



WELCOME TO THE

Complex Trauma Trained Certification

Information Package

INTERNATIONAL COMPLEX TRAUMA ASSOCIATION



You want something deeper, wiser, more aligned, and truly sustainable to support your clients as you assist them to spread their wings + soar to greater heights in their relationships, career and personal health.

Welcome to the World's First Complex Trauma Training with lived experience based on Data-backed Neuroscience.

The course will be Experiential for Professionals, Practitioners, Trauma Coaches, and all who work with complex trauma clients.

You will learn and experience effective recovery for individuals with Childhood Developmental Trauma and Intergenerational Trauma.



WELCOME TO COMPLEX TRAUMA TRAINING CERTIFICATION

As Complex Trauma Coaches we need at our fingertips -

- Effective, practical help for each of the differences our clients present with.
- Personal lived experience with Complex Trauma Recovery to provide the foundation of emotionally safety for clients - this is their first need.
- A range of materials to give our clients options to choose from for their recovery. I once had to present 5 different infographics to a client before they found one to fit them and their personal recovery needs.
- A practical education in neuroscience and how to apply it as a coach.
- Practical education with lived experience across a number of areas as effective Complex Trauma recovery requires both the education and the lived experience.

PREREQUISITES TO BECOME COMPLEX TRAUMA TRAINED

Quite often, individuals have spent many years training and working with clients in other areas before becoming Complex Trauma Trained has been available.

Having completed any of the following makes you eligible for Complex Trauma Trained Certification.

- Degrees in Social Work, Psychology, Psychiatry etc where you have already trained to work with clients
- Diplomas in Counselling, Community Services etc where you have already received training to work with clients
- Life Coaching, Trauma Coaching etc certifications where you have already trained to work with clients
- Pastoral work, Community work etc where you have already trained to work with clients
- All individuals are welcome to take the course but cannot be issued with certification due to not being trained in how to work with clients.

Q: How Much will Certification Cost?

Currently the cost per Unit is US \$240.00

Total Cost US \$3120

Special Introductory Offer

Prepay your certification in full to receive our special introductory offer:

- *10% off total cost, reducing the price to US \$2808*
- *Lifetime access to ALL core and elective units released now and in the future - not just the minimum required for certification*
- *Exclusive early access to each new unit before the general public*



Linda Meredith

The Complex Trauma courses are taught by Linda Meredith CTRC-S, CTCRC-S, Counsellor. Linda currently coaches clients globally, including psychologists and psychiatrists worldwide, administers the Thriver Professional and Individual Membership, runs a Complex Trauma Peer Support Group of 7.0k people with trained administrators, and continues studying the latest in Complex Trauma. You can discover Linda's professional qualifications and current study [here](#).

[Read More About Linda Here](#)

Linda's Professional Qualifications include:



- Australia's First Certified Trauma Recovery Coach
- World's First Advanced NPE trauma recovery coach
- Australia's First Supervisor Certified Trauma Recovery Coach
- World's first Complex Trauma Supervisory Trauma Recovery Coach
- Founder of the Worlds First Complex Trauma Recovery Membership for Individuals
- Founder of the Worlds First Complex Trauma Trained Certification
- Diploma Counselling – Specialising in Solution Focused Therapy/Art Therapy
- Certified Clinical Trauma Professional (CCTP) with Janina Fisher
- Certificate Treating Complex Trauma: Beyond Competency
- Certificate: Toxic Shame
- Certificate Treating Complex Trauma with Internal Family Systems
- NICABM - Various Trauma recovery and treatment courses
- LivingWorks Start – Suicide Prevention





Why do you need to experience the recovery process too?

Complex Trauma clients need an emotionally safe foundation as their first step for effective recovery. They need to know with certainty that we have applied our training in our life too. Without this certainty they will remain in recovery for a long time, too afraid to touch, to experience, what is happening internally for them. Interpersonal Neurobiology is powerful. Therapists globally not trained in Complex Trauma clients are spending decades in talk therapy, and it does not work for complex trauma clients.

It's normal for Complex Trauma individuals to be afraid to go within because their brain wiring, often impacted epigenetically and in utero plus their own developmental trauma, continues to drive their trauma responses unconsciously. We, as professionals, need to help them in session, and with homework out of session, to navigate their unique recovery pathway.

The key is through practical neuroscience. Using the latest neuroscience for Complex Trauma we can implement practical, and effective, skills and strategies which aid the brain in recovering. Integration of new experiences into daily life is also essential for the brain to create new neural pathways. Without recognizing and changing our automatic, unconscious, brain-driven behaviors and experiences we continue to respond in the same ways, leading to a decrease in health, choosing unhealthy relationships, and not achieving our career/family dreams.

A top-down view of a desk with a laptop, a pen, and a mouse. The laptop is on the right, showing the keyboard and trackpad. A pen is on the left. A mouse is at the bottom. The background is a light blue color.

Q: How do I achieve the Complex Trauma Certified Recovery Coach (CTCRC) certification?

Certification = 78 CEU

EACH CORE UNIT OR ELECTIVE UNIT HAS A NUMBER OF CEU ALLOCATED TO IT - FOUND AT THE TOP OF THE PAGE

6
LESSONS

6
[CEU]

All
SKILL LEVEL

6.0h
DURATION

English
LANGUAGE

8 Core Units = 48 CEU

5 Elective Units = 30 CEU

Total = 78 CEU

Please note: Another Global company is currently looking to have this program as their Masters program. As more details emerge I will let you know.

Where do I start?

Core Unit 1 if you're doing the Certification

All Core Units build on each other

You can choose any Core Unit or Elective if you are doing CEU only



Q: What is included in every Core Unit/Elective Unit?

1

6 Modules of Coach Training subject specific including video & transcription, worksheets, infographics

2

6 eBooks for use with client homework including template, infographics & worksheets

3

Every Module has extra links, infographics & worksheets for use with clients

Please note: there are no live classes.
Content is available 24/7 online to work at your own pace.



4

Your Master Portfolio eBook for your assessment work

5

Your Module Test Link with Password

6

Extra Modules with Business Tools, Client Material, Coaching Tools & Complex Trauma Information

Q: Are there any classes/supervision?



Certification classes are available 24/7 - there are no live classes due to being global and everyone needing availability at different times..

AND we have a live supervision study session each week with breaks throughout the year.

Once a week we have an optional, live, supervision and study session with Linda where all are welcome to come and ask questions re the certification work, their clients and their business.

It's a two hour session where everyone can come and go as it suits their time table. We get a lot done and we learn a lot from each other on this unique journey.

Linda leads the supervision and study session and all the details and booking link are inside Core Unit 1.

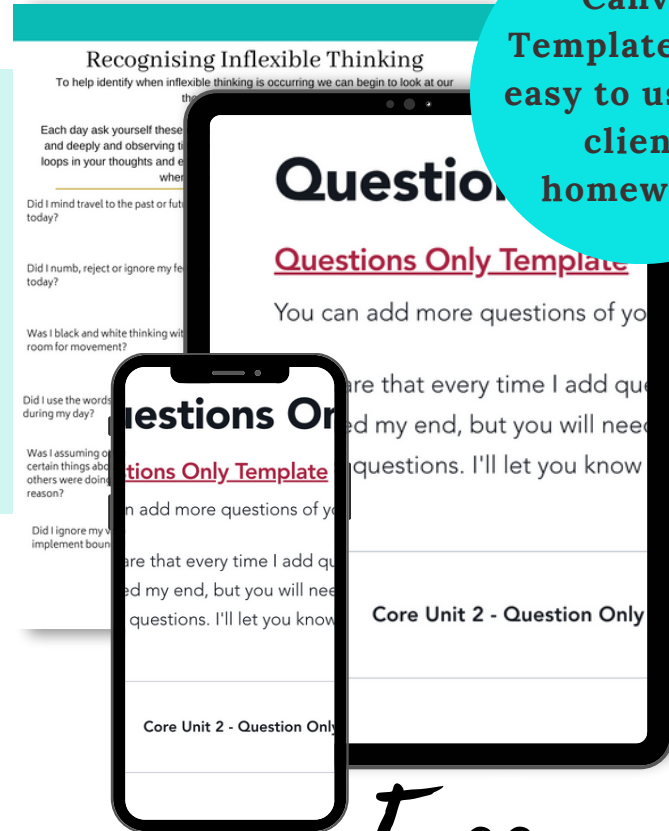
We look forward to you joining us!

CANVA TEMPLATES

*You will have access to Canva Templates specific
for Complex Trauma recovery.*

*This way you can mix and match what your
clients need for their homework, saving you time
and money.*

*You can use the Canva Templates or
download the template as a pdf file*



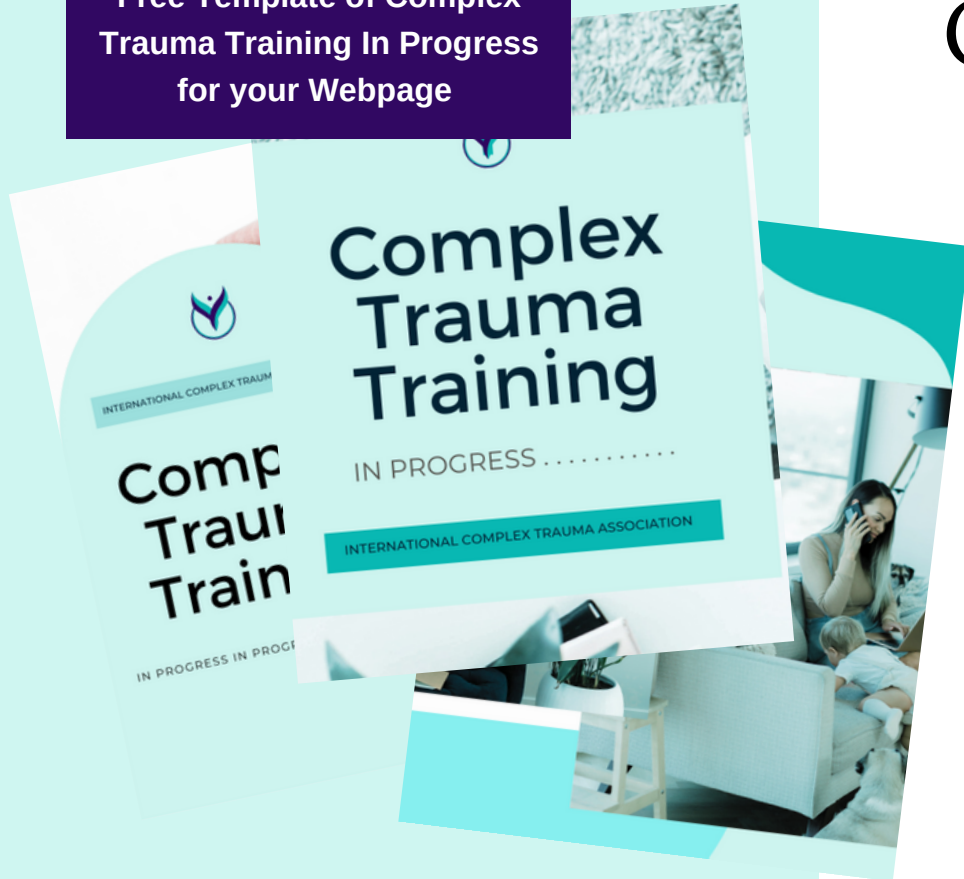
**Canva
Templates are
easy to use for
client
homework**

Free

SETS OF SOCIAL MEDIA
TEMPLATES ALSO INCLUDED
IN THE UNIT

Let Clients know you're in training!

Free Template of Complex Trauma Training In Progress for your Webpage



Complex Trauma Training

IN PROGRESS

Included in each Core Unit is a Template containing **4 banner size and 4 social media sized infographics** to add to your Website stating "Complex Trauma Training, in progress."

These banners alert possible clients to your active status in Complex Trauma Training. You can add your own information into your website/social media, including the **Trauma Informed or Trauma Trained Video.**

Complex Trauma Directory

Get Listed for FREE in the Healing from Complex Trauma Directory upon Completion of Core Unit 1

Details are inside Core Unit 1.

Upon completion of core unit 1 email Linda your details and she'll set up your directory listing, then email you a passcode so you can complete your listing.

Linda's website is increasingly noticed across the web as people search for genuine answers

You can see the directory [here](#)

Let the world know you're available for coaching!

GET LISTED



COMPLEX TRAUMA DIRECTORY

To set up your listing I need

- *your name*
- *email address*
- *location*
- *a photo*
- *a short bio*

then I set up your profile & send you a link and password so that you can then fill in all the other details

email details to linda:
thelindam@bigpond.com

Let the world know you're available for coaching!

PLUS Complete Core Unit 2

And be noticed across Linda's social media platforms.

Linda issues your CEU certificates, and once you have done Core unit 1 and 2 a post is made about your achievements across Linda's social media.





Common Questions



Q: Is Linda Accredited?

Yes.

I'm currently accredited through the IAOTRC and I'm pursuing accreditation through a new Mental Health governing body, whose long term goal is to have insurance accept trauma coaching as a viable alternative to help clients recover from Complex Trauma.

Q: How will I remember all the information from each unit?

You don't have to.

Because of the legacy nature of the course, you will have permanent access to each unit you purchase to revisit whenever you need. This includes videos, slides, transcripts, workbooks and any other included content. Because of the individual nature of complex trauma recovery, many coaches find it useful to do a refresher on particular topics as they're working through them with clients.

Q: Is the Complex Trauma Trained Certification a Degree?

No.

Healing from Complex PTSD and the International Complex Trauma Association are not affiliated with any Universities and do not provide degree level qualifications.





Q: Can I take the Certification?

Do you currently work with Complex Trauma Clients?

Yes?

Then you can take the Certification.

Everyone working in any capacity with complex trauma clients needs training.

Trauma informed is not Trauma Trained.

Q: Why Complex Trauma Coaching?

The dynamics when working with a Complex Trauma Coach are different to therapy or other modalities. We meet as equals.

The most tangible way to think of coaching is you seek coaching to get effective help. It's a recovery where you can notice the differences in your life every step you take.



Q: What is a Portfolio?

Your Portfolio is a concrete representation of your experiential learning through the Complex Trauma Certification.

Why do we do it?

Every task set has more than one goal behind it. Your clients need a vast array of information, which includes you having the ability to give feedback on how a certain exercise or change worked or didn't work in your life. They information provides clients with emotional safety, the core foundation of Complex Trauma recovery. If you haven't tried something you can't speak into it authentically.

Q: Do you include spirituality in the Certification?

Yes. It's been scientifically proven a spiritual practice enhances recovery.

I present it in a way that you can apply it to your own coaching practice in your own personal ways to meet your particular clients needs.



Q: How do I know if Certification is for me?

The answer to this question is "What are your goals"

If you have goals to -

- Help people with Complex Trauma effectively recover
- Run your own business and be open to new opportunities as they arise in this field i.e. in Australia I have people approach me from the N.D.IS. to work for their clients. Other coaches work with Lawyers/Solicitors/Community Centres etc.
- Become equipped with practical neuroscience for Complex Trauma
- Be the change all generations need



Q: Are we helping clients process trauma as I understand we have to be registered to do this?

No, we do not help clients process trauma memories. We work with clients in the here and now to transform their trauma in many different ways.

Clients naturally work through their own processing of emotions at times, but we don't interfere, we are here to hold space for them, affirm them. We give them resources, internal and external, psychoeducation, neuroeducation, but we work only from today and going forward as the impact of Complex Trauma is here, now. Therapists are trained to work with the past and clients have often been in therapy for decades before seeing a trauma coach.

Q: Who can take this course?

The course is open to All Professionals, Practitioners, Trauma Coaches, and other Mental Health professionals working with Clients who have experienced Childhood Developmental Trauma seeking to become complex trauma trained

Q: What does Certification include?

For each Unit -

- Watch the video or read the transcript.
- Apply your knowledge through the set homework.
- Complete your Unit Portfolio and email to Linda
- Complete your Unit Test with an 80% minimum pass

Certification requirements are 8 Core Units and your choice of Elective Units to meet a total of 78 CEUs

Q: Who can gain Certification?

Certification is available to all Professionals, Practitioners, Trauma Coaches and other Mental Health Professionals working with Complex Trauma clients.

Q: Where does the course take place?

All Unit information is online with the Healing from Complex Ptsd Mighty Networks. You can access this 24/7 globally at your convenience. Test links are available in the course work, as are the templates.

Q: Is the Certification Self Paced?

Yes. Due to its experiential nature, you can do all of the certification at your own pace.

Q: Who is the Certification through?

The Certification is through the ICTA - International Complex Trauma Association. We have accreditation through the IAOTRC and will have accreditation through a number of complex trauma specific bodies. More information in your Onboarding Guide.

Q: Can I use the Certification Globally?

Yes, certification can be used to work with clients globally. Currently no paid, private health insurance companies cover Complex Trauma coaching globally, but may cover Life Coaching for clients. However, in Australia, the NDIS approached me for their complex trauma clients. Paths are opening up.

Q: How much time does each Unit Involve?

Videos within each unit are broken up into time manageable intervals. Total time for all videos will be no more than 6 hours per Core Unit. Homework is topic specific, self reflection daily or topic specific work for working with client needs. Both will make up part of your portfolio. Homework will be no more than an hour a week.

Q: 'Do I need insurance or client agreements to practice?

As Complex Trauma Trained coaches we run professional businesses which have insurance, liability insurance and professional indemnity AND we have a rock solid Client agreement where clients are responsible for their decisions and actions 100% - a lot of this information is contained in Admin Basics 101. I understand how litigious America is, hence a rock solid client agreement is vital for a complex trauma trained coach.

Q: What time are classes?

There are no set class times for the Certification Material. You have access to all the material to fit it into your own time schedule, online 24/7.

We do have a Supervision & Study class weekly. Details are inside Core Unit 1.

Q: Are there worksheets for clients included?

Yes, every unit has a variety of worksheets for clients to choose from, as every client has individual needs.

You also have premade homework client book templates which open in Canva and you can add your own colours and business name to the templates.



Certification Testimonial

★★★★★

"I don't know if anyone else can resonate, but I'm so hungry for more critical information to better serve my coaching clients that I simply cannot get enough of the material Linda creates! The Complex PTSD survivors around the world are so fortunate to have someone as amazing as Linda Meredith creating courses for helping professionals! The depth of the content and the support this course offers is PHENOMENAL! If you haven't started taking the course and you are on the fence, I would HIGHLY recommend you take the leap and sign up!"

Candace Alley
candicealley.com



Certification Testimonial

★★★★★

"I just started Core Unit 2 a couple of days ago, yet I can't get enough! This is such an amazing course! You definitely have the most comprehensive training program I have ever been involved in. This is from a six time internationally certified coach. THANK YOU for creating this course and making it affordable and the layout so easy to follow!

Candace Alley
candacealley.com

healingfromcomplexptsd.com

Effective Cptsd Recovery



“ Testimonial

You are a true inspiration to me and your work has been so impactful on my life, my family members lives, and the lives of my CPTSD Recovery Clients. Thank you for everything you do!

★★★★★

Nick F
Certification Student



@healingfromcomplexptsd

Complex Trauma Trained Certification - Quick Summary

Professional Certification Details

Complex Trauma Certified Recovery Coach (CTCRC) – The Complex Trauma Certified Recovery Coach certification is open to all professionals, practitioners, trauma coaches and other professionals working with Complex Trauma clients who –

Want to pursue a deeper equipping and increased education of Complex Trauma and working with clients

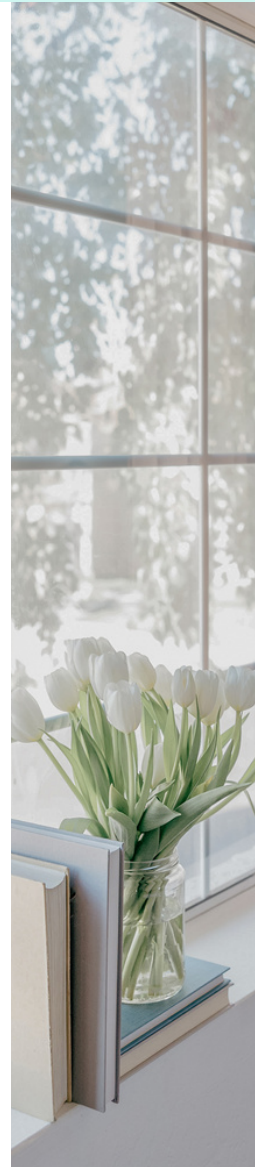
Want to be equipped to work with childhood developmental trauma and intergenerational trauma using practical neuroscience techniques.

Work with clients who have experienced childhood developmental trauma/complex trauma

Professional Certification requirements

Meet certification requirements – 8 Core Units and your choice of Elective Units to meet a total of 78 CEUs, submit your portfolio, pass an exam with an 80% pass mark

Note: Each Core Unit and Elective Unit is allocated a number of CEU. You will need 78 CEU which is approximately 8 core units and 5 elective units. Check each units CEU to calculate your total needed.



Earning your Complex Trauma Certified Recovery Coach certification can be the next step in expanding your business to meet the unique needs of complex trauma clients.

Our Complex Trauma coaches –

- Work with more complex cases by developing next level training and skill development specifically for effective Complex Trauma recovery.
- Navigate their own effective Complex Trauma recovery with new skills, strategies, structure all based on practical neuroscience
- Are trained to work in diverse ways with clients in private practice and/or in their employment.

This is a world class course, the first of its kind where coaches and mental health practitioners globally participate in the lived experience of recovery to authentically connect with complex trauma clients.

Every Unit is also a CEU – Continuing Education Unit

Every Unit operates as a continuing education unit.

Upon completion of the necessary course work you will be issued with a CEU certificate


CEU certificate can be used with the IAOTRC – International Association of Trauma Recovery Coaches

*Q. I'm new to working online.
Is there help to get set up and begin my online
coaching business?*

Yes.

Admin Basics 101 is specifically to help you begin your online business.

[Details Here](#)



Q. I'm not ready to do certification but need Homework for my Complex Trauma Clients, what do you have available?

The Thriver Professional Resource Library is specifically for Homework for Complex Trauma Clients. You can find all the [Details Here](#)



More Questions?

Please feel welcome to read through the F.A.Q.s on the [webpage](#)

You can also book a [Discovery Call](#) with Linda here