



Introduction to Complex Trauma

2025-26

7 day course

for Psychotherapists, Counsellors,
Music and Play and Art Therapists,
or Psychologists.

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.traumarecoveryglobal.com

Introduction to Complex Trauma. 7 day course:

Friday
10th October 2025
1PM - 3PM

Introduction to Complex Trauma.

The vision for the course.

Betsy de Thierry MA

Friday
24th October 2025
10AM - 3:30PM

Stage 1 BdT Trauma Recovery Focused Model®:

Introduction to trauma, complex trauma,
the trauma continuum and trauma symptoms.

Betsy de Thierry MA

Friday
21st November 2025
10AM - 3:30PM

Stage 2 BdT Trauma Recovery Focused Model®:

Building relationships that reduce the impact
of trauma and facilitate trauma recovery.

Betsy de Thierry MA

Friday
9th January 2026
10AM - 3:30PM

Stage 3 BdT Trauma Recovery Focused Model®:

An exploration of shame, its link to trauma
and the recovery route.

Betsy de Thierry MA

Friday
6th February 2026
10AM - 3:30PM

Stage 4 BdT Trauma Recovery Focused Model®:

The dissociation continuum and survival
strategies for complex trauma unpacked from
a recovery lens.

Betsy de Thierry MA

Friday
6th March 2026
10AM - 3:30PM

Trauma Assessment, creative tools and the BdT tools of the Trauma Recovery Focused Model®: to use in helping traumatised people.

Betsy de Thierry MA

Thursday
30th April 2026
10AM - 3:30PM

Complex Trauma: Attachment Trauma.

Betsy de Thierry MA

Friday
1st May 2026
10AM - 3:30PM

Complex Trauma: DID Mapping.

Betsy de Thierry MA

The BdT TRFM® is a pioneering model that facilitates professionals to have the skills to be recovery focused rather than focused on the management of symptoms.

Betsy de Thierry, MA, is a Consultant Psychotherapist, Trainer, Author, Teacher, CEO of Trauma Recovery Global and BdT Training Ltd, and Founder & Chair of Trustees of the Trauma Recovery UK.

Course Details

Avenue:

- Online via Zoom

Here at TRG, we are excited to have students attending from all over the world! To facilitate everyone being able to access the training, we deliver everything over zoom. A trial of zoom can be arranged for those less confident.

We ask that students join the zoom as an individual rather than a group on one account as this will make the discussions easier.

We are proud to say that we have kept the cost of the courses the same, despite inflation for the past 9 years as Betsy recognises the cost of living crisis & funding available.

Cost:

The cost of the course is
£1020+VAT= £1225 for
7 days training.

Evidencing your learning:

There will be an end of course assessment for you to evidence your learning and application.

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 Trauma Recovery Global website under the Training section at the bottom of the page.

Applications:

Applications can be got from:
office@traumarecoveryglobal.com

www.traumarecoveryglobal.com

