



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

I Statement of Purpose of Certification

The purpose of the Certification in Complex Trauma & Related Disorders is to demonstrate knowledge of the ability to assess, use effective treatment approaches, and address the therapeutic challenges of treating complex trauma (alternatively described as Complex PTSD “CPTSD”) and dissociative disorders.

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.

Many such clients have a higher, more frequent incidence of violence, revictimization, self-harm, suicide, difficulty retaining information, difficulty maintaining focus, problems with memory and expressly have difficulties with collaboration in their personal lives and with their therapist.

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.

II Certification Standards

A. The candidate must be a State licensed (or equivalent outside the United States):

- Psychologist
- Clinical Social Worker
- Licensed Professional Counselor
- Marriage and Family Therapist
- Psychiatrist
- Psychiatric nurse

B. The licensed professional in (A) must:

- Be in good standing with the State Board that licenses him/her, including not being on probationary status for any reason.
 - Not have been ethically or professionally denied application to or renewal of his/her professional membership in local, state or national associations to which he/she is qualified within the past 5 years.
 - Not have had his/her professional or medical privileges restricted, revoked, or revised in any formal institutional setting (e.g., hospital, clinic or other clinical setting) based upon professional malpractice within the last 5 years.
- C. The candidate must evidence designation as a Certified Clinical Trauma Professional CCTP or provide evidence of equivalent knowledge (a minimum of 12 hours of professional continuing education workshops or post-graduate education for example).
- D. The candidate must meet the following education criteria (total minimum of 24 hours):

PART 1

- 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

PART II

- 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.

Examples of suitable education sources include, but are not limited to:

- i. *Coursework from an accredited college or university as documented by copy of the course syllabus and a transcript showing completion of the course
- ii. Approved Continuing Education as documented by certificates of completion from vendor.

- E. The candidate must attest that 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.

III Documentation of Eligibility and Requirements

1. A copy of the candidate's State license.
2. Copies of completion of training as requested in the certification requirements.
3. A signed attestation that the candidate has met all the requirements as detailed herein.
4. Paid application fee.

The IATP will certify candidates who meet and attest to the above requirements. **Certification does not imply endorsement of clinical competency.**

IV Renewal of Certification Criteria

To maintain Certification, a reapplication is required to include evidence of successful completion of 6 hours annually of training credits specific to trauma assessment and treatment methods.