

CERTIFIED TRAUMA RECOVERY INITIAL COURSE DISCLOSURES

International Association of Trauma Recovery Coaching

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Foundational Nature of the Course Material

This is a foundational course. There are a wide variety of situations where an individual can experience trauma – from relationships, childhood abuse, natural disasters, armed conflict and tragedies. This course does not provide all the skills you will need to be competent dealing with every kind of trauma. The initial course concentrates on Interpersonal Trauma. Upon satisfactorily completing ALL the course requirements, passing the Exam and providing a satisfactory Portfolio you will have foundational competence to work with victims of Interpersonal Trauma. You will need additional coursework to become competent with Environmental Trauma and complicated aspects of Interpersonal Trauma.

Personal Disclosure of Trauma History

You will be asked to examine your own trauma in this course. This is an essential part of the course as you need to understand your own trauma from the perspective of Trauma Recovery Coaching. Additionally, doing so will help you to understand the experience from your client's point of view. You will be sharing this information only with your Coach Mentor and Bobbi Parish, who will hold it confidential. You are welcome to share more, if you would like, with your Coach Mentor Cohort group or other students.

Responsibility for Self-Care and Personal Recovery Journey

This course could be triggering. You will be asked to read, discuss and write about trauma, yours and others. For this reason, some individuals may not find that they are sufficiently far enough along in their recovery journey to cope with this level of potentially triggering material. You must be emotionally stable enough to tolerate the consumption of the course material as well as interactions with fellow students and volunteers in our Practice and Practicum experiences. It is your responsibility to assess your readiness. We recommend that you have a support system in place during the course. We will provide you with support for becoming a Certified Trauma Recovery Coach, but your personal recovery is solely your responsibility to care for and tend to. We recommend you complete the Coaching Self-Care Worksheet to assist you in making plans for the course.

No Guarantee of Clients and Work

The completion of this course does not in any way guarantee that there will be clients available for you to coach. You may receive clients based upon your Directory listing on The International Association of Trauma Recovery Coaching (IAOTRC) website. You may receive clients on direct referral from Bobbi Parish, CTRC-S or other coaches. However, this is not a guarantee that clients will be readily available for you to coach once you complete the course. It is your responsibility to market your services and skills, therefore reaching clients who will wish to work with you. Periodically the IAOTRC will run promotions, such as a virtual summit or a coaching fee reduction special. It is your responsibility to actively take part in these opportunities should you wish to avail yourself of the promotion.