

# QLS Level 5 Diploma in Counselling Adult Trauma



**Venue: RASA Education Training Centre, Unit 2-4 Stella Nova,  
Washington Parade, Bootle Merseyside, L20 4TZ**

## Who is this course for?

Qualified counsellors wishing to expand and deepen their knowledge of working with trauma and sexual abuse.

## What is covered on this course?

- Students will learn the theory of psychological trauma, including looking at physiological, biological, psychological, and sociological responses to trauma.
- Students will learn about the different diagnoses of trauma, with a focus on complex trauma and sexual abuse
- Students will learn about the theory of attachment and how these different attachment styles can influence a therapist's approach to working with psychological trauma
- Students will learn a staged approach to working with trauma through exploring and critiquing trauma focused models.
- Students will learn The Rewind technique: an effective treatment that can greatly reduce, and even remove, traumatic or phobic symptoms quickly through relaxation and guided imagery, all without even having to talk about the details of the traumatic incident(s) in question.

## Course Curriculum:

Module 1: Trauma Theory

Module 2: Complex Trauma and Attachment with specific reference to sexual abuse

Module 3: Safe Trauma Therapy: assessment, managing risk, and trauma focused models

Module 4: Working with Trauma: A Staged Approach, REWIND Technique

Module 5: Self Care, Vicarious Trauma, and Burnout

## Method of assessment:

In order to successfully complete this CPD course that is endorsed by Skills and Education Group under their Quality Licence Scheme all students are required to complete a 3,500 word case study.

## Requirements:

To complete the 3 weekends training course, students must be qualified counsellors and a registered member of the British Association for Counselling and Psychotherapy, or another relevant body.

**The training is over 3 weekends on the  
following dates:**

**15th & 16th March 2025**

**5th & 6th April 2025**

**10th & 11th May 2025**

**9.30 - 3.30pm each day**

## Easy payment schedule

**Course fee £900.00**

**£200 Deposit and a payment plan can be  
agreed for the remainder of the fee.**

**A registration fee is payable to Skills and  
Education Group of £10**

To apply for the course please see our training webpage:

[www.rasamerseyside.org/training/counselling-qualifications-courses/diploma-adult-trauma](http://www.rasamerseyside.org/training/counselling-qualifications-courses/diploma-adult-trauma)

To discuss in more detail, please contact the RASA Education Student Experience

Co-ordinator at: [education@rasamerseyside.org](mailto:education@rasamerseyside.org)