



ctm
Certificate in
Therapeutic Mentoring

12 DAY Certificate in Therapeutic Mentoring

**CREATIVE TRAUMA
RECOVERY SKILLS.
ONLINE 2021-2022**

Our mission is to bring recovery to children, young people and their families. This will change generational behaviour patterns and bring restoration to whole communities.

12 DAY COURSE TO CHANGE LIVES. BRINGING HOPE & HEALING TO THE TRAUMATISED...



1 in 3 diagnosed mental health conditions in adulthood are known to directly relate to adverse childhood experiences

The Certificate in Therapeutic Mentoring course has been designed by Betsy de Thierry to equip adults to see lives changed.

Betsy de Thierry is an experienced trainer, teacher, consultant, psychotherapist and author on trauma recovery. This course has been developed in response to the need to create teams of qualified professionals working around the traumatised child and young person to bring recovery and restoration.

This therapeutic mentoring course is planned to train an army of people to respond as nurses to traumatised people to work alongside the doctors and specialists and so respond to the urgent need to facilitate recovery to many.

Currently we can see in statistics that there is an urgency for people to train in effective methods to help children and young people recover from trauma. Even more so with the current pandemic causing increased stress and trauma for many.

Day 1

Friday 24th September 2021
(Whole Day 10AM - 3:30PM)

Key mentor skills and overview of the journey of the recovery from trauma.

The skills to enable children and young people to recover from trauma.

Betsy de Thierry MA

Day 2

Saturday 25th September 2021
(Half Day 10AM - 1:30PM)

The impact of effective listening.

Learning the foundational skills to support traumatised people.

Cheryl Unthank: Parenting specialist, qualified pediatric nurse, Lead Professional TRC Bath

Day 3

Friday 15th October 2021
(Whole Day 10AM - 3:30PM)

Stage 1 Trauma Recovery Focused Training Pathway: Introduction to trauma and complex trauma, the trauma continuum and trauma symptoms.

Betsy de Thierry MA

Day 4

Saturday 16th October 2021
(Half Day 10AM - 1:30PM)

Using art in groups to increase self esteem and confidence. Exploring boundaries between art as therapeutic and art therapy.

Emma Reeves MA
Art Psychotherapist & Clinical Supervisor

Day 5

Friday 26th November 2021
(Whole Day 10AM - 3:30PM)

Stage 2 Trauma Recovery Focused Training Pathway: Self-regulation and how the body is impacted by trauma. A recovery tool kit and an exploration of how the body is impacted by trauma.

Betsy de Thierry MA

Day 6

Saturday 27th November 2021
(Half Day 10AM - 1:30PM)

Stress: Exploring secondary trauma, toxic stress and healthy living whilst working with traumatised families.

Claire Tinker MSc - MSc in health psychology

Day 7

Friday 14th January 2022
(Whole Day 10AM - 3:30PM)

Stage 3 Trauma Recovery Focused Training Pathway: Reflection, Resilience & Relationship, Reducing shame and further exploration of trauma symptoms, including anxiety and depression.

Betsy de Thierry MA

Day 8

Saturday 15th January 2022
(Half Day 10AM - 1:30PM)

Exploring self-harm and trauma assessment.

Betsy de Thierry MA

Day 9

Friday 11th February 2022
(Whole Day 10AM - 3:30PM)

Stage 4 Trauma Recovery Focused Pathway: Complex Trauma and Dissociation alongside an exploration of the polyvagal theory.

Betsy de Thierry MA

Day 10

Saturday 12th February 2022
(Half Day 10AM - 1:30PM)

Building a sense of self and proactively developing resilience in a recovery framework.

Nicki Rosser: Play Therapist, Clinical Supervisor, Teacher, Lead Professional TRC Bath

Day 11

Saturday 12th March 2022
(Half Day 10AM - 1:30PM)

Child Protection for the DSO and traumatised child

Liz Hall MA
Police Safeguarding Expert & National Trainer

Day 12

Friday 18th March 2022
(Whole Day 10AM - 3:30PM)

The last day of the CTM; exploring the tool box, ethics, boundaries and recovery plans.

Betsy de Thierry MA

Course Details

The CTM course has had 6 successful courses run in Bath, UK and 5 in Oxford, UK and this will be the third online CTM which has allowed students to join us from all over the globe, making this the 14th cohort.

Avenue:

Online via Zoom

Cost:

The cost of the course is £1,750+VAT = £ 2,100 for 12 days training.

Resources you will need at home/work:

- a quiet space
- a computer with wifi and the zoom app
- handouts will be sent via email but it may be preferable to print them
- paper and pen to make notes
- large paper to do group work on
- extra art materials such as felt pens, tissue paper and glue, charcoal, paints and coloured paper. (whatever art material you like to work with)

Terms of service:

By booking a BdT training course you agree to our terms and conditions, a copy of which can be found on the BetsyTraining Website under the Training section at the bottom of the page. www.betsytraininguk.co.uk

Applications can be got from: training@betsytraininguk.co.uk

Assignments:

these can be undertaken in anyway that evidences that you have understood the trainings. Some students have written essays, others have drawn mind maps, pictures, created powerpoints, scrap books, comics, and some have written a short amount of words. They are not graded but meant to evidence your understanding.

References:

only need to be taken if you are not currently employed in a school, police force, local authority setting. If you are in such a setting we will assume child protection procedures have been robust. For those who are not in such settings we will need references and a DBS.



www.betsytraininguk.co.uk