



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

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 Certification 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 To be eligible for certification, the applicant must have earned a minimum of a master’s degree in their profession AND hold a state or national license as listed below, with all training hours and supervision requirements completed to be licensed for independent practice in the state they are licensed in (or equivalent if practicing outside of the United States):

- Psychologist (LP or LCP)
- Counselor
 - LCMHC
 - LCP
 - LCPC
 - LMHC
 - LPC
 - LPCC
 - LPCMH
- Social Worker
 - LCSW
 - LCSW-C
 - LICSW
- LISW
- LISW-CP
- LMSW if licensed in Michigan or Nebraska
- LMSW-ACP
- LSCSW
- Marriage and Family Therapist
 - LCMFT
 - LIMFT
 - LMFT
- Psychiatric Nurse Practitioner (NP)
- Psychiatrist (MD)
- Psychoanalyst (LP)

Canadian Applicants: Professionals who have met the licensure or registration 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@evergreencertifications.com

International Applicants: Please check for a link to standards specific to your country of practice. If no link is available, please email us a copy of your educational background 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 CE hours in the following areas:

- DSM-5® classification of trauma & stressor-related disorder
- Developmental trauma; attachment-related trauma
- Assessment of psychological trauma including Post-Traumatic Stress Disorder (PTSD) and complex trauma
- Assessment tools & scales
- Symptoms of trauma; comorbidities
- Phases of treatment
- An overview of various treatment modalities with a review of the evidence base for each.
- Current literature and research on the latest treatment modalities

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

- 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 Suitable education sources are approved continuing education 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 Certification Application Process

1. Submit the following documents:
 - a. A copy of the candidate's professional license
 - b. Copies of completion of training as outline in the Educational Standards
 - c. A signed application form with attestation that the candidate has met all the requirements as detailed herein
2. 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 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 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 the following documentation:
 - a. A copy of your professional licensure
 - b. Completion certificate for twelve (12) clock 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 renewal fee

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

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