

CERTIFICATE IN TRAUMATIC STRESS STUDIES

*Convened by Berkshire Traumatic Stress Service and
ratified by the University of Reading*

60 post-graduate level credits

Venue: Reading

This Certificate comprises 3x20-credit modules; the Introductory module, the Foundation skills module and the Advanced Trauma module. Each module needs to be assessed and passed for the Certificate to be awarded. 80% attendance is required for each module if being assessed.

Week commencing 16th January 2018

**Introduction to
Evidence-Based Psychological Treatment
(20 postgraduate-level credits)**

Cost: £470 plus assessment

This 4-day module will provide a thorough background to the fundamentals of cognitive behavioural therapy, and the role of evidence-based interventions within the NHS. No previous CBT knowledge is needed. On completion of this module students will have a detailed understanding of the generic approach to CBT, and be ready to be trained in disorder specific models and interventions.

For further information email cwi@reading.ac.uk

Flexible Professional Development Module

Content begins with cognitive theory and how it has evolved into a psychological intervention. This knowledge is then applied to the development of clinical formulations for the understanding of mental health problems. The varied levels of formulation are considered, along with the associated clinical issues of putting these into practice. The teaching will take the form of lectures/small group work, audio and video-tape, role-play exercises and discussion.

The aims of this course are to:-

- develop an understanding of evidence-based psychological treatments and the importance that this occupies in the provision of therapeutic services
- understand the role of the National Institute for Health and Clinical Excellence.
- provide an introduction to evidence-based psychological treatments and the particular importance of cognitive behavioural therapy in the treatment of various Axis I disorders.
- train students to understand cognitive behavioural theory, and key therapeutic strategies such as the use of personalised formulation, thought diaries and behavioural experiments

Learning outcomes

Students will be able to demonstrate the ability to:-

- critically evaluate therapies to establish their level of evidence and the resultant level of recommendation by the National Institute for Health and Clinical Excellence
- to use personalised formulations, behavioural experiments, and thought records appropriately and effectively.
- understand the interface between research, clinical practice and the policies endorsed by the National Health Service.

Assessment - 31.01.18

For further information email cwi@reading.ac.uk

Flexible Professional Development Module

Assessment takes the form of a written examination on clinical knowledge. It consists of brief open-ended essay questions.

Week commencing 26th March 2018

Foundation skills for working with trauma and PTSD

20 post-graduate level credits

This 4 day module will cover the core knowledge and skills that participants will need in order to work with clients who experience PTSD (following type I trauma). Participants will gain an understanding of psychological theories and of the current evidence-based interventions for treating PTSD. In particular, participants will gain skills in the assessment and formulation of PTSD as well as in specific therapeutic techniques in working with PTSD. Emphasis will also be placed on students' own self-care when working with highly distressed clients.

The aims of this course are to:-

- train students in current research and psychological theories of PTSD
- develop skills in assessment and formulation of PTSD
- train students in evidence-based psychological treatment of PTSD, specifically skills in trauma-focused CBT, as recommended by the National Institute of Health and Clinical Excellence (NICE)
- train students in optimizing outcome for their clients by taking individual differences and contexts into consideration
- the importance of students' own self-care will also be emphasized
- to constructively discuss and reflect on the clinical work of themselves and others presented in small discussion groups

Intended learning outcomes

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Flexible Professional Development Module

Students will be able to demonstrate the ability to:-

- understand psychological theories of PTSD and their clinical application
- be able to assess and formulate PTSD
- be able to apply evidence-based psychological treatment to clients with PTSD
- gain confidence in working with clients with PTSD and trauma histories

Brief description of teaching and learning methods

The aims of this module will be achieved through a four-day workshop, which will incorporate lectures, role-plays, case-examples small group discussions. Students' knowledge and skills will be assessed through a 90 minute exam, which will take place a few weeks after the end of the teaching block.

Assessment – 01.05.2018 (optional)

Students will be required to complete a knowledge -based exam. This will comprise of short-answer questions to assess students' knowledge. In accordance with the University's guidelines, students must gain a mark of 50% or over to be awarded a pass.

Week commencing 4th June 2018

Advanced skills for working with complex trauma and specific populations

20 post-graduate level credits

Cost: £585 plus assessment

This module will focus on helping participants to develop advanced skills for working with complex (type II) trauma and specific populations affected by trauma. Special considerations (such as ethical, lifespan and cultural issues)

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Flexible Professional Development Module

and evidence-based practice for these clients will be covered. Workshops will be aimed at developing specific advanced techniques and knowledge.

The aims of the course are to:-

- equip participants with the knowledge and skills that they will need to assess formulate and treat clients with complex trauma histories
- develop participants knowledge of specific populations affected by trauma and how to tailor work with them to meet their specific needs
- enable students to develop and build upon specialist areas of interest in working in trauma and PTSD
- constructively discuss and reflect on the clinical work of themselves and others presented in small discussion groups
- continue to develop and apply skills in self-care

Intended learning outcomes

Students will:-

- gain confidence in working with clients with complex PTSD
- gain knowledge of specific populations affected by trauma
- make theory practice links and critically reflect on clinical work with clients with complex PTSD

Brief description of teaching and learning methods

The aims of this module will be achieved through attendance at a two day workshop on the Advanced Skills course. Participants will then attend 3 days of training on specific populations affected by trauma. All workshops will be presented by specialists in the field.

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Assessment – 03.07.2018 (optional) – Students will be required to complete a knowledge based exam. This will comprise of short-answer questions to assess students' knowledge. In accordance with the University's guidelines, students must gain a mark of 50% or over to be awarded a pass.

Each workshop, and each module are available to be booked as standalone training events.

Students wishing to be assessed on any module must have successfully completed either the Introduction module or Assessment of Prior Experience and Learning (APEL).

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