Level 7 Postgraduate Diploma in Traumatology & PTSD

A comprehensive and systematic approach for treating simple and complex PTSD in adults and adolescents (plus children with prior training*)

A Professional Qualification accredited by NCIP

Integrative Cognitive Solutions Limited

ICS

Psychotherapy & Counselling
Individual, Couples & Groups
Accredited Training Courses
Professional Supervision

TRAUMA TRAINING LIMITED

About the Course

We started teaching the original form of this course in 2012. Lucia Hall wrote this professional qualification course based on her experiences of supervising trauma. What she discovered was that, although trained, therapists struggled to implement trauma processes in a systematic and effective manner – especially with regards to complex trauma.

This course has been extremely well received and has been taught both within the NHS and internationally. The NHS IAPT team that Lucia trained expressed feeling skilled and empowered after this training course and issued an invitation to Lucia to come back and teach further courses and workshops. The 2027 course will be the 17th cohort that have undertaken this course.

The course has gradually been expanded over the years from 16 days to 22 days, including an additional weekend module teaching Cognitive Processing Therapy (CPT). Participants have found CPT to be an excellent process that complements the other processes taught in the course and enables therapists to work more effectively with an even wider group of trauma clients. Lucia previously taught this course separately, but feedback has resulted in it being incorporated into this PG Diploma course.

Course Outline Structure & Meeting Days

The course will be held on 22 days over 11 weekends (Saturday & Sunday) from January 2027 to December 2027 (the course does not meet in August to allow for holdays, etc., and group supervision continues until April). The course starts each day at 10:00, though we ask people to be on at 09:45 to ensure that everything is working before we start.

Supervision sessions will be arranged after the fourth month of the course in order to allow time for participants to start working through the trauma process with trauma clients. Supervision will be in group format for three hours each month for 12 months and is a requirement of the course. Supervision will be conducted online via Zoom Pro. The supervision is largely didactic and so does not replace particpants' clinical supervision.

There is an 80% attendance requirement, including the supervision requirement.

The course consists of solid, evidence-based theory, combined with large amounts of experiential work and supervisory components. The theoretical input encourages critical engagement with the theory and practice of trauma treatment. Assessment is ongoing throughout the course and aims to ensure that students are able to work with the dynamics and processes of trauma; that there is congruence between the student's theoretical knowledge and their clinical practice. Teaching and supervisory methods emphasise the multi-layered, multi-faceted processes of trauma treatment.

Course Philosophy and Theoretical Orientation

This course caters for a range of professionals who wish to develop their role as trauma specialists: mental health practitioners, counsellors, therapists or psychotherapists, psychologists, managers of clinical teams, psychiatric nurses, etc.. The syllabus covers treating adults as well as adolescents, the latter being addressed in two days of the course dedicated to two evidence-based treatments for traumatised adolescents (with applications to children for those trained in this area).

Effective trauma treatment is integrative as it utilises techniques from a variety of schools of thought. The trauma treatment approach taught on this course is not tied to any one approach, but uses aspects of

many, with a strong focus on evidence-based trauma practice. As such it may be utilised effectively by practioners from diverse theoretical backgrounds **provided they are prepared to work in a trauma-informed manner.** We appreciate the diverse training and approaches that participants bring. Onto that foundation, we offer the opportunity to build a cohesive, integrative way of working with trauma clients - while recognising that a trauma-focused approach requires a different mindset and skillset from typical talking therapies.

This professional qualification is taught at postgraduate level; course participants are expected to work academically on this basis (note - the course is not affiliated with any college or university, nor is it part of any degree programme). This includes the ability to evaluate theoretical concepts and a commitment to reflect critically and open-mindedly on one's own process, philosophy, theoretical orientation and skills. Discussion in the full group or smaller groups is as important as the tutor-taught components. The experiential process of development encourages participants to learn from one another as well as from the course tutors. The integrative philosophy underpinning this course fosters a multidisciplinary environment where theoretical differences and similarities are creatively valued. Participants are encouraged to integrate the ideas from the course into a personally coherent model of trauma treatment. Participants can be sure that at the conclusion they will have a comprehensive and systematic approach for treating complex trauma in adults and adolescents.

Application Process

The application process includes

1. completing the following application form
2. include a Personal Statement of no more than 4,000 characters (including spaces)
3. providing 2 references
3. payment of the course deposit
4. an interview with an ICS representative (usually Lucia Hall)

We will contact you to arrange an interview once your application has been reviewed.

Clinical Requirement

Course participants will be required to document 30 hours of clinical work with trauma clients during the course , and this will include working with PTSD, Complex PTSD and Complex Trauma experiences. More information will be given at the start of the course.

Course dates

January 2027 – December 2027 (with supervision continuing until April 2028).
The start of the course will be on the weekend of January 30/31 (attendance required on both days).
The other provisional dates are detailed below.
The coronavirus pandemic led to us switching the course to online delivery, which has proven to be successful both for this course and our Advanced PG Diploma course , so we plan to continue running the courses in an online format . Zoom Pro enables us to use breakout rooms , which keeps much of the dynamics of the course in place and allows us to provide good feedback by observing practice sessions. We also have an experienced team of tutors who facilitate the learning.

Course Fees

The course fee remains the same as last year, with the investment for the course being £4,220.

We will be offering a monthly instalment payment plan, with a deposit of £220 plus 10 monthly payments of £400. Our bank details are below in the Deposit and Payment Plans section. The monthly payment plan is to be paid by Standing Order unless alternative arrangements are made prior to the commencement of the course.

Participants are also required to become trainee members of the National Council of Integrative Psychotherapists (NCIP), which accredits the course. At the time of writing the cost for trainee membership is £25, which participants pay directly to NCIP.

Our course is not inexpensive, but we are EXTREMELY confident that you will find it to be INVALUABLE and YOUR CLIENTS will discover it to be PRICELESS. It will transform your practice, resulting in the transformation of people's lives.

Deposit & Payment Plans

A deposit of £220.00 is required with this application. If the course does not run for any reason, or if you are not accepted on the course, this deposit will be refunded in full.
Particpants may pay for the balance of the course fees via a Standing Order for 10 monthly instalments of £400.00 beginning in January 2027 and continuing through October 2027. Please note that while we offer this payment plan to facilitate things for course participants, the full fees are due in January 2027. So, should a particpant withdraw more than 30 days after the start of the course, the full payment for the entire course is due and payable. Also please note that the deposit is not the first monthly payment.

Here is our bank account information, with IBAN & BIC codes for international payments:
Bank: NatWest
Sort Code: 51-81-22
Account: 93515138
BIC: NWBKGB2L
IBAN: GB73NWBK51812293515138
Name: Trauma Training Limited

About the Main Lecturer - Lucia Hall, MSc

Lucia Hall is a psychological therapist, European psycho-traumatologist, lecturer, communication coach, supervisor, clinical hypnotherapist and EMDR therapist. She is a certified trauma specialist and an expert in treating trauma, PTSD and the conditions that so often accompany them, such as anxiety, depression, nightmares and flashbacks. She was born and raised in Panama before moving to the United States where she was a social worker in the Family and Child Protection units in Detroit, Michigan. Lucia has a British husband and now lives in the UK.

Lucia studied her MSc. in Mental Health at the combined Guy's Hospital/St Thomas' Hospital/Kings College School of Medicine/Institute of Psychiatry. The main therapeutic approaches studied were Cognitive Behaviour Therapy (CBT) and Cognitive Analytic Therapy (CAT) – two excellent and complementary cognitive approaches.

Lucia has developed and added to that expertise by studying numerous other specialist courses, including a Diploma in Trauma and Abuse (Dip. PICT), a Diploma in Christian Counselling (from London Bible College, now the London School of Theology) and a Certificate from ESTSS in Psychotraumatology, She is an EMDR therapist (adult and children) and is trainer for MBTI (Levels 2 & 3). Additional specialised training includes Cognitive Processing Therapy (CPT), Schema Therapy, Solution Focused Therapy, CBT, Trauma-Focused CBT, Cognitive Behavioral Analysis System of Psychotherapy (CBASP), Lifespan Integration (LI), Behavioral Activation (BA), Written Exposure Therapy (WET), Imagery Rescripting and Reprocessing Therapy (IRRT), Prolonged Exposure Therapy (PET or PE), Narrative Exposure Therapy (NET & KIDNET for children), Prolonged Grief Disorder and various other trauma-focused processes.

As well as specialising in trauma and abuse, including being a consultant Traumatologist for the insurance and legal professions, she also has a great deal of experience in working with depression and anxiety. In addition, Lucia also has written and delivered number of accredited training courses.

Lucia is a member of many professional bodies including APA, BPS, EMDR UK, MBACP, NCIP (Fellow), ISTSS, CNHC and the PSA accredited register. She is a fellow of NCIP for her contributions to the field of counselling and psychotherapy.

Please Note: this training course does NOT qualify you to work with children. You can only use the techniques for children if you are already trained as a children's counsellor/therapist.

Integrative Cognitive Solutions Limited/Trauma Training Limited
6 Waterloo Crescent,
Wokingham,
Berkshire, RG40 2JJ
Telephone: 07834 470 248
E-mail: traumatrainingICS@outlook.com or icslucia@yahoo.co.uk
www.traumatraining.org.uk

Postgraduate Diploma in Traumatology & PTSD

Dates for the Course 2027

09:45 for 10:00 until 17:30 (Lunch 13:00 - 14:00)

30 Jan (Sat)	PTSD: Introduction to a Systematic Treatment Approach
31 Jan (Sun)	Attachment and the Definition and Diagnosis of Complex PTSD
27 Feb (Sat)	Assessment and Formulation of Complex PTSD - Part 1
28 Mar (Sun)	Assessment and Formulation of Complex PTSD - Part 2
20 Mar (Sat)	The Neuroscience, Dissociation and Psychopharmacology of PTSD
21 Mar (Sun)	The Definition and Diagnosis of Complex PTSD - Part 2
24 Apr (Sat)	Safety, Stabilisation and Normalisation of Complex PTSD - 1
25 Apr (Sun)	Safety, Stabilisation and Normalisation of Complex PTSD - 2
22 May (Sat)	Emotion Regulation for Trauma, PTSD & BPD
23 May (Sun)	An Evidence-Based Approach for Type I PTSD
12 Jun (Sat)	An Imagery Approach for Treating Complex Type II PTSD - 1
13 Jun (Sun)	An Imagery Approach for Treating Complex Type II PTSD - 2
17 Jul (Sat)	Trauma and Comorbidities 1A: Mood Disorders - Part A
18 Jul (Sun)	Trauma and Comorbidities 1B: Mood Disorders - Part B
25 Sep (Sat)	Trauma and Comorbidities 2: Traumatic Nightmares
26 Sep (Sun)	Trauma and Comorbidities 3: Treating Suicide Ideation
16 Oct (Sat)	Cognitive Processing Therapy for Trauma - 1
17 Oct (Sun)	Cognitive Processing Therapy for Trauma - 2
13 Nov (Sat)	Treating Trauma in Adolescents 1
14 Nov (Sun)	Treating Trauma in Adolescents 2
04 Dec (Sat)	Narrative Exposure Therapy (NET)
05 Dec (Sun)	Phase 3 including Post-Traumatic Growth, Therapist Self-Care/Compassion Fatigue and Recap/Wrap Up.

Monthly supervision for this course will run from May 2027 until April 2028
Training Days (22 days x 6 hours) = 132 Guided Learning Hours
Supervision = 36 Guided Learning Hours
Guided Learning Hours = 168 (132 + 36, training days + supervision)
Additional Research, Reading and Writing Hours = 500 (10 hours each week)
Notional Learning Hours (NLH) = 668 (144 + 500 = 644)

L7 PG Diploma in Traumatology & PTSD - Application Form
January 2027 - December 2027 Online

CANDIDATE INFORMATION

Surname		First Name		Title	
Street Address 1					
Street Address 2					
Town/City		County		Postcode	
Telephone No		E-mail Address			
Mobile No		Date of Birth (dd/mm/yyyy)			

EDUCATION & MAIN PROFESSIONAL MEMBERSHIPS

Main Trauma Education:							
Main Counselling/Psychotherapy Education:							
Highest level of education	High school		Undergraduate		Postgraduate		
Highest Qualification:							
Main Professional Membership (e.g. BACP):							

NEXT OF KIN/EMERGENCY CONTACT DETAILS

Name:		Relationship:	
Phone 1:		Phone 2:	

EQUAL OPPORTUNITES MONITORING

Do you have any of the disabilities below? [Please enter the appropriate code number(s)]			
None (98)	Visual impairment not corrected by spectacles (01)	Hearing impairment (02)	
Disability affecting mobility (03)	Medical condition, e.g. asthma (05)	Emotional/behavioural difficulties (06)	
Mental ill health (07)	Temporary disability after injury (08)	Profound/complex disabilities (09)	
Asperger's (10)	Multiple disabilities (90)	Other physical disability (04), please state	

LEARNING DIFFICULTIES

Do you have any of the disabilities below? [please enter the appropriate code number(s)]		
None (98)	Moderate learning difficulty (01)	Severe learning difficulty (02)
Dyslexia (10)	Dyscalculia (11)	Dyspraxia (19)
Autism spectrum disorder (20)	Multiple learning difficulties (90)	

The Personal Statement - are widely used as part of the application process for colleges/ universities and for employment. Use it to tell us about yourself (education, work, hobbies, etc.) and why you want to do this course. The limit is 4,000 characters (NOT words), but you do not have to use the full 4000 characters. You may write your Personal Statement below, or you may send it as a separate attachment (preferably as a pdf document).

NCIP/ICIP MEMBERSHIP IS REQUIRED FOR THIS PROFESSIONAL QUALIFICATION

This Postgraduate Diploma in Traumatology & PTSD is a professional qualification accredited by the National Council of Integrative Psychotherapists (NCIP) and at least trainee membership is required by participants. International students will need to become trainee members of the international branch of the NCIP, the International Council of Integrative Psychotherapists (ICIP). At the time of writing, the trainee membership fee for both NCIP and ICIP was just £25.

DECLARATION

By E-signing below I hereby certify that the information contained in this application is honest and correct to the best of my knowledge. I also certify that I will comply with the terms and conditions outlined in this application document.

Please note that false information could result in dismissal from the course and/or refusal to award a course completion certificate.

Name

Date

Click on the calendar icon on the right side of the above box

E-Signature

Your E-signature need not be a copy of your actual signature, you can just type your name in the box.