



THE UNIVERSITY OF  
BUCKINGHAM



Centre for Developmental  
and Complex Trauma  
Part of St Andrew's Healthcare



POSTGRADUATE  
DIPLOMA

# Practitioner in Complex Trauma

**TOP  
10**

**FOR STUDENT  
SATISFACTION**

THE COMPLETE  
UNIVERSITY GUIDE 2023

**TOP  
10**

**UNIVERSITY IN  
SOUTH-EAST  
ENGLAND**

THE SUNDAY TIMES  
GOOD UNIVERSITY  
GUIDE, 2024

**Leading  
Mental  
Health  
Charity**

INTERNATIONAL AWARD  
WINNING ACADEMIC  
TEAM, 2021 AND 2022

# Develop expert knowledge and clinical skills in Complex Trauma

Elevate your practice and become equipped to provide psychological services to those who require specialised trauma care.

## **THE PG DIP COURSE**

The **Postgraduate Diploma Practitioner in Complex Trauma** has been established to support professionals working clinically with adults affected by prolonged or significant exposure to trauma and adversity. You will develop professional competences to provide psychological services to those who require specialised trauma care.

This course has been developed in partnership with [Centre for Developmental and Complex Trauma](#), part of St Andrew's Healthcare's Foster Postgraduate Centre, Northampton, UK.



# Course structure

The structure and content of the PG Dip follows the level three ‘trauma expert’ competencies outlined by the British Psychological Society. There is a strong emphasis on theory-driven, evidenced based and integrated approaches, including acknowledging, and working with the limitations of professional competencies.

The PG Dip operates within a framework of emphasising the idiosyncratic care needs of service users to provide specialist complex trauma care. It provides students with the opportunity to develop trauma-sensitive practice within their organisations and team.

Emphasis is placed on strengthening core skills of self-awareness, including an awareness of one’s own professional and academic needs, as well as promoting self-care and accessing appropriate supervision.

## **COURSE MODULES**

**1.** Key concepts and theories in complex psychological trauma.

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**2.** Idiosyncratic assessment and formulation of complex trauma needs.

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**3.** Idiosyncratic holistic treatment approaches.

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**4.** Working with hard-to-reach and specialist populations: Practice guidance and professional practice issues.

# Why enrol on this course?

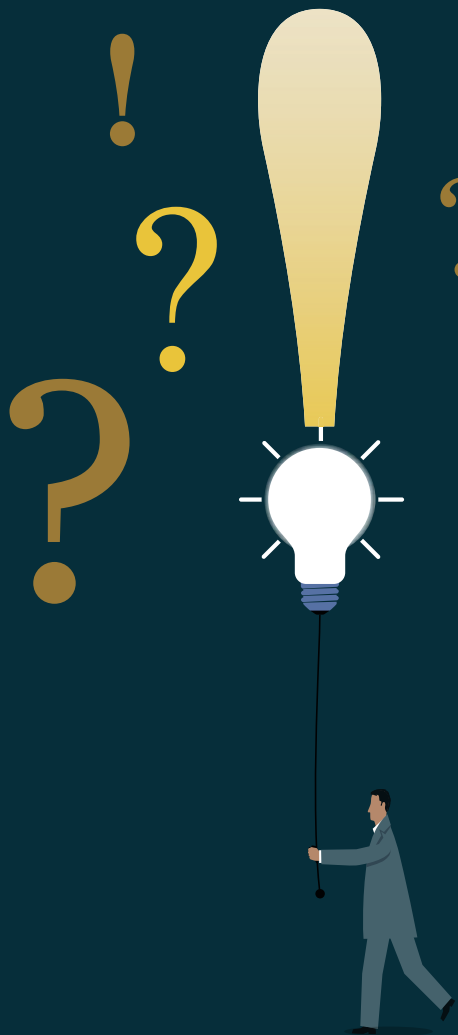
After completing the PG Dip Practitioner in Complex Trauma, you will have developed skills to allow you to pursue or develop specialist trauma roles in various healthcare settings, including:

**Strong, theory-driven knowledge base** of the lifelong impact to the whole person of experiencing complex trauma. Including the understanding of how to apply this knowledge to clinical, research and service development activities.

**Theoretical and applied skills** appropriate to function at the Level 3 'trauma expert' competences outlined by the British Psychological Society.

Knowledge of how to **implement, evaluate, and reflect on specialist trauma assessments** and interventions in different settings.

**Skills to work within an ethical framework** to promote the wellbeing of service users and practitioners.





# Support provided throughout your course

## **PERSONAL TUTOR**

Every student is assigned a personal tutor who recognises the challenges of studying whilst working with traumatised and complex presentations and will provide support at every stage of the PG Dip.

## **PORTFOLIO OF RESOURCES**

Students have free of charge access to resources at the Centre for Developmental and Complex Trauma (CDCT), St Andrew's Healthcare which include:

- A renowned international conference programme that attracts global experts in trauma
- Trauma Special Interest group events
- The CDCT's 'research skills for clinicians' series of 10 workshops





# Centre for Developmental and Complex Trauma

The part-time course is taught one day a week over the period of one year. Offered as a distance learning programme, lectures and seminars are delivered from the Centre for Developmental and Complex Trauma (CDCT), St Andrew's Healthcare in Northampton, by leading academics and clinicians who specialise in different aspects of psychological trauma.

The CDCT was established in 2020 as part of St Andrew's Healthcare as an academic and research centre, with the central goal of improving outcomes for underserved communities who have experienced significant and prolonged exposure to trauma and adversity. The CDCT focuses on working with disenfranchised sections of society, who are typically the most adversely impacted by psychological trauma. As such, we have a strong focus on integrity, social justice, empowerment and advocacy, influencing government policy and developing practice guidance.

## **OUR VALUES**

Our values integrate the contemporary frameworks of working with trauma-exposed populations with high academic rigour. Central to our values are the role of recognising the needs of diverse populations, co-production and empowerment. The CDCT operates a highly collaborative working model, prioritising developing relationships with stakeholder groups to ensure work is co-produced, relevant, impactful and translatable into practice and policy changes. Of central importance is reducing the gap between research and clinical practice and ensuring that research is able to drive data-driven personalised care. To meet this goal all of our CPD events, research and service development activities are conducted through an intersectional lens, with the differential impact of gender, neurodiversity and ethnicity explored.

# How to apply

## ENTRY REQUIREMENTS

For the latest information on our entry requirements, please visit the [website](#).

## HERE TO HELP

Throughout the process of deciding and applying the course, you may have questions or need help. We encourage you to visit our website, or even better get in touch with the team at [FMHS-admissions@buckingham.ac.uk](mailto:FMHS-admissions@buckingham.ac.uk) who will be delighted to talk you through the course.

If you need help with your application, email us at [FMHS-admissions@buckingham.ac.uk](mailto:FMHS-admissions@buckingham.ac.uk) or call +44 (0)1280 820229. We're always happy to help.

## APPLY NOW

**Click here to apply now.**

Please provide a copy of your first degree transcript (or interim transcript), other relevant qualifications/work experience, along with your personal statement and references.







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# For Independent Minds

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