



Welcome to Healing from Complex PTSD  
with Linda Meredith

OUR SERVICES

## **Trauma Coaching & Professional Supervision**

**Let's begin with a conversation about your vision  
and challenges...**



## ABOUT LINDA

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Passionate, Innovative and effective in the Complex Trauma Recovery field. Linda coaches individuals globally for Complex Trauma, gives international seminars to hundreds from her desktop and spends her spare time developing effective new products for complex ptsd recovery based on the latest in Neuroscience & Soul. She is the founder of Healing from Complex Ptsd, the Worlds First Complex Ptsd Membership, Australia's first Certified Trauma Recovery Coach/Supervisor, the Worlds first Advanced NPE Trauma Recovery Coach, CEO of the International Complex Trauma Association and is developing the worlds first Complex Trauma Trained experiential program.

Linda adores her 3 adult children, her gorgeous granddaughter and rescued Manx Panda, coffee with her besties, gym, reading and Netflix and can't say enough about the passionate professionals and individuals she gets to work with throughout the world.

Welcome to our beautiful global family.

*Linda*

Counsellor/ CTRC-S, CTCRC-S, CCTP-1

Book CPTsd Coaching/Supervision  
with Linda Meredith

[Here](#)

# **Complex Trauma Recovery Coaching**

## **Transforming Pain into Purpose**

Experience breakthroughs from childhood developmental trauma, resulting in healthy changes to your quality of life, relationships, physical health, career and more

Linda's life mission is to ensure no person has to suffer alone like she did in her recovery from undiagnosed complex trauma.

By utilising her lived experience and professional training in counselling and trauma coaching, alongside the latest tools and research from neuroscience and psychology—Linda supports people with CPTSD to achieve recovery and lead an authentic, fulfilling life.

Helping everyone from managers and entrepreneurs to parents and caregivers, Linda knows from her own story that we must be the generation that makes a change. The change to create future generations free from the intergenerational legacies that harm not just to ourselves, but the people we love the most.

To design your own roadmap for Complex PTSD recovery and build the life of your dreams—contact Linda for Trauma Recovery Coaching today.

## Professional Supervision & Business Coaching

In the short space of 5 years, Linda has become an international powerhouse in the CPTsd coaching, recovery and education sectors. A firm believer in the combined power of neuroscience, psychology and social media, Linda's immense generosity and consistency in putting out helpful free content has resulted in a massive following of over 130K subscribers across several platforms.

As Linda's 1:1 coaching practice grew, she realised that to reach as many people as possible with the shared language of what's happening inside them—she would have to expand the way she operated. That realisation was the beginning of the diverse platform that Healing from Complex PTSD has become today, which aims to make effective CPTsd healing and recovery available to everyone worldwide.

Linda continues to see a limited number of clients for individual coaching, but much of her time and energy these days goes into the creation of tools, resources and content for professionals working with CPTsd. She also offers 1:1 professional supervision and business coaching for coaches, counsellors and mental health professionals of all backgrounds and experience levels. Just some of the areas Linda can address in supervision and business coaching include:

- **Advanced Education and Skills Work** – Want to learn more about the neuroscience of CPTsd? Or have a specific client issue or area you want to upskill in? Get individually tailored education and practical skills work from Linda for you and your clients.
- **Self-Care and Recovery Support** – Being a trauma coach comes with a unique set of emotional demands. Learn how to stay well while you're coaching. Plus, get ongoing support for your own healing and recovery.
- **Business Startup Advice** – Getting started as a coach can be overwhelming. If you want to fast-track your success, Linda can guide you through the early stages of setting up your business and beyond.
- **Finding Your Voice** – Whether it's 1:1 with clients or stepping out on social media—sharing your own story of healing can be a powerful tool to help others in their recovery. Linda can help you find your voice, navigate personal blocks and share your message in an authentic way that's aligned with your values and beliefs.

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# Linda's Professional Qualifications

- 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 World's First Complex Trauma Recovery Membership for Individuals
- Founder of the World's First Complex Trauma Trained Certification for Trauma Coaches
- 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
- LivingWorks Start – Suicide Prevention

# What Issues Can CPTSD Coaching Help With?

Each person's journey and challenges are unique, so there is no set list of what trauma coaching can and can't help with. As a guide, complex trauma coaching with Linda is often used to help individuals:

- Use Neuroscience to aid in reconnecting the disconnected brain
- Build Healthy Relationships
- Learn to Regulate Emotions
- Identify Core Values
- Develop a Sense of Self
- Set Healthy Boundaries
- Build Confidence and Self-Esteem
- Set and Achieve Goals
- Manage Unhealthy Habits
- Move Through Change
- Build a More Fulfilling Life
- Identify Opportunities for Growth
- Equip individuals with psychoeducation for cptsd for ongoing recovery needs
- Repair Attachment/Abandonment wounds

While coaching can result in improvements in symptoms from mental health conditions, like depression and anxiety—coaching is not mental health treatment. Clients cannot be in active suicidal ideation and must have a foundation of safety before coaching can begin.

You can read about the differences between trauma coaching and therapy [here](#).

You can read the latest scientific article re complex trauma coaching being on par with therapy [here](#).

# Am I Ready for Complex Trauma Coaching?

You may be ready for Complex Trauma Recovery Coaching if you have...

- Tolerance for discomfort – Are you proactive in embracing new ways of perceiving and acting? Are you able to endure periods of discomfort to realise the rewards of taking new and different approaches?
- Openness to experimentation – Trying something new means taking risks, and experiments with new behaviours may not work the first time. Are you willing to try out new ideas and actions, fail, learn, and try again?
- Ability to look beyond the rational – Behaviour is not rational – it's driven by emotions like fear, anger, and pride. Are you ready to gain a deeper understanding of your own behaviours and relationships by exploring their emotional dimensions?
- Willingness to take responsibility – It's hard to change if you don't believe you have the power to shape your future. Blaming the organization, the boss, too many responsibilities, and so on will block you from growth. Are you ready to hold yourself accountable for making progress?
- Capacity for forgiveness – The willingness to be willing to be willing to make peace with the past and channel your energy into progress is essential to move forward into the life we choose to create.
- Ability to ask for support – You are accountable for change, but you will develop faster when you connect with other people. Are you ready to begin thinking about developing a new support network around you?
- Self-discipline – Learning how to discipline yourself to say no and to focus on what's important are essential parts of becoming healthy. Even if those around you are upset at you no longer being available 24/7. Are you ready to remain focused on your recovery goals?



# The 8 Pillars of Certified Trauma Recovery Coaching

## **Consent**

You are in the driver's seat, and we will not explore anything before you are ready. I may gently nudge you outside your comfort zone, but I will always respect your decision to proceed or pull back.

## **Curiosity**

Developing our ability to be curious is one of the most important ingredients in healing. Being mindfully curious about what's going on in your inner world allows you to develop a deeper understanding of who you are and where you want to be in your recovery journey.

## **Participation**

Complex Trauma Recovery Coaching is not something I can do for you. It is something we both must be fully engaged in, and I will encourage you to be an active participant in your own healing. While I am there to support you all the way, ultimately you must take the steps forward.

## **Present-focused**

Complex Trauma is a living legacy. Everything you need to heal is accessible in the present moment. Yes, stories from your past will inevitably come up. The most important component is how those stories are impacting you today. We will be working with the here-and-now to help your brain and body release unconscious, stored memories from your life.

## **Neuro-Psychoeducation**

I will share the neuro/psycho/bio/spiritual evidence based information with you. This can help you gain a better understanding of what the brain is driving, why you are experiencing certain things, and help you feel less alone whilst taking charge of your effective recovery.

## **The 8 Pillars of Certified Trauma Recovery Coaching**

### **Respect**

Even your most destructive coping strategies were adopted for a good reason. While they may be outdated now, we still treat them with respect, because at one time they saved you from mental/emotional/physical/psychological pain. Understanding why you developed these coping strategies and how they served you in the past can help you release them in the present.

### **Transparency**

I am always transparent about my process, and honest with you. If you want to know about my life, I am an open book. If you ask me for honest, direct feedback, I will provide it.

### **Emotional Safety**

Emotional safety is the core foundational need of Complex Trauma Recovery. Without it, your brain stops you from having an effective recovery. We will always ensure you are emotionally safe and that you can speak up for what will and won't work for you.

# Curious About What Happens In A Coaching Session?

Find out more about [The Three Stages of Trauma Recovery](#)

## Structure of Complex Trauma Coaching Session



### Session 1: Client Intake:

- Clients share what has brought them to Complex Trauma Coaching
- Coach and Client establish the clients goals for Complex Trauma Coaching Recovery
- Homework for the session is established according to client needs.

### Session 2 & ongoing sessions:

- Clients bring to the session the results of their homework with any questions they may have about the homework for clarification and for personal accountability.
- Clients bring to the session what they have identified as their current recovery challenge for the coach and client to focus on, to flesh out, to feel towards and to face any fears present.
- Client and coach work together to establish what the client determines is their next recovery goal. i.e. what homework they will need between sessions.

### Homework:

- Complex Trauma Recovery requires experiential homework. Experiential homework may involve any of the following where a client can observe, become an investigator, into their internal system and implement healthy ways of living.
- New skill sets
- New structures to implement
- Psychoeducation, Neuroeducation, etc. about your specific Complex Trauma goal to help you achieve your current recovery goal.



[healingfromcomplexptsd.com](http://healingfromcomplexptsd.com)

Effective  
Cptsd  
Recovery

## **Common questions**

Here are answers to our most frequently asked questions about Complex Trauma Coaching and Professional Supervision.

If you have any further queries, please don't hesitate to get in touch.

### **What is a Trauma Recovery Coach?**

A Trauma Recovery Coach is an individual qualified to educate, encourage, challenge and motivate you to achieve your recovery goals. A Trauma Recovery Coach is an active listener who works closely with you to facilitate recognising the strategies & structure you require to move yourself towards your goals. We celebrate your successes, help you discover how to overcome challenges, identify your strengths and weaknesses, and assist you to move forward at a quicker pace than you can achieve on your own.

### **Do you accept insurance?**

Trauma recovery coaching is not covered by any insurance at this time.

### **Do all coaches need professional supervision?**

Many certification/registration agencies for coaches and counsellors require practitioners to undertake a minimum number of hours of professional supervision each year. Even if you're not mandated to undertake supervision, it still comes with a range of benefits. High-quality professional supervision can help you look after your own mental health, improve your practice, become aware of blind spots or biases, and explore opportunities for professional growth.

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### **How long are the coaching sessions?**

Sessions take approximately 50 minutes. These sessions can be weekly or fortnightly and are set according to the speed you can integrate taking actions in your daily life to achieve your goals.

### **How many coaching sessions will I need?**

This depends on what you want to achieve with your recovery. Most clients come with a specific goal in mind. For some clients this may take as little as 4 sessions. While for clients aiming at full recovery or to work on a broader range of issues, more sessions are often required.

### **Is there a minimum commitment for supervision and business coaching?**

No. You can book a single session or arrange appointments on a regular schedule (e.g., weekly, fortnightly, monthly).

### **Where does supervision and coaching take place?**

All coaching takes place online via Zoom. This has proven to be the most convenient way for individuals to fit coaching and supervision into their busy lives. You will need a quiet room with no distractions where you can focus completely on our conversation.

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### **How much does it cost?**

Coaching and supervision costs about the same amount of money as seeing any health professional. Often the price is the same amount as your copay for other health professionals. For more information on packages and prices [click here](#).

### **Can I work with a therapist and a coach at the same time?**

Yes. Many people work with more than one therapist and/or coach simultaneously and the results are highly effective. Read about the differences between trauma coaching and therapy [here](#).

### **How long does recovery take?**

Individual recovery journeys need to take into account many different factors, like the stage of recovery you are at today, how the events in your life impacted you, the work you've done up until now and more.

### **Does coaching involve talking about my past again?**

We Do Not go back over the past in any depth. Doing so is counterproductive with Trauma Recovery and has the potential to re-traumatise you. You are already reliving the trauma every day in your body, therefore, you do not need to revisit the trauma in coaching.

**Available Globally**  
**Complex Trauma Coaching and Professional Supervision is available online via zoom across the globe, from my home base in Brisbane Australia.**

**I can offer flexible appointment times and work with people from all corners of the world, including America, Britain, Ireland, Australia, Israel, Thailand and more!**

**Book your session today.**





*"The hardest part is always  
the one next step."*

*Linda Meredith*

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