictions or cautions when working with complex and dissociative clients. The presenter/educator is free to emphasize more deeply the modality in which they are more expert. Suitable topics include, but are not limited to, (dependent upon new research, positive indicators of treatment success and the evidence-base):
 - Trauma-focused CBT
 - Prolonged Exposure
 - Cognitive Processing Therapy
 - EMDR
 - Gestalt Therapy
 - Hypnotherapy
 - Psychodrama
 - Internal Family Systems
 - Somatic Experiencing
 - Sensorimotor Psychotherapy
 - Phase III: Reintegration into larger systems/mourning/meaning-making

- Complete a minimum of 6 hours in any trauma-processing skill, examples include: EMDR, Internal Family Systems (IFS), Somatic Experiencing, TF-CBT, Cognitive Processing Therapy; and/or a minimum of 6 hours of trauma related content specific to the professional's area of interest, examples include trauma & substance abuse, self-injury, suicide.

3.3 Examples of suitable education sources include, but are not limited to:

- Post-Graduate level coursework from an accredited college or university as documented by a copy of the course syllabus and a transcript showing completion of the course
- Approved Continuing Education as documented by certificates of completion from training organization

4.0 Certification Client Work and Consultation Attestation

The candidate must attest that, over the course of their career, he/she has worked with at least 5 clients who have suffered from complex trauma for a minimum of 6 months in duration and has received at least 10 hours of consultation and/or supervision.

5.0 Required Documentation for Certification Eligibility

1. A copy of the candidate's license
2. Copies of completion of training as outline in the Educational Standards
3. A signed application form with attestation that the candidate has met all the requirements as detailed herein
4. Payment of certification application fee

IATP will certify candidates who meet the above requirements.

Please note: Certification does not imply endorsement of clinical competency. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

6.0 Required Documentation for Renewal of Certification

To maintain Certification, a reapplication is required. The steps to re-apply for a 1-year reapplication are as follows:

1. Submit, via email, a copy of your professional licensure as well as a completion certificate for six (6) clock hours of post-graduate level, trauma-focused training to info@traumapro.net
2. Payment of re-certification application fee

You can also apply for reapplication for 2 or 3 years. Follow the process above, submitting twelve (12) clock hours of training for a 2-year reapplication, and eighteen (18) clock hours of training for a 3-year application.

Re-certification training hours need to have been taken in the time since you were last certified or recertified.