

One in Four: Certificate in Working Therapeutically with Sexual Abuse and Complex Trauma **(<https://www.activelink.ie/node/110859>)**



Specialised Training Course for Therapists: Certificate in Working Therapeutically with Sexual Abuse and Complex Trauma

At One in Four, our vision is an Irish society where children are safe from the threat of sexual harm. For over two decades we have been a support, a refuge and a lifeline to thousands of women and men who have experienced childhood sexual abuse. Our nationally and internationally recognised professional and specialised counselling service is a testament to our commitment. One in Four has an established reputation for delivering high-quality, tailored training in the field of sexual violence.

Therapists in private practice sometimes refer clients to us because they don't feel confident addressing the complex impacts of CSA. Furthermore, research (RCNI, 2022) has found that therapists working with sexual abuse should have specialist training.

Are you a qualified psychotherapist or counselling psychologist interested in enhancing your skills and competency to work with complex trauma and the impacts of childhood sexual abuse?

We have developed a post qualification ***Certificate in Working Therapeutically with Sexual Abuse and Complex Trauma*** training course. The course has a clinical focus, is experimental and structured to develop reflective practice.

Two complimentary sessions of group supervision will be offered to participants after the course.

Course Modules

The following modules will support the learning outcomes, providing a comprehensive overview of complex trauma from a clinical perspective:

- **Working with Childhood Sexual Abuse:** Including Complex Trauma, Shame, Resourcing and Psychoeducation
- **Therapeutic Modalities and their Approach to Trauma:** Including Body Work, Integrative, Using Creativity, and Sexual Intimacy after Abuse
- **Systemic Context:** Including Family Support, Group Work, Prevention/dynamics of offending behaviour, impact of pornography, and working with male survivors
- **Practitioner Focus:** Including Self-Care and Effective use of Supervision

Learning Outcomes

- An **operational understanding of complex trauma** and its developmental impact including the psychological, emotional and physiological impacts of child sexual abuse
- **Ability to adapt therapeutic techniques** to individual client needs in the moment
- **Navigate the complexities of transference and countertransference** in the context of trauma and abuse
- Reflect on **personal values and biases** to ensure ethical practice
- **Increased confidence** in identifying, understanding and containing trauma dynamics
- Implement **strategies for self-care** to protect against vicarious trauma and burnout

The Practicalities

When? The course will run monthly for 10 months on the fourth Saturday of each month beginning in January 2025 (first

module on Saturday, 25th January 2025).

Where? One in Four, 35-36 Arran Quay, Smithfield, Dublin, D07 E221

Cost? €2,800 for the full ten training days to be booked before 19th December 2024.

Early bird booking rate €2,700 to be booked before 22nd November 2024

Fee payable in two instalments: January 2025 and May 2025

All of the proceeds from this course will be used to help fund the services that we provide.

How to Apply? Please complete an [application form here \(https://docs.google.com/forms/d/e/1FAIpQLSf22wwLHmX-UxCg_f4EBKy1mOhPb0AY-tOU96eE9tSD4Izazg/viewform\)](https://docs.google.com/forms/d/e/1FAIpQLSf22wwLHmX-UxCg_f4EBKy1mOhPb0AY-tOU96eE9tSD4Izazg/viewform).

In the event of the course being oversubscribed, a selection process will apply.

Eligibility for CPD points TBC.

Join us in acquiring the necessary skills to support individuals impacted by sexual abuse and complex trauma.

Region

Dublin 7

Date Entered/Updated

12th Sep, 2024

Expiry Date

12th Nov, 2024

Source URL: <https://www.activelink.ie/community-exchange/training/110859-one-in-four-certificate-in-working-therapeutically-with-sexual-abuse-and-complex-trauma>