



4th International Conference: RESPONDING TO CRISIS, DISASTER AND TRAUMATIC EVENTS (Zoom)

Live Event on the 3rd of September (10:00 - 17:30) and 6 months on-demand access to presentations.

	Saturday 3rd Sep 2022 - Live Presentations	
	Organisers: Complex Trauma Therapists' Network in the UK, Complex Trauma Institute and Philosophy Department of the University of York	

Programme	
9:50 - 10:00	Joining (waiting room before 9:55 am)
10:05 - 10:50	Introduction to the day
10:05-10:50 45 min	<p>Speaker 1 - Helen Hart (United Kingdom, Doctoral Thesis in Forensic Psychology) Supervisors Dr Clifford Stevenson & Dr Blerina Kellezi Title: Contrasting experiences following the Manchester Arena bomb: Implications for Psychotherapists.</p> <p>In 2017, Manchester Arena in North-West England was bombed by a local man, killing 22 people and injuring hundreds more. The author is heavily involved in the recovery process for survivors and community members as a chartered psychologist who addresses various trauma responses in her private practice. Through the process of conducting her doctoral thesis, as well as reviewing the experiences of community members affected by the bomb, key differences in coping and appraisal were apparent. This is discussed with reference to the Human Givens style of psychotherapy and the theoretical framework of the Social Identity Approach in order to develop a set of emerging guidelines to aid helping professionals working with survivors of disasters.</p> <p>Helen Hart is a Chartered and Registered Forensic Psychologist with 23 years' experience. After working for HMPPS for 12 years, she now works in private practice assessing clients for court reports, offering consultancy to the criminal justice/community sectors and delivering psychotherapy to address a range of complex issues including personality difficulties and trauma. She is in the final stages of completing a Professional Doctorate in Forensic Psychology at Nottingham Trent University under the supervision of Dr Clifford Stevenson and Dr Blerina Kellezi. The research is exploring the experiences of community members following the Manchester Arena bomb in order to identify the factors which promote or hinder community resilience.</p>
10:50 - 10:55 5 min	Comfort break

<p>10:55 - 11:40 45 min</p>	<p>Speaker 2 - Hannah McNulty (United Kingdom) Title: The role of occupational therapy in the field of complex trauma</p> <p>Occupational therapists bring a unique and valuable approach when working with individuals who have been exposed to complex trauma. The stabilisation work of grounding and connecting mind to body is made possible from an Ayres Sensory Integration (ASI) and Sensory Attachment Intervention (SAI) approach which allows occupational therapists to provide the scaffolding for effective therapy to take place. Dual training in physical and mental health and a focus on occupational balance, means that occupational therapists are also able to engage clients after trauma therapy has been offered to consider skills for living, roles and identity- and work towards a life worth living. This presentation will provide details of the frameworks, approaches and value of occupational therapists when working alongside our psychological therapy colleagues.</p> <p>Hannah is a complex trauma occupational therapist, sensory integration practitioner and ecotherapist. She has worked in a highly specialist unit for complex trauma and severe dissociative disorders and also in a crisis team, preventing placement breakdown for edge of care and looked-after children. Hannah has a private occupational therapy practice (traumaot.co.uk) and is available for working collaboratively with psychotherapists and psychologists.</p>
<p>11:40 - 11:55 15 min</p>	<p>Break</p>
<p>11:55 - 12:40 45 min</p>	<p>Speaker 3 - Alex Galchinski (Israel) Title: Interventions and treatment of PTSD through the lens of systemic psychotherapy: working with children, parents and schools.</p> <p>When treating PTSD, it is important to understand that it is necessary to consider the problem in a systemic context, especially when we are talking about child and adolescent psychotherapy for post-traumatic stress disorder. Families and schools are important components of psychotherapy, supporting positive outcomes in psychotherapy.</p> <p>Alex Galchinski (M.Sc) is a Senior Psychotherapist at Expert Tzaadim clinic, Psychologist, CBT therapist, supervisor, Trauma therapist, Major IDF, company commander, Author of ECO-CBT method, Organisation consultant.</p>
<p>12:40 - 12:45 5 min</p>	<p>Comfort break</p>
<p>12:45 - 13:30 45 min</p>	<p>Speaker 4 - Dr Jonathan Egan (Ireland) Title: Working with people who have experienced trauma: The mirror to the therapist's self.</p>

	<p>Jonathan will lead therapists in relation to how to deal with trauma within the therapeutic space. He will use an attachment model to inform how therapists can best stabilise affect and help the client to stay within themselves- in order to best utilise the healing space. He sees the space as a double helix - both the client affecting the therapist and the therapists affecting the client and that this system results in either regulation or heightened anxiety and both somatic and psychic defences being activated, or an adaptive self and self-exploration being restored. Safety being the first place from which to explore.</p> <p>Dr Jonathan Egan trained as both a chartered clinical & health psychologist. He was a founding director of counselling for adults who have experienced abuse within institutional care in Ireland, where he led a small team of 14 trauma therapists. He now works clinically with clients who have chronic pain and trauma. He has separately trained in understanding how attachment styles can affect the therapeutic relationship and a person's vitality (McCluskey, York), as well as training as a dynamic experiential therapist working with affect (Osborn, Harvard). In his academic research he looks at the effect of trauma on both caregivers and clients physical and psychological wellbeing and how a secure attachment system can help us navigate trauma.</p>
<p>13:30 - 14:10 40 min</p>	<p>Lunch Break</p>
<p>14:10 - 14:55 45 min</p>	<p>Speaker 5 - Michael Guilding (United Kingdom) Title: The centrality of Safety in trauma work.</p> <p>Complex trauma is a chronic condition in which the fear system is unable to switch off. At its core is the visceral experience of an absence of safety. This presentation considers the powerful biological systems triggered in the body by this absence of safety and examines the practical insights we can gain from this understanding. These insights help us to create a sense of safety as we work with our clients, but there are many layers to this sense of safety which need to be held in mind. These range from political, social and environmental contexts, to the responses of our clients' minds and bodies, and ultimately to our own internal state and whether or not we as therapists can regulate our own fear system responses.</p> <p>Michael is a Psychotherapist and Clinical Supervisor in private practice. He worked within the NHS for a number of years, managing the primary care counselling and primary care mental health services in York (UK). His interest in the fear system and its impact on patterns of attachment originated in the work of Dorothy Heard and Brian Lake, and he trained with Una McCluskey and contributed to the development of the understanding of the fear system within her model of working. He now works as a member of the Complex Trauma Institute providing training for therapists on understanding and regulating their fear system responses.</p>
<p>14:55 - 15:00 5 min</p>	<p>Comfort break</p>

<p>15:00 - 15:45 45 min</p>	<p>Speaker 6 - Dr David Muss (United Kingdom) Title: The Rewind Technique for rapidly and enduringly bringing involuntary recall under control and ending avoidance behaviour.</p> <p>Rewind Technique, also known as ‘closure without disclosure’ provides 85% closure rate for individuals and groups of any size in just two to three sessions. Dr. Muss will briefly discuss how it works, describe results and provide up to date results of recently completed RCT from Cardiff University. Member of the International Society of Traumatic Stress Studies since 1988. Dr. Muss’s interest in PTSD was triggered by his wife's near death tragedy. Since 1988, Dr. Muss has worked tirelessly to introduce this technique for the benefit of the millions traumatised, publishing the first self help book in 1991 for PTSD in the UK ‘The Trauma Trap’ updated in 2013. He worked for 30 plus years as Director of the PTSD UNIT at the BMI Hospital, Birmingham, UK during which he published ‘A new Technique for treating PTSD-British Journal of Clinical Psychology’ (1991). He retired in 2019. He continues as a trainer via workshops and webinars at the International Association for Rewind Trauma Therapy (www.iartt.com) which he founded. Those practitioners which are listed on the IARTT website have all agreed to treat veterans for free.</p>
<p>15:45 -16:00 15 min</p>	<p>Break</p>
<p>16:00 - 17:25 90 min</p>	<p>Speaker 7: Babette Rothschild (United States) Title: Working with stabilisation, safety and professional self-care.</p> <p>Babette Rothschild, MSW, LCSW, has been a practising psychotherapist and body-psychotherapist since 1976 and a California Licensed Clinical Social Worker since 1978. She is a member of the International and European Societies for Traumatic Stress Studies, the Association of Traumatic Stress. Babette has trained extensively in Transactional Analysis, Gestalt Therapy, Psychodrama, Eye Movement Desensitisation and Reprocessing and Somatic Experiencing, and is a certified Bodydynamic Analyst and certified Radix Teacher. She has written extensively on trauma. Her works include 8 Keys to Safe Trauma Recovery; HELP for the HELPER: The Psychophysiology of Compassion Fatigue and Vicarious Trauma (with Marjorie Rand); THE BODY REMEMBERS: The Psychophysiology of Trauma and Trauma Treatment; THE BODY REMEMBERS CASEBOOK: Unifying Methods and Models in the Treatment of Trauma and PTSD; and Trauma Essentials: The Go-to Guide</p>
<p>17:25 - 17:30</p>	<p>Closing</p>