
***Please note that this programme is not set in stone and changes may occur.**

Live Event on the 3rd of September 2022 (10:00 - 17:30 - the UK time)

Please note that not all of the presenters will be presenting on 3rd September, we will provide time and space for questions and answers. Pre-recorded presentations will be available on our website on 5th September (All presentations will be recorded and accessible on-demand for 6 months). All live presenters will be presenting in English apart from Alex Galchinski (Israel), he will be presenting in Ukrainian. All presentations will be simultaneously translated to Ukrainian (and Alex Galchinski's presentation to English).

1. Babette Rothschild (United States) - live presentation from 4pm (UK time) to 5:30 pm (also available as recording after 5th Sep)

Title: Working with stabilization, safety and professional self-care (title will be adjusted soon)

MSW, LCSW, who has been a practicing psychotherapist and body-psychotherapist since 1976. 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'. Babette presents her extensive experience of Working with stabilisation and safety followed by Q&A so you will have an opportunity to ask questions directly!

2. Dr David Muss (United Kingdom) -live presentation (also available as recording after 5th Sep)

Title: The Rewind Technique for rapidly and enduringly bringing involuntary recall under control and ending avoidance behaviour.

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. 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". 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.

3. Deb Dana (US) - prerecorded (available as recording after 5th Sep)

Title: Anchoring in Safety: A Polyvagal Guide

The autonomic nervous system is at the heart of daily living powerfully shaping our experiences of safety and influencing our capacity for connection. Polyvagal Theory provides a guide to the autonomic circuits that underlie behaviors and beliefs and an understanding of the body to brain pathways that give birth to our personal stories of safety and survival. In this presentation we will use a Polyvagal roadmap to explore ways to listen with curiosity and compassion to emerging autonomic states and answer the essential question, “What does the nervous system need in this moment to find safety in connection?”

Deb Dana, LCSW is a clinician, consultant, and author who lectures internationally on ways in which Polyvagal Theory informs work with trauma survivors. She is a founding member of the Polyvagal Institute, consultant to Khiron Clinics and advisor to Unyte - and developer of the signature Rhythm of Regulation Clinical Training Series. Deb is well known for translating Polyvagal Theory into a language and application that is both understandable and accessible - for clinicians and curious people alike. Her publications include: *The Polyvagal Theory in Therapy: Engaging the Rhythm of Regulation* (Norton, 2018); *Polyvagal Exercises for Safety and Connection: 50 Client-Centered Practices* (Norton, 2020); and *Anchored: How to Befriend Your Nervous System Using Polyvagal Theory* (Sounds True, 2021).

Deb can be contacted via her website www.rhythmofregulation.com

4. Helen Hart (United Kingdom) (as part of a Doctoral Thesis in Forensic Psychology), Supervisors Dr Clifford Stevenson & Dr Blerina Kellezi - live presentation (also available as recording after 5th Sep)

Title: Contrasting experiences following the Manchester Arena bomb: Implications for Psychotherapists

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.

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.

5. Alex Galchinski (Israel) - live presentation (also available as recording after 5th Sep)

Title: Interventions and treatment of PTSD through the lens of systemic psychotherapy: working with children, parents and schools

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.

6. Hannah-Valeria Grishko (Israel) - prerecorded (available as recording after 5th Sep)

Title : Psychotherapy in War Times

This presentation will explore questions and reflections of working with refugees and therapists who are located in Ukraine at this time. The unique element of the therapeutic interventions offered in this situation is the on-going and immediate nature of war conditions and violence. We will discuss how questions of on-going safety, both physical and psychological, as well as individual and collective trauma affect the therapeutic process. A special attention will be given the feelings evoked in the therapist and its impact on therapeutic work.

LCSW, MBACP, CCTP, BISS/ISST, PTI

Clinical Social Worker, Licensed Psychotherapist (NY), Trainer and Supervisor, Certified Clinical Trauma Professional, Teaching Member of British and Irish Sandplay Society/International

Society for Sandplay Therapy, Grief Certified Psychotherapist (www.grief.com), Approved Supervisor of Play Therapy International

7. Dr Diane Harrison (United Kingdom) - prerecorded (available as recording after 5th Sep)

Title: A natural reaction to adverse life experiences: An NHS response

Working in physical health (Psychological Medicine), Incidence of Trauma – ACE's and Adult Trauma, Physical responses to Trauma can be responsible for physical poor health / mental health is an important factor in physical health recovery, The Living Well Model, What a responsive team could look like (fingers crossed it will), Working with the whole person
Counselling Psychologist at Pennine Care NHS Foundation Trust

8. Dzmitry Karpuk (United Kingdom)- prerecorded (available as recording after 5th Sep)

Title: Psychological First Aid (PFA) Skills

This workshop will introduce the PFA framework that was originally developed as a set of interventions for non-mental health professionals and incorporated later on in recovery from complex trauma as a part of trauma recovery therapies.

Trainer, Supervisor, Consultant & Systemic Family Psychotherapist, M.Sc, UKCP & AFT Reg.
Founder of Complex Trauma Therapists' Network in the UK (CTTN)

9. Dr. R A Davies & Dr Becky Millar (United Kingdom) - prerecorded (available as recording after 5th Sep)

Title: On Grief and Trauma (provisional title)

Exploring similarities and differences between (intrusive) experiences in grief and trauma.

Dr Robert A Davies is a Research Associate at the Department of Philosophy, University of York. Robert works on the "[Dreams, Nightmares, and Complex Trauma](#)" project and is interested in the role of memory in trauma-related conditions.

Dr Becky Millar is a Postdoctoral Research Associate at the Department of Philosophy, University of York. Becky works on the "[Grief: A Study of Human Emotional Experience](#)" project.

10. Michael Guilding (United Kingdom) - live presentation (also available as recording after 5th Sep)

Title: The centrality of Safety in trauma work

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.

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.

11. Karla Dolinsky (Canada) - prerecorded (available as recording after 5th Sep)

Title: Exploring the Power of Breath and how Conscious Breathwork can be utilized as a tool for healing trauma

Counsellor and Psychotherapist in Private Practice & EMDR Therapist, Crime Victim Assistance Programme (CVAP) based in Victoria, British Columbia, Canada.

Karla will present on the topic of Breathwork, and how our breathing and attention to somatic therapeutic breathwork is a possible key intervention in the healing of trauma. Karla has been using Conscious Connected Breathwork for a while now for clients who find it difficult to connect with their bodies. It allows clients to focus on something other than the thoughts in their minds - the wisdom of the body, and where tension is held, is allowed to be expressed once in the safety of the session and once the client is focussed in the breath. Similar to Levine's Somatic Experiencing, it encourages the client to naturally release unexpressed emotions and

un-discharged actions and responses. Karla has found it helpful both for clients who are in a state of hyper-arousal or hypo-arousal. The presentation will look at how our breathing can alter our bodily state, then present a few examples from cases.

12. Viacheslav Konotopchyk (Ukraine) - prerecorded in Ukrainian (English version available as recording after 5th Sep)

Title: Helping the helpers / "Як допомогти тому, хто допомагає"

Psychologist, traumatologist in the learning process. Member of the Ukrainian Union of Psychotherapists (USP). Проживаю и работаю в Варшаве/I live and work in Warsaw.

13. Rod Aungier - (United Kingdom)- prerecorded (available as recording after 5th Sep)

Title: The institute of anecdotal evidence

Most of the knowledge we seek as therapists comes under the heading of Expert knowledge, Evidence based or a Scientifically validated theory. It satisfies the human need for certainty or in some cases, someone to blame.

Some of this knowledge base comes from survivor records and interaction, known in legal terms as Anecdotal evidence – evidence gleaned from individual experience.

This presentation explores the unrefined observations and understandings taken directly from survivor experience and compares it to analytical and intellectual theories that make it to the expert bookshelves and evidence based schools.

Counsellor, Somatic Developmental Psychotherapist, BACP reg

14. Isa Julgalad (Germany) - prerecorded (available as recording after 5th Sep)

Title: The Groundwork of stabilisation (is oriented within the person, the time and the situation).

Victims are often fearful of investigative interviews due to:

- a) *fear of being triggered and drowning in reliving the memory and overwhelming feelings.*
- b) *Being scared of not being a "good witness", not giving enough or "the right answers".*

Early Interventions preventing / reducing triggering trauma responses during investigative interviews (with police officers, lawyers, researchers & mental health professionals etc):

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- when and how to intervene by Prof. Fischer & Prof. Riedesser (2009) offers a great model and an overview of techniques. More effective methods, created by Michaela Huber (2007, new release coming 2022) and Luise Reddemann (2021).
 - Preparing victims or witnesses of man-made trauma before questioning is beneficial to victims, witnesses and the interviewer as well.
 - Learning how to prepare the client and training them in steps that can be implemented during interviews (to be less triggered and how to regulate themselves).

Isa Julgalad (Psychologist, Systemic Therapist, Germany)

15. Arlette Kavanagh (United Kingdom) & Audur Gudmundsdottir (Iceland) - Pre-recorded
(available as recording after 5th Sep)

Title: Psycho-Social & Psychological First Aid Approaches in Crisis.

Arlette Kavanagh, Systemic Psychotherapist, MSc, UKCP & AFT Reg, United Kingdom. Lecturer-Counseling Degree Program. Previously a Systemic Psychotherapist working NGO – Asylum seekers and refugees. Working in CAMHS and Adult Mental Health services NHS and a number of charitable organizations.

Auður Guðmundsdóttir, Systemic Psychotherapist, MSW, MSc, UKCP & AFT Reg, Iceland. Systemic Psychotherapist within National Adult Mental Health Service in Iceland. Assistant professor at the University of Iceland Previously a Systemic Psychotherapist working for NGO – Asylum seekers and refugees Previously a Children and Families Social Worker in Iceland and for Barnardo's Scotland.

This is designed for professionals in a wide range of settings, to raise awareness of contextual & systemic issues faced by families following crisis and relocation.

Aims to provide an overview of;

- Layers of context impacting families and children following crisis
- Sudden traumatic loss and the grieving process as experienced by the family
- The effects on disaster on individuals and the family system
- Changing family dynamics, roles and responsibility following crisis
- When intervention is necessary

16. Avi Tenenbaum MA, CASAP, EMT (Israel)- prerecorded (available as recording after 5th Sep)

Title: Using 3rd wave CBT principles for managing Acute Traumatic Stress Reaction

In this session we will discuss the role and utility of 3rd wave CBT principles as applied to disaster and tragedy work, while delivering psychological first aid (PFA) to witnesses, survivors, and first responders affected by a critical trauma incident. Disaster traumatologists place major emphasis on the distinct differences between psychological first aid (PFA) from traditional psychotherapy. One significant difference is that work with acute traumatic stress reaction is often pre-symptom development and therefore less focused on symptom reduction, and more on providing psychoeducation. Additionally, trauma symptoms experienced immediately after disaster are not considered pathological but rather normal human reactions to abnormal traumatic experiences. These unique features of Acute Traumatic Stress Reaction conveniently sets the stage for an approach to Psychological First Aid delivery that can include 3rd wave components as part of its toolbox to help survivors manage trauma symptoms and stress in the days following a trauma event. 3rd wave concepts, and particularly those espoused by ACT therapy and contextual behavioral science, shift from focusing on pathology and symptom reduction to normal abnormality within the context of a trauma event and a focus on symptom management, seeking to help survivors change the manner in how they relate to trauma. In this talk we will examine what traditional PFA offers to people experiencing acute trauma and disaster, and how 3rd wave tools complement two fundamental stages of traditional PFA work—"psychoeducation" and "psychostabilization". This, in turn, will offer clinicians and those delivering psychological first aid additional intuitive tools and ideas to use in their work with survivors.

Avi Tenenbaum MA CASAP is an expert in Disaster Behavioral Health and Psychological First Aid. He provides international training to mental health & medical professionals, first responders, and the general public in psychological disaster response and grief leadership. His experience includes providing aid for people coping in the wake of numerous large-scale disasters and wars including the Second Lebanon War, Hurricane Harvey, Pittsburg Tree-of-Life Massacre, Haifa 2016 Fires, Covid-19, Operation Cast-Lead, Meron Civil Disaster, Karlin Bleacher Collapse, Operation Guardian of the Walls, Russian Invasion of Ukraine, & Owo Terror Attack, as well as over 2000 small-scale tragedies in the role as a psychological first aid provider, trainer, & supervisor. Aside from an academic background, Avi has the rank of sergeant as a volunteer law enforcement officer in Israel Police's operational units as well as being a trained Emergency Medical Technician, giving him first-hand exposure to acute trauma from the position of a first responder in both the EMS & Law Enforcement worlds. Learn more about him & his work at www.psychotraumaunit.com

17. Gitti Maas (Ireland) - prerecorded (available as recording after 5th Sep)

Title: Meeting the Suicidal Client

This unique and experiential one hour presentation supports participants to explore possible obstacles of working therapeutically with suicidal clients, and also gives new insights into the mindset of a suicidal person. Participants are invited to examine their perception of the suicidal client's needs.

I will introduce my understanding of how to meet and therapeutically work with the suicidal client. My work is informed by personal experience of feeling suicidal, as well as an integration of **Gestalt Therapy, Existential Therapy, Attachment Theory, Contextual-Conceptual Therapy**, results of research on the effects of childhood trauma, the trauma work of **Joanne Zucchetto** and **Gabor Maté**, as well as **Mindfulness**.

My approach to working with suicidal clients is based on the understanding that feeling suicidal is not an illness, but a representation of an adaption to trauma and uncomforted pain. This dramatically changes what we as therapists aim for and how we work with our suicidal clients.

I am working as a counsellor (MIACP) in private practice in Kenmare, Co Kerry, Ireland.

What I love most about my work as a counsellor is how humbling it is to engage with my clients on a deep and meaningful level. Suicide Therapy and prevention is a special interest of mine. I have repeatedly spoken about the topic of suicide on national radio, and on national and international conferences (e.g.AAS21). I also studied with F. Matteson at The Contextual-Conceptual Therapy Center in Seattle.

18. Dr Jonathan Egan (Ireland) - live presentation on 3rd Sep (also available as recording after 5th Sep)

Title: Working with people who have experienced trauma: The mirror to the therapist's self

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.

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.

19. Hannah McNulty (United Kingdom) - live presentation (also available as recording after 5th Sep)

Title: The role of occupational therapy in the field of complex trauma

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.

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 - website coming soon) and is available for working collaboratively with psychotherapists and psychologists.

20. Sarah Palmer (United Kingdom) - prerecorded (available as recording after 5th Sep)

Title: Supporting children through crisis and uncertainty

Aims - To understand the impact of crisis and uncertainty through the window of tolerance.

- To understand the impact of crisis and uncertainty on us as professionals and carers. Acknowledging the difficulty of supporting children when we ourselves may be impacted.
- To recognise when we are coming from a reactive rather than a responsive place, what that can look like and what we might feel in our bodies. Strategies to help us manage this so that we can help children to calm and regulate.
- To be able to create a safe space through relationship when we can't control the events around us (working with feelings and worries, Communication around what is happening, reassuring)

Grounding and anchoring activities. Helping the child create an emotional toolkit. Thinking about our own emotional toolkit.

Sarah Palmer, B.A., Dip (Counselling) works for Kent County Council supporting Foster carers and networks in understanding and working with trauma in looked after children

21. Nadiia Aleksina (Ukraine) - prerecorded (English version available as recording after 5th Sep)

Title: Sexual life and disfunctions during the all-out war in Ukraine.

The specifics of sexual life and disorders which people experienced during the all-out war in Ukraine:

- It seems that during the war people will not think about such things as sexual satisfaction, but as Nadiia Aleksina thinks, the only thing that can win deaths and mortido — is libido.
- Nadiia's clients continue demonstrating it during the all-out war in Ukraine. How do soldiers act, being far away from their families? How do women act, being in another country, without their men? How do people try to rethink sex and love during the war?

Nadiia Aleksina is a Ukrainian cognitive-behavioral psychotherapist working mostly with requests on the sexological field. She is also a counselor of the global movement of Ukrainians with right liberal views "Democratic Axe" on the field of social-psychological rehabilitation and sexual education.

22. Monika Gos & Monika Baumann (Poland & Austria) - prerecorded (available as recording after 5th Sep)

Title: RESPONDING AND OVERCOMING TRAUMA SHOCK WITH BRAINSPOTTING

Monika Gos is a Chartered Clinical Psychologist and an international Brainspotting Trainer. She has trained and practised widely in both Europe and the USA. Monika provides training and

consultation to Health Trusts and one of the largest charities in the UK. She was trained by Dr David Grand, the founder, and leader of Brainspotting, and she brought this therapy method to such countries as Poland, Serbia, Hungary and Ireland. Monika has a private practice in London where she works with adult clients with complex trauma as well as couples.

Monika Baumann is a Clinical Psychologist and Systemic Family Therapist trained at the University of Vienna/Austria. She is a senior Brainspotting Trainer in Austria and Paraguay and teaches the application of Brainspotting in a therapeutic work with children and adolescents. She gained practical experiences in a neurological and psychiatric hospital for children, at the brain tumor unit for children and adolescents at the university hospital of Vienna as in the CHOP/ Philadelphia/USA. Besides building her own family (three daughters), she has always been active as a licensed neuropsychologist and family therapist in her private practice. After her first Brainspotting formation with Dr. David Grand and treatment experiences, she used the technique a lot in Paraguay/South America where she has been engaging in social projects such as children's home, schools or housing projects. Monika is an author of a book: "Brainspotting with Children and Adolescents: An attuned treatment approach for effective brain-body healing".

23. Julia Budiak (Ukraine) - prerecorded (possibly will be added soon) (English version available as recording after 5th Sep)

Title: How to manage traumatic stress by using the seven senses?

Julia Budiak, - psychologist, art therapist

24. Dr. Marion Koll (Germany) - prerecorded (possibly will be added soon) (available as recording after 5th Sep)

Title: coming soon

More presenters will be added soon

[We intend this event to be as interactive as possible and look forward to your questions and reflections.](#)