



11 Day Certificate in Therapeutic Mentoring

Creative Trauma Recovery Skills
Online 2024-2025



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.

www.traumarecoveryglobal.org

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



**"Your work is inspirational and your kindness and knowledge speak volumes.
I am so grateful that i could attend the training course.
It has changed me personally and impacted me professionally."**

Course Attendee

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.

11 Day Course to change lives. Bringing hope & healing to the traumatised...

Day 2

Saturday 28th September 2024
10AM - 1:30PM

The impact of effective listening.
Learning the foundational skills to support traumatised people.

Helen Jury MA
Art Psychotherapist & doctoral researcher at UCL

Day 4

Saturday 19th October 2024
10AM - 1:30PM

'A collection of BdT associates who are creative therapists' will explore using creative ways to help traumatised children, young people and families.

Betsy de Thierry MA
Ellie Williams MA - Music Therapist

Day 6

Saturday 23rd November 2024
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 8

Saturday 18th January 2025
10AM - 1:30PM

Exploring self-harm and trauma assessment.

Betsy de Thierry MA

Day 10

Friday 21st March 2025
10AM - 1:30PM

Child Protection for the DSO and traumatised child

Day 1

Friday 27th September 2024
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 3

Friday 18th October 2024
10AM - 3:30PM

Stage 1 Trauma Recovery Focused Training Pathway: Introduction to trauma, developmental trauma, trauma assessment, the impact of trauma and the recovery

Betsy de Thierry MA

Day 5

Friday 22nd November 2024
10AM - 3:30PM

Stage 2 Trauma Recovery Focused Training Pathway: The impact of trauma on the body. Relational skills and activities to facilitate recovery and safety.

Betsy de Thierry MA

Day 7

Friday 17th January 2025
10AM - 3:30PM

Stage 3 Trauma Recovery Focused Training Pathway: The impact of shame and its relationship with trauma. Exploration of anxiety and depression and other trauma symptoms.

Betsy de Thierry MA

Day 9

Friday 28th February 2025
10AM - 3:30PM

Stage 4 Trauma Recovery Focused Training Pathway: The impact of developmental, multiple trauma on the person. Exploring dissociation and complex trauma. The recovery map.

Betsy de Thierry MA

Day 11

Friday 25th April 2025
10AM - 3:30PM

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

Betsy de Thierry MA

The CTM course has had 6 successful courses run in Bath, UK and 5 in Oxford, UK and this will be the sixth online CTM which has allowed students to join us from all over the globe, making this the 17th cohort.

Course Details

Avenue:

Online via Zoom

Cost:

The cost of the course is
£1750+VAT= £2,100 for
11 days training

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 Trauma Recovery Global website under the Training section at the bottom of the page.

Resources you will need at home/work:

- a quiet space
- a computer with wifi and 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)

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, scrapbooks, 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 as 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.

Applications:

Applications can be got from:
office@traumarecoveryglobal.com

www.traumarecoveryglobal.com



ctm
Certificate in
Therapeutic Mentoring