



*ctm*  
Certificate in  
Therapeutic Mentoring

# 12 Day Certificate in Therapeutic Mentoring

**Creative Trauma Recovery Skills  
Online 2023-2024**

**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.betsytraininguk.co.uk](http://www.betsytraininguk.co.uk)**



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

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

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.



**Day 1** Friday 22nd September 2023  
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 13th October 2023  
10AM - 3:30PM

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

**Betsy de Thierry MA**

**Day 5** Friday 17th November 2023  
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 19th January 2024  
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 23rd February 2024  
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 15th March 2024  
10AM - 1:30PM

**Child Protection for the DSO and traumatised child**

**Day 2** Saturday 23rd September 2023  
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 14th October 2023  
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 18th November 2023  
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 20th January 2024  
10AM - 1:30PM

**Exploring self-harm and trauma assessment.**

**Betsy de Thierry MA**

**Day 10** Saturday 24th February 2024  
10AM - 1:30PM

**Building a sense of self and proactively developing resilience in a recovery framework.**

**Nicki Rosser: Play Therapist, Clinical Supervisor, Teacher, Lead Professional TRC Bath**

**Day 12** Friday 19th April 2024  
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 fourth online CTM which has allowed students to join us from all over the globe, making this the 15th cohort.

### **Avenue:**

Online via Zoom

### **Cost:**

The cost of the course is £1750+VAT= £2,100 for 12 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 BetsyTraining 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 can be got from:**

[training@betsytraininguk.co.uk](mailto:training@betsytraininguk.co.uk)

[www.betsytraininguk.co.uk](http://www.betsytraininguk.co.uk)



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