



Image: used with permission: Grace Tame, former Australian of the Year and consumer Activist, a shining example of the course philosophy that “Healing is Possible”

**Level 1 Trauma-Informed Psychotherapy Practice (TIPP+)
Inspiration, Restoration and Transformation for Health Professionals**

New Intakes 6th March 2024 and 5th June 2024



 the Australian College
of Mental Health Nurses Inc.

Today, understanding and addressing the impact of trauma in our work is more crucial than ever. It's not just about our clients, but also about us as humans and health professionals. The demands and pressures we face, combined with the ever-evolving knowledge about trauma and addiction recovery, make upskilling and growing with a like-minded community an essential part of self-care.

The world is evolving to become more complex and more trauma-informed. Yet many clinicians do not have the most current training or experience in relevant, useful approaches. In an era of acute staff shortages, system constraints, increasing complexity, addictions and burnout post COVID, we believe it's time to enrich care, and accelerate the learning and support for health professionals like never before. The Growing Heart, a trauma-informed psychotherapy training, supervision and consultancy service established in 2010, is offering a new short course for those who want to fall in love with their work again, find a community of like-minded professionals, or enrich and extend their scope of practice.

Level 1 Trauma-Informed Psychotherapy Practice (TIPP+), is a 150 hour immersive course designed to inspire, challenge and enliven your practice in ten weeks. What sets this course apart is the "+," where you'll reflect, think and practice live weekly in the safety of supervised reflecting teams via Zoom, becoming part of a growing community of inspired learning and practice among peers. Whether you're new to trauma-informed psychotherapy, curious about different forms of psychotherapy, or an experienced practitioner, TIPP+ will help build curiosity, confidence and scope.

The focus in Level 1 is on relational psychotherapy approaches that have fast, practical application and can be used in a wide variety of settings. People interested in mental health and addiction work in public or private hospitals, community settings, primary care, first responder, veterans support, alcohol and other drug services, clinics, consulting rooms, and other health settings, will benefit. The course supports therapeutic approaches which are humanising and useful no matter which part of the health or well-being sector you are in.

Beyond course completion, the close-knit connections made during the course mean that reflecting teams and study buddies can support learning and professional development long after the course finishes. Level 2 and 3 courses are also available after Level 1 completion, to deepen skills and capacities.



Who will benefit from this course?

The course will benefit you if you are seeking to

- Enhance current practice and reverse or prevent burnout
- Gain expanded introductory psychotherapy skills and Self- knowledge to work with a wide range of client types - adults, children, families or communities- experiencing sequelae of trauma including addictions.
- Challenge over-reliance on outdated frameworks such as DSM/ICD which are neither valid nor reliable.
- Invigorate a relational and therapeutic approach to a wide variety of complex trauma sequelae including acute or enduring distress, anxiety or depression, emotional dysregulation or numbing, addictions, attachment or relational difficulties, “treatment resistant” conditions, high levels of shame, collapse or social isolation, anger issues, eating issues, high risk behaviours, behavioral issues, bullying, self-harm, suicidality, psychosis.
- Enhance evidence-based trauma-informed practice, through reflecting team supervision and both personal and professional supported self-study
- Develop skills, attitudes and practices that support Least Restrictive Practice.

Expected Professional Growth

Participants can expect to practice within the full scope of their training and skill level, thus increasing job satisfaction and confidence in handling complex situations, enriching work and addressing burnout.

Previous participants have gained improved leadership, standing or seniority in their current role, or been able to access /extend employment options.

They also report the course fosters more curiosity, resilience and positive engagement in working with complex clients, inspired them to be more relational, and transformed their approaches.

Participants already in private practice or preparing for private practice can increase or refresh trauma-informed therapy skills in a friendly and supportive professional group, decreasing the isolation that can occur in private practice, and adding to their existing skills and resilience.

Organizations with specific needs can also request a program tailored to their organization’s unique learning needs.



Admissions Criteria

- Participants must have high level language and literacy skills-sufficient to read and analyse readings, prepare sophisticated written practice documents, and communicate with multiple clinicians at different professional levels.
- Psychiatrist, registrar, GP, mental health nurse, registered nurse, psychologist, counsellor, AOD counsellor, midwife, registered nurse, nurse practitioner, social worker, occupational therapist, OT, EN or other health professional with at least twelve months post registration experience.
- Clinical role working with individuals (to practice skills)
- Member of a professional body such as AHPRA, AASW, or ACA, or an Aboriginal or Torres Strait Islander Health Worker.
- Able/ willing to consider family of origin impact on self /patterns
- Must have access to a desktop or laptop computer and reliable internet.



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Other Course Requirements

- Willing to work constructively and collaboratively with other students in supervised reflective teams
- Able to attend the course for six hours per week for ten weeks and complete more than six hours per week of pre-session learning material online before each practice session, plus work with study buddy or reflecting team outside of sessions.
- Able to attend intake interview online
- Commit to full attendance eg not plan holidays during the ten week duration of the course

Confidentiality and de-identification of clients is a requirement of the course. Similarly, all client and participant information discussed in large or small groups remains protected and confidential for the purpose of learning and skills development. Peer and facilitator support and feedback will be offered during the course, and students will be encouraged to form practice groups **outside** the weekly sessions to consolidate skills.

Level 1 Intended Learning Outcomes

1. Analyse, synthesize and review theories, associated frameworks and a range of beginning interaction principles, skills and techniques in trauma-informed psychotherapy.
2. Evaluate and integrate socio-cultural and political frameworks relevant to mental health and optimal professional practice.
3. Highlight and demonstrate relational competency including the impact of attachment styles and other family of origin patterns when working with clients.
4. Integrate into practice, developing awareness of the Self as therapist, including awareness of FOO legacy, self-care, growing edges, and active learning through reflecting team and group supervision.
5. Critically evaluate responses to individuals and groups from a diverse range of perspectives, backgrounds and needs to determine effective practice.
6. Develop and present a collaborative systemic formulation to determine therapeutic interventions when addressing trauma-related issues, using the Power Threat Meaning Framework.

Structure and Duration

Hours per subject include six hours of live experiential learning and more than six hours of self-directed learning, assignments, journaling, quizzes, community discussions, and other learning activities per week- a total of 150 hours

The live practice groups are Wednesdays 0800-1430 hrs AEDT or AEST

Course Topics

1. Foundational Theories and Practice in Trauma-Informed Psychotherapy
2. Socio-political and cultural context of Mental Health/ Illness (and introduction to Power Threat Meaning Framework)
3. Introduction to Internal Family Systems
4. Reflective Practice 1: Self as Therapist
5. Introduction to the Polyvagal Theory
6. Introduction to Solution Focused Brief Therapy
7. Practicum week
8. Reflective practice 2: Self as Therapist
9. Introduction to single session Family Therapy
10. Course presentations & course review

The live experiential learnings will include lectures, case studies, demonstrations and role plays in supervised reflecting teams to discuss and practice specific skills. Students will not be able to graduate without completing all course requirements.

***Note:** Topics above may be subject to change.

Dates for March Intake:

Dates for June Intake:

Week 1	6/3	5/6
Week 2	13/3	12/6
Week 3	20/3	19/6
Week 4	27/3	26/6
Week 5	3/4	3/7
Week 6	10/4	10/7
Week 7	17/4	17/7
Week 8	24/4	24/7
Week 9	1/5	31/7
Week 10	15/5	8/8

Qualification to be awarded on Completion of Coursework

Certificate of Completion, Level 1 Trauma-Informed Psychotherapy Practice



Clinical Practice and Support

Participants must have a clinical role that enables them to practice the new skills and apply theoretical learnings. Students will also be encouraged to form skills practice groups to consolidate skills, outside of training days.

The practicum week and final case presentation will allow students to reflect on application of new skills and new approaches to their work.

Mode of Delivery

This course is online via Zoom and will include readings, videos, audio, live supervised reflecting team practice, lectures, self-assessment, knowledge quizzes, journaling assignments and role play of case scenarios demonstrating application of skills, knowledge and behaviours.

Fees for Level 1 Trainings 2024

- Individual fees \$1990 plus GST for the March intake, \$2400 plus GST for the June intake
- Groups of ten or more have a discount of 3%
- Organizations may purchase additional training modules for staff, e.g., Introduction to Group Therapy

Please Note: Payment by instalment is available, but all fees must be paid before course materials are issued.

How to register

[Trainings and Webinars – The Growing Heart \(the-growing-heart.com\)](https://the-growing-heart.com)

Enquiries:

Please contact Claire Hudson-McAuley Course Coordinator on 0408 509 110 or info@the-growing-heart.com Gestalt and Somatic Psychotherapist, RN, Dip.AOD Counselling, Ad. Cert. Gestalt Psychotherapy, Level I and II Sensorimotor Psychotherapist, Level I PACT Therapist, MCFT, MACMHN, Professional Member AAFT and ACF, Member ACSA and ACN, Chair Psychotherapy ACMHN