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

Application Standards for Practicing Professionals in Australia and New Zealand

1.0 Statement of Purpose of Certified Clinical Trauma Professional Level 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.

2.0 Professional Standards

2.1 Nationally registered, credentialed or member of the association noted:

- Registered Psychologist
    - Hold a general designation and/or with endorsement
    - Hold a registration with New Zealand Psychologists Board AND hold a practising certification
- Registered Counsellor
    - Be a Level 2, 3 or 4 member of the Australian Counselling Association
    - Be a full member of the New Zealand Association of Counsellors
- Social Worker
    - Be a member of the Australian Association of Social Workers
    - Hold a Practicing Certificate with the Social Workers Registration Board
- Psychiatrist
    - Be accredited by the Royal Australian & New Zealand College of Psychiatrists
- Credentialed mental health nurse
- Registered nurse practitioner (NP)
- Advanced practice nurse (APN)
- Doctor of Medicine (MD)
    - Hold a General or Specialist registration with the Medical Board of Australia
    - Hold a practising certificate and be registered with the Medical Council of New Zealand

For all professions: Provisional or student registration does not meet the standards for Certification.

Other applicants: Registered or credentialed professionals whose professional scope of practice allows them to diagnose and provide clinical mental health treatment plans for mental health disorders AND have met the registration or credentialing requirements in Australia or New Zealand are welcome to apply. If you are unsure if your professional background meets the standards for Certification, please email a copy of your educational background, professional scope of practice, membership or registration and CV to info@evergreencertifications.com

2.2 By applying for Certification, the applicant agrees to adhere to Evergreen Certifications' Professional Code of Ethics, available at www.evergreencertifications.com/codeofethics

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 CPD). A full listing of CCTP standards can be found here: www.evergreencertifications.com/CCTPAU

3.2 The candidate must meet the following education criteria (total minimum of 24 CPD):

- Complete a minimum of 18 CPD 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 CPD 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 CPD of trauma related content specific to the professional's area of interest, examples include trauma & substance abuse, self-injury, suicide.

3.3 Suitable education sources are approved professional development trainings as documented by certificates of completion from the accredited training organization.

Evergreen Certifications will accept courses that have been completed within 3 years of initial application for Certification.

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 applicant's professional registration, credential or membership
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

Evergreen Certifications will certify candidates who meet the above requirements.

Please note: Certification does not imply endorsement of clinical competency. As a 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 renewal is required. After your initial 2-year Certification, you have the option to renew for 2 years. The steps to apply for a 2-year renewal are as follows:

1. Submit, via email, to info@evergreencertifications.com
    a. A copy of your professional registration, credential, or membership
    b. Completion certificate for twelve (12) CPD hours in any of the following topics:

i. Complex Trauma
ii. PTSD
iii. EMDR
iv. IFS
v. Trauma-Focused CBT
vi. Somatic Experiencing
vii. Dissociation
viii. Cognitive Processing Therapy

2. Payment of renewal application fee

Renewal training hours need to have been taken in the time since you were last certified or renewed. Renewals are calculated from the date that your Certification was issued.

If you allow your Certification to lapse for more than 2 years, you are no longer eligible to renew your Certification and instead can reapply for Certification.