



10 Day Foundations in the BdT Trauma Recovery Focused Model®

Certificate in Therapeutic Mentoring
2025-2026



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.

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

Day 1

Friday 10th October 2025
10AM - 12PM

Introduction to Trauma Informed Practice:

An introduction to system change for children and families.
The vision for the course.

Betsy de Thierry MA

Day 2

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

Day 3

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

Day 4

Saturday 22nd November 2025
10AM - 1:30PM

Understanding self harm from a trauma informed lens.

Dr Laura Wood - Forensic Paediatrician; Director of Vita Foundation

Day 5

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

Day 6

Friday 16th January 2026
10AM - 1:30PM

Child Protection for the DSO and traumatised child

Liz Hall, MA Police Safeguarding Expert & National Trainer

Day 7

Saturday 17th January 2026
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

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

Day 9

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

Day 10

Friday 27th March 2026
10AM - 3:30PM

Final day
Evaluating and ending.
Ethics and boundaries and a trauma informed culture.

Betsy de Thierry MA

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



“Your work is inspirational and your kindness and knowledge speak volumes. I am so grateful that i could attend the training course. It has changed me personally and impacted me professionally.”

Course Attendee

The Certificate in Therapeutic Mentoring (CTM) course has been designed by Betsy de Thierry as the foundations of the BdT Trauma Recovery Focused Model® culture and method of working, to equip adults to see lives changed.

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.

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 ongoing impact of the Covid pandemic causing increased stress and trauma for many.

The Certificate in Therapeutic Mentoring (CTM) has had around 450 students over the last 11 years. It started as an in person training in Bath and then Oxford and is now also online.

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 course 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
£1750+VAT= £2,100 for
10 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.

References:

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.

Course Details

Applications:

Applications can be got from:
office@traumarecoveryglobal.com

www.traumarecoveryglobal.com

