



## **Certified Clinical Trauma Professional Level II (CTP-II): Complex Trauma Certification Standards**

Application Standards for Practicing Professionals in the United Kingdom

### **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:

- Counsellor, Psychotherapist, or Psychologist
  - Hold a registration as a MBACP, MBACP-Accredited, MBACP-Senior Accredited or higher with the British Association for Counselling & Psychotherapy (BACP)
  - Hold a full clinical membership with the UK Council for Psychotherapy (UKCP)
  - Be an Accredited Registrant (MNCS), Professional Registrant (MNCS Prof Accred), Senior Accredited Registrant (MNCS Snr Accred) or a Fellow Registrant with the National Counselling Society (NCS)
  - Be an Accredited Member, Senior Member or Fellow with the Accredited Counsellors, Coaches, Psychotherapists and Hypnotherapists (ACCPH)
  - Hold a registration as a Practitioner Psychologist with the Health & Care Professionals Council (HCPC)
  - Hold a Full Membership with the Association of Child Psychotherapists
  - Hold a Registered Counsellor Membership with the Association of Christian Counsellors (ACC)
  - Be a COSCA or UK Body Accredited Member of the Counselling & Psychotherapy in Scotland (COCSA)
- Social Worker
  - Hold a registration with the Health & Care Professionals Council (HCPC)
  - Hold a Working or Independent Membership with the British Association of Social Workers (BASW)
- Psychoanalytic and psychodynamic psychotherapists
  - Hold a Full Membership with the British Psychoanalytic Council (BPC)
- Play Therapist
  - Hold a Full Membership with the British Association of Play Therapists
  - Hold a Certification as a Play Therapist, Practitioner in Therapeutic Play Skills, Play and Creative Arts Counsellor or Supervisor of Play and Creative Arts Therapists with the Play Therapy Register
- Mental Health Nurse
  - Hold a Mental Health or Specialist Community Public Health Nurse registration with the Nursing & Midwifery Council
- Advanced Nurse Practitioner
  - Hold an active registration with the Royal College of Nursing
- Medical Doctor

- Hold a Full, General or Specialist registration with the General Medical Council

For all professions: Provisional or student registration or membership does not meet the standards for Certification. Coaches do not meet the standards for Certification, unless the Coach also holds a certification, registration or membership listed above.

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 the UK 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](mailto: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](http://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 of professional continuing education workshops or education for example). A full listing of CCTP standards can be found here: [www.evergreencertifications.com/CCTPUK](http://www.evergreencertifications.com/CCTPUK)

#### 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 CPD training 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 reapplication is required. The steps to apply for a 1-year reapplication are as follows:

1. Submit, via email, to [info@evergreencertifications.com](mailto:info@evergreencertifications.com)
  - a. A copy of your professional registration, credential or membership
  - b. Completion certificate for twelve (12) CPD hours of continuing education 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 re-certification application fee

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

