

HOW LONG DOES IT TAKE TO COMPLETE THE TRAINING?

Notes:

The below table provides the run times of the various presentation videos in the training. However, this does not account for time also spent pondering the reflection questions provided at the end of every section and any additional reading, including of various resources, posters and books provided as part of each course. It is therefore impossible to say how long it will take one person to complete the training as it depends to a large extent on their diligence, but if they were simply to watch the presentation videos, then the minimum time spent on each course would be as per the 'length of videos' column below (on the basis that playback speed is 1x).

Training	Length of videos	CPD certificate
Working with Shame https://www.carolynspring.com/shop/wws-online-training/	3 hours 50 minutes	6 hours
Mental Health and the Body: Treating Trauma https://www.carolynspring.com/shop/mhatb-online-training/	3 hours 41 minutes	6 hours
Trauma and the Body: Dissociation and Somatisation https://www.carolynspring.com/shop/trauma-and-the-body-online-training/	3 hours 59 minutes	6 hours
Dissociation and DID: The Fundamentals https://www.carolynspring.com/shop/dissociation-and-did-the-fundamentals-online-training/	4 hours 3 minutes	6 hours
Working with Dissociative Disorders in Clinical Practice https://www.carolynspring.com/shop/wwdicp-online-training/	3 hours 37 minutes	6 hours
Dealing with Distress: Working with Suicide and Self-Harm https://www.carolynspring.com/shop/dwd-online-training/	3 hours 30 minutes	6 hours
Child Sexual Abuse: Hope for Healing https://www.carolynspring.com/shop/child-sexual-abuse-hope-for-healing-online-training/	4 hours 51 minutes	6 hours
Working with Relational Trauma: Dealing with Disorganised Attachment https://www.carolynspring.com/shop/working-with-relational-trauma-online-training/	3 hours 56 minutes	6 hours
Webinar 1: Working with trauma in a time of trauma https://www.carolynspring.com/shop/trauma-webinar-1/	Presentation: 1 hour 5 minutes Q&A video: 1 hour 23 minutes	2.5 hours
Webinar 2: Working with trauma that has become stuck https://www.carolynspring.com/shop/trauma-webinar-2/	Presentation: 1 hour 2 minutes Q&A video: 1 hour 24 minutes	2.5 hours
Webinar 3: Working with trauma triggers and flashbacks	Presentation: 1 hour	2.5 hours

https://www.carolynspring.com/shop/trauma-webinar-3/	4 minutes Q&A video: 59 minutes	
Webinar 4: Working with trauma memories https://www.carolynspring.com/shop/trauma-webinar-4/	Presentation: 1 hour 32 minutes Q&A video: 1 hour 31 minutes	2.5 hours

Carolyn Spring Ltd
Arrive Blue, MediaCityUK, Salford, M50 2ST
www.carolynspring.com
info@carolynspring.com