

CONFERENCE ON PERSPECTIVES ON COMPLEX TRAUMA AND ITS
TREATMENT PROGRAMME

Live Event on the 27th of March 2021 (10:00 - 15:30)
Presentations will be recorded and accessible on-demand.

09:45 - Registration & Arrivals

10:00 - 10:10 - Welcome & Introductions

10:10 - 11:10 - Dr Thania Acaron - Dance & Movement Psychotherapist
'Embodied Therapeutic Skills in Practice: Dance Movement Psychotherapy'

10 Minute Break

11:20 - 11:50 - Miles Slater - Author, Poet & Broadcaster
'Stories & Songs of Acceptance'

10 Minute Break

**12:00 - 13:00 - Dr Scott Sells - PhD, MSW, LCSW, LMFT, creator of the Family
Systems Trauma model**
'Treating the Traumatized Family: Step-by-Step Family Systems Approach'

13:00 - 13:30 Lunch Break

The below session will not be recorded to allow a safe and confidential space.

13:30 - 15:30 - Tina Puryear - Facilitator International Association of Facilitators (IAF)
'Pause and Connect: a space to share, discuss and reflect together'

Interactive Groups focusing on:

Working with Trauma & Loss in the context of Covid-19 (Karla Dolinsky & Rod Aungier)
Self care & Collective Care in the context of Covid-19 (Hannah Rutledge & Gill Newman)
Supporting Traumatized Children in the context of Covid-19 (Sarah Palmer & Stephanie Dawson)
Supporting Refugees in the context of Covid-19 (Jess Michaelson)

Recorded Presentations (7 week access)

Michael Guilding - Trainer, Psychotherapist, & Supervisor

'Complex Trauma as a chronic dysfunction of the biological fear system: Implications for psychological therapy and examples from clinical practice'

Dr. Khaleel Isa - Clinical Psychologist, UNICEF

'Ethical and clinical best practices when working with person(s) in cross-cultural contexts in complex crisis'

Stephanie Dawson - Senior Practitioner, Family Action Survive & Thrive

'Moving from a systemic world into the world of trauma: working with families who have been impacted by domestic violence'

Jude Boyles, Manager New Roots Therapeutic Service and Child and Family Wellbeing Project, South Yorkshire Refugee Council & Kathryn Townley, Child and Family Psychological Therapist for the Child and Family Wellbeing Project

'Working with resettled refugee children, young people and families: a wraparound approach'

Sasha Nemeckova - Dramatherapist, Refugee Council

'Making meaning beyond words: a trauma informed model. Working creatively with separated children seeking asylum'

Shagufta Balquis, Systemic & Family Psychotherapist (MSc, UKCP & AFT Accred), Clinical Psychotherapist

'Working Systemically with People In A Mental Crisis During Coronavirus Pandemic'

Sarah Palmer, Children's Services Practitioner with the NSPCC and a Person-Centred counsellor

'Helping children to recover from complex trauma'

Tina Puryear, Facilitator International Association of Facilitators (IAF) & Hannah Rutledge, Trainer in Human Rights Sector

'Collective Care in this Time of Collective Trauma'

Rose Hall, Cognitive Behavioural Psychotherapist, Psychodynamic Psychotherapist, Counselor and Solution Focused Therapist

'Therapy Outside the Box'

Dr Robert Davies, Associate Lecturer, Department of Philosophy, University of York

'Traumatic Memory, Image, and Emotionality'



Dr Clare Walters - Absolute Specialists Wellbeing

'The Focussed Mindfulness Method™ (FMM) for complex trauma'

Wendy Sloneker - Grief Recovery Specialist

'Complex Trauma and Grief Recovery from Multiple Losses'

Dzmitry Karpuk & Celia Dawson - Psychotherapists, CTTN & CTI

'Embodied Reprocessing in Working with Flashbacks Experienced by Clients with PTSD'

Erene Hadjiioannou - Integrative Psychotherapist

'Offering Talking Therapy Pre-Trial'

Arlette Kavanagh & Audur Gudmundsdottir - Systemic psychotherapists

'Towards a Systemic Lens in Trauma work'

Cherie Deakin - Integrative psychotherapist

'Therapist Factors and their Significance to Training and Supervision'

Karla Dolinsky, M.C., M.Sc. Registered Clinical Counsellor, Trauma Therapist based in Victoria (Canada)

'Working with First Responders'

Dr Karazhanova Anar, Head of Clinical Psychology Department, Psychiatrist, Psychotherapist, NAO MUA (Astana Medical University, Kazakhstan)

'Preliminary results of a study of the prevalence and long-term consequences of Adverse Childhood Experiences in the Republic of Kazakhstan'

Raahat Manrai, Dr. Emily Taylor, Dr. Rachel Happer & Dr. Cristobal Guerra, PhD candidate in Clinical Psychology (University of Edinburgh).

'Understanding the psychological characteristics of care-experienced adolescents with complex trauma exposure'

Arlette Kavanagh & Lisa Blaney, Systemic Family Psychotherapists, Calm Together Project

'A digitally inspired psychosocial support tool – a community response to Covid 19'

Antonio J. Martín-Bejarano García, Trainer and Psychologist, Msc General Health Psychology; Msc Psychological Intervention in Disasters and Emergency Situations.

'Psychological impact on COVID-19 first line workers, a reflexion about how to address their needs when providing psychotherapy to them.'

Scroll down for further details on our presenters and their presentations.

To book your ticket, follow this link:

<https://www.complextraumainstitute.org/conferences>

**Live Event on the 27th of March 2021 (10:00 - 13:30)**

All Live Presentations will also be recorded and accessible on-demand.

Thania Acaron - Dance & Movement Psychotherapist

'Embodied Therapeutic Skills in Practice: Dance Movement Psychotherapy' (Live Presentation)

Dr Thania Acarón is a dance movement psychotherapist, researcher, lecturer and performer from Puerto Rico and currently based in Wales. She obtained her PhD on the role of dance in violence prevention at the University of Aberdeen and holds an MA in Dance Education from New York University. She is certified as a clinical supervisor and dance movement psychotherapist in the UK and US and has worked in this field for over 15 years, recently founding her own company, The Body Hotel LTD. Thania currently works as a lecturer at the University of South Wales in the Faculty of Creative Industries.

W: <https://thaniaacaron.wixsite.com/thania>

This lecture-demonstration draws parallels between verbal and non-verbal processes in psychotherapeutic practice, providing insight into how movement and nonverbal interventions can be beneficial to clients. It will introduce dance movement psychotherapy and some of its fundamental principles: body-mind connection, kinaesthetic empathy and body symbolism. Dance movement psychotherapy lays its foundation on the importance of creatively accessing 'body questions' which address the psychological, physical, emotional and social dimensions of human experience.

Dr Scott Sells - PhD, MSW, LCSW, LMFT, creator of the Family Systems Trauma model

'Treating the Traumatized Family: Step-by-Step Family Systems Approach' (Live Presentation)

Dr Sells has been treating children and adolescents with severe emotional and behavioral problems for over 20 years. The FST model, along with his widely known Parenting with Love and Limits® program, is an evidence-based treatment approach that is being used by family agencies in both the United States and Europe to help children and families find healing and hope.

*Dr. Sells is the author of three best-selling books, *Treating the Traumatized Child: A Step-by-Step Family Systems Approach* (Springer, 2017), *Parenting Your Out-of-Control Teenager: 7 Steps to Reestablish Authority and Reclaim Love* (St. Martin's Press, 2001), and *Treating the Tough Adolescent: A Family Based, Step-by-Step Guide* (Guilford, 1998).*

Dr. Sells specialises in working with impossible or stuck cases whose families have not been successful with other counselors. Scott was a former Professor of Social Work at Savannah State University in Savannah, GA and Associate Professor at UNLV in Las Vegas, NV.

W: <https://familytrauma.com/our-team/>

Miles Salter - Author, Poet & Broadcaster

'Stories & Songs of Acceptance' (Live Presentation)

His creative output since 2002 has included journalism, fiction for young adults and children, running York Literature Festival for eight years, and presenting The Arts Show on Jorvik Radio. He fronts the band

Miles and The Chain Gang. He has also worked as visiting lecturer at Leeds Trinity University, as well as in schools and prisons.

W: <http://www.miles-salter.co.uk/>

On the 27th of March he will perform some poems from his new book, Fix, which includes writing on addiction, therapy, and why there are so few songs about cheese. In his performance, Stories & Songs of Acceptance, Miles will also be performing some songs, and will attempt to answer the question 'what do poetry and therapy have in common?'

Tina Puryear - Facilitator International Association of Facilitators (IAF)

'Pause and Connect: a space to share, discuss and reflect together'

I am a freelance facilitator who has worked in the refugee and migration sector for almost 30 years. For the last 16 years, I was Head of Training and Capacity Building at Freedom from Torture. In this time, I gained experience facilitating participatory sessions to foster skill sharing, learning and building connections for practitioners working with marginalised groups presenting with complex trauma symptoms. I am a member of the International Association of Facilitators (IAF) and I adhere to their code of conduct and am skilled in their core competencies (which you can find here). You can find more my LinkedIn page: [linkedin.com/in/tina-puryear-facilitator](https://www.linkedin.com/in/tina-puryear-facilitator)

In this participatory workshop, we aim to provide a safe space for attendees to pause and reflect together on learning from this past year of upheaval and change. This optional conference workshop is a chance to connect with other practitioners across the UK interested in complex trauma.

You will be able to join two small group sessions of your choice. Each small group will be hosted by a facilitator who is a specialist on the topic, but where the discussions go will be led by you. You will be able to choose from the four following topics:

- Trauma and loss in the context of the pandemic (Co-facilitators: Karla Dolinsky & Rog Aungier)
- Working with refugees in the context of the pandemic (Co-facilitators: Jess Michaelson)
- Working with children and trauma in the context of the pandemic (Co-facilitators: Sarah Palmer & Stephanie Dawson)
- Self and collective care in the context of the pandemic (Co-facilitators: Hannah Rutledge & Gill Newman)

Jess Michaelson: Jess is a UKCP registered Gestalt psychotherapist, supervisor and trainer with 20 years experience of working with asylum seekers, refugees and survivors of human rights abuses. For the last 17 years Jess has been working as a psychotherapist for Freedom from Torture. Her role also involved designing and delivering training on working asylum seekers and refugees as well as offering clinical supervision to therapists and frontline workers working in both statutory, voluntary sector and refugee organizations.

Jess also works as a freelance supervisor and trainer offering training on many aspects of working with asylum seekers, working with interpreters and self-care. Jess has a longstanding passion for human rights as well as in the therapist's journey when developing their work with refugees.

Jess has written the chapter "Holding hope: the challenge for therapists working with survivors of torture" in Psychological Therapies for Survivors of Torture: A Human Rights approach for people seeking asylum. Edited by Jude Boyles 2017

Email: jessmichaelson@gmail.com



THIRD VIRTUAL CONFERENCE ON PERSPECTIVES ON COMPLEX
TRAUMA CONFERENCE & ITS TREATMENT PROGRAMME

Saturday, 27th of March 2021

Location Online (Zoom)

Recorded Presentations (7 week access)

Michael Guilding - Trainer, Psychotherapist, & Supervisor, Adv Dip Psychodynamic Couns, EMDR Level 2, Dip Psychodynamic Supervision, MBACP(Snr Accr)

'Complex Trauma as a chronic dysfunction of the biological fear system: Implications for psychological therapy and examples from clinical practice'

Michael currently works in private practice as a therapist, clinical supervisor and trainer and has a particular interest in the biological fear-system and the issue of providing adequate support for psychological therapists. His approach is grounded in Una McCluskey's model of safe and supportive group work and he runs a support network for therapists who have an interest in this perspective. He has previously worked in the NHS for a number of years as a service manager for Primary Care Counselling and Mental Health.

W: <https://michaelguilding.com/about-me/>

Understanding Complex Trauma as a chronic fear-system dysfunction, which then impacts many other systems making it progressively harder for the fear system to deactivate, casts a fresh light on our work and our thinking as psychological therapists. This presentation examines the implications of this theory noting how it supports some of our approaches, but seriously questions others. It also makes sense of some of the most difficult and confusing experiences we encounter in our work as therapists. The presentation will conclude with some brief case studies demonstrating the clinical application of this theory.

Dr. Khaleel Isa - Clinical Psychologist, UNICEF

'Ethical and clinical best practices when working with person(s) in cross-cultural contexts in complex crisis'

Graduated Doctoral Program (Alliant International University- CSPP, Los Angeles) American Licensed Clinical Psychologist/International Trauma Specialist. Currently working with UNICEF as Regional Staff Counselor, Middle East and North Africa.

This will pertain to how clinicians should reflect on the interventions that they perform when working in complex trauma context cross culturally. The ethical guidelines and limitations on certain interventions vs other interventions. This will be a discussion which revolves around my experience as a Staff Counselor in UNICEF MENA Region.

Dr Robert Davies, Associate Lecturer, Department of Philosophy, University of York**'Traumatic Memory, Image, and Emotionality'**

Robert is an Associate Lecturer at the University of York. He completed his PhD at the Department of Philosophy at York in 2017. His research focuses on memory and self-knowledge, and includes clinical and non-clinical examples of cognitive effects, biases, and unusual epistemic phenomena. He is conducting research into trauma (especially trauma memory) and dreams.

This talk focuses on purportedly distinctive features of trauma memory and the relationship between different presentations of memory imagery and emotionality. I will address research that suggests that a "lack of" memory images, or different perspectives in memory images, are associated with reduced emotionality, and explore potential implications for those who experience intrusive trauma-related memories, and for those who interact with them in a therapeutic capacity.

Stephanie Dawson - Senior Practitioner, Family Action Survive & Thrive**'Moving from a systemic world into the world of trauma: working with families who have been impacted by domestic violence'**

This presentation will explore the experience of coming from a systemic training, into a service that works systemically and using a trauma-informed approach. How the presenter learnt to understand, how to combine and utilise both approaches collaboratively to support families and children within Family Action and how the service works.

Jude Boyles, Manager New Roots Therapeutic Service and Child and Family Wellbeing Project, South Yorkshire Refugee Council & Kathryn Townley, Child and Family Psychological Therapist for the Child and Family Wellbeing Project**'Working with resettled refugee children, young people and families: a wraparound approach'**

Jude Boyles has focused on crisis and trauma work since qualifying. She has a private UK based/international supervision practice and writes psychological reports for survivors of torture and other human rights abuses. She is currently employed with the Refugee Council. Jude has edited a book on psychological therapy with survivors of torture in exile and published a short form book on working with interpreters in therapy. Jude specialises in working with refugee survivors of torture/war and human rights abuse, including gender-based abuse. In 2003, Jude established the first Freedom from Torture (FFT) rehabilitation centre outside of FFT's headquarters in London. The Centre covers the north-west region and is based in Manchester. Jude co-established a small ONG, TortureID, in 2018, which writes medical reports for newly arrived survivors of human rights abuses. She has worked as a national trainer in the field of therapy with refugee survivors of torture for 18 years and has also trained extensively in the field of domestic violence and child sexual abuse for 25 years.



Kathryn Townley has trained to work with children, young people and families using both psychodynamic and systemic approaches. Kathryn worked for a voluntary organisation in London from 2016 as a therapeutic play worker, delivering one-to-one therapy to children in school settings. She completed her training at the Tavistock and Portman in 2019 and has worked in school and CAMHS settings in London as a child psychotherapist and a parent-worker. Kathryn joined the Refugee Council in August 2020 and works as a Child and Family therapist for the Sheffield Therapeutic Families Project.

W: <https://www.refugeecouncil.org.uk>

A presentation/workshop about the wraparound approach to working with UNHCR resettled families within the Child and Family Wellbeing Project at the Refugee Council in South Yorkshire. Jude and Kathryn share their systemic therapeutic approach with refugee children, young people and families resettled in the region, exploring some of the common themes emerging in the therapeutic work. The team-work flexibly with trauma, ensuring attention is paid to the wider social context of resettled families by working closely with the Refugee Council casework resettlement team. The project has trained a small team of specialist interpreters to work within this setting, who are developing their expertise in interpreting within systemic family work. The workshop will also share our approach to working alongside interpreters in this context.

Sasha Nemeckova - Dramatherapist, Refugee Council

'Making meaning beyond words: a trauma informed model. Working creatively with separated children seeking asylum'

Sasha Nemeckova has substantial clinical experience supporting a variety of client groups, including refugee children, pupils at risk of exclusion from mainstream education, children and adults with multiple and complex disabilities and women experiencing domestic violence. In the last four years, she has worked exclusively with separated children seeking asylum. She regularly delivers training, workshops and lectures to diverse audiences, such as university students, healthcare professionals and local authorities. Sasha has a particular interest in intercultural psychotherapy, anti-racist practice and psychological processes underpinning migration.

As a practising theatre artist, Sasha's main areas of investigation are the perceptions of 'the other' disseminated within public discourse, with a particular focus on immigration, mental health and disability. Sasha has a long-standing interest in applied drama and theatre in the community and has worked as a theatre workshop facilitator and trainer in the UK and in India.

W: <https://www.refugeecouncil.org.uk>

The presentation is an interactive experiential workshop providing an overview of useful dramatherapy techniques used in therapy with separated children seeking asylum.

Dr Clare Walters - Absolute Specialists Wellbeing

'The Focussed Mindfulness Method™ (FMM) for complex trauma'

W: <https://clarewalters.co.uk/>

The Focussed Mindfulness Method™ is a complementary approach to healing trauma that works directly with feelings in the body to access hurt, sadness, fear, shame, shock, overwhelm or other

emotions without the client having to tell the story and re-live the pain. It comprises a suite of enquiry and guided visualisation exercises that can be used flexibly to reduce the impact that these harboured emotions, which can be unconscious, have on physical and mental health.

Clients can learn and continue to use the exercises after their sessions to soothe themselves. They are encouraged to develop a regular, body-based mindfulness practice as together the two approaches are effective in supporting continued improvement in emotional wellbeing.

In this presentation I will share some preliminary results into a study of FMM's effectiveness and describe the healing journey of a client with complex trauma and prone to dissociate and self-harm over 3 months, describing the work done with her in sessions and the impact it has on her.

Wendy Sloneker - Grief Recovery Specialist

'Complex Trauma and Grief Recovery from Multiple Losses'

Grief and loss touch all of us in different, unique ways. There may be similarities in stories, but each relationship is our own, and thus, each loss as well. In her practice, she shares and teaches the Grief Recovery Method as a specialist,

"This method is repeatable and applicable to every loss I've either encountered or heard of so people may move beyond the pain of loss that comes from death, divorce, moving, and other loss events."

W: <https://www.wendysloneker.com/>

New tools for grief and loss are available to all with the Grief Recovery Method. We begin at the beginning with terms, clarifications, and a fresh perspective that will help people to move beyond the pain that comes from loss.

Efficient and repeatable, I'll be sharing about this evidence-based, action program that does not rely on popular myths around loss events of all kinds.

Takeaways from the presentation:

- An introduction to the Grief Recovery Method, an evidence-based program.
- Multiple popular terms, phrases, and myths (e.g. "time heals", "they're in a better place", "be strong") debunked.
- Specific sharing of Complex Trauma and Grief Recovery in anonymous case studies.

Dzmitry Karpuk & Celia Dawson - Psychotherapists, CTTN & CTI

'Embodied Reprocessing in Working with Flashbacks Experienced by Clients with PTSD'

Dzmitry Karpuk, (CTTN) Trainer, Supervisor, Consultant & Systemic Family Psychotherapist. Dzmitry is registered with the UK Council for Psychotherapy (UKCP) with over 25 years experience of working therapeutically within complex trauma recovery; for the last 14 years, being based in Leeds & Harrogate. He is a Family and Systemic Psychotherapist, also registered with the Association for Family Therapy and Systemic Practice (AFT). His work experience includes being a Paramedic and Nurse in the Armed Forces, before training and working as a Counselling Psychologist in various settings. Dzmitry is particularly recognised for his significant experience in delivering trauma-related training to various professionals, both nationally and internationally. He is the Founder of the Complex Trauma Therapist Network in the UK (CTTN). His particular professional interests include supporting professionals working with traumatised and vulnerable clients, burnout and secondary trauma impact on professionals. He is also a trainer and a team member of Blake Emergency Services & Suicide Bereavement UK. He regularly delivers individual and group supervision. His research interests are currently employed as collaborator to various trauma related projects with the Department of Philosophy at the University of York.

Celia Dawson, (CTTN), Trainer & Person-Centred Psychotherapist, Certifying Coordinator at the International Focusing Institute (USA). Celia is a Co-ordinator at the International Focusing Institute (USA), who originally trained as a person-centred psychotherapist in the UK. Celia has over 25 years counselling experience and is the Co-Founder of the Complex Trauma Therapist Network in the UK (CTTN). For many years she ran a successful counselling service in Bradford, and upon retirement, has continued with a small private practice to date, but her passion remains teaching Focusing-Oriented Therapy. Together with Dzmitry, Celia has run successful training workshops within the UK specifically for therapists working with complex trauma clients. Internationally, Celia has provided trauma informed webinars on behalf of the International Focusing Institute to their worldwide membership.

Trauma is often a “stuck” process in the body and it is common for trauma sufferers to experience body symptoms, often in the form of pain. In this workshop we will demonstrate how to approach these symptoms and work with them.

Erene Hadjiioannou - Integrative Psychotherapist

‘Offering Talking Therapy Pre-Trial’

Erene is an Integrative Psychotherapist with over ten years of experience with adult clients, including setting up and managing two community-based specialist services (offenders, survivors of sexual violence).

She is currently based at Therapy Leeds offering private psychotherapy. Training and consultancy for individual practitioners and organisations is also available.

She is a writer, and speaker in many settings to advocate and educate on the topic of trauma as a result of sexual violence. This includes an upcoming textbook (due 2021) called ‘Psychotherapy with Survivors of Sexual Violence: Inside and Outside the Room’.

W: <https://therapy-leeds.co.uk/>

Talking therapy practitioners working with trauma are likely to meet clients who are in contact with the criminal justice system via an active report, investigation or court trial. The uncertainty, stress, and complexities of managing this can be felt on all sides of the client-practitioner relationship. At worst, this can exacerbate trauma symptoms for clients.

To address this the Crown Prosecution Service guidelines on ‘pre-trial therapy’ must be understood as part of our ethical requirements to meet the needs of those who approach the police in relation to sexual violence, or any other crime. Areas covered in the presentation include:

The legacy of the pre-trial therapy guidelines, an overview of the criminal justice process, working collaboratively with clients to manage challenges and responsibilities and the possibility for collaboration between two opposing systems.

Arlette Kavanagh & Audur Gudmundsdottir - Systemic psychotherapists

‘Towards a Systemic Lens in Trauma work’

Arlette Kavanagh: UKCP Reg & Accred (MSc, BSc, MBPsS). Qualified and experienced systemic psychotherapist with 20 years of experience of working with children and families in different settings, including CAMHS, NHS, Local Authority SEN, Educational Psychology and Charitable organisations. Specialised in trauma work and treatment.

Audur Gudmundsdottir: UKCP Reg & Accred (MSc, MSW, BA). Qualified in Systemic Family Psychotherapy and AFT. Specialised in trauma work and treatment, how trauma impacts individuals and families. 20 years experience in working with children and families in social work and family therapy settings.

Largely research and treatment in the context of trauma is situated within the context of an individual. This presentation invites practitioners working in the field of trauma care and treatment to incorporate a systems lens into their practice. It offers a bringing together of ideas, both of individual treatment and the wider consideration of the family system and the relational aspects of trauma.

Cherie Deakin - Integrative psychotherapist

'Therapist Factors and their Significance to Training and Supervision''

Cherie Deakin is an integrative psychotherapist based in Lancashire and Manchester. She works with Manchester Rape Crisis, Maundy Relief Counselling Service, Accrington and has a private practice, based in Oswaldtwistle, Lancashire.

Cherie integrates attachment related theories with mentalization based therapy using principles of interpersonal neurobiology and somatic therapies.

Cherie studied undergraduate and postgraduate master's at the University of Central Lancashire. She is currently working towards Mentalization Based Therapy practitioner status with the Anna Freud Centre.

W: <http://www.cheriedeakin.co.uk/>

Contemporary research is increasingly stressing the importance of the concept of the therapeutic relationship. Research from organisations such as the APA, Anna Freud Centre, and others emphasise that training and supervision should primarily place focus on the therapist's capability to create and cultivate the therapeutic relationship in their work.

From a common factors paradigm, few studies have examined what therapist factors are facilitative as agents of change in any depth. Yet the evidence suggests that maturational and state dependent development of intersubjective processes play an important role in the ability to create a facilitative relationship. Paradoxically, many training organisations no longer place any emphasis or need on therapist's engaging in any personal therapy as part of their training.

Using theoretical concepts taken from attachment theory and mentalization, the presenter will present the importance of exploration and cultivation of the therapist factors, combined with practice implications for trainers and supervisors especially when working within traumatised clients.

Karla Dolinsky, M.C., M.Sc. Registered Clinical Counsellor, Trauma Therapist based in Victoria (Canada)

'Working with First Responders'

Karla earned her Master of Counselling and Master of Psycholinguistics degrees and is a Registered Clinical Counsellor (RCC), based in Victoria (Canada) and working worldwide. She is a trained EMDR Therapist. Karla has received specific occupational awareness training to work as a Mental Health Therapist with First Responders and has earned the Silver Seal of Endorsement by the BCPFFA. She is also on the list of Preferred Counsellors with the Crime Victim Assistance Program (CVAP). Karla has also worked as an educator, developing and presenting courses at the graduate level. Karla has had intensive training with Dr. Gabor Mate on the subjects of complex trauma, attachment and addictions, and has studied with Dr. Gordon Neufeld toward certification as a Parenting Coach, with the realisation that if we prevent or attend to the traumas of childhood well, then we may minimise the development of complex trauma. Karla works in Private Practice , as well as contracting with organisations who seek her skills, insights and expertise. Karla's areas of practice include grief and loss, complex trauma, challenging relationships, PTSD, chronic/terminal illness, life transitions and critical incident trauma.

W: <http://www.karladolinsky.com/>

**Dr Karazhanova Anar, Head of Clinical Psychology Department, Psychiatrist,
Psychotherapist, NAO MUA (Astana Medical University, Kazakhstan)**

'Preliminary results of a study of the prevalence and long-term consequences of Adverse Childhood Experiences in the Republic of Kazakhstan'

Dr Karazhanova has eight years of clinical practice in the field of psychiatry. For the last three years, she has done psychoanalytic and organizational work in the Juvenile Suicide Prevention Program. Head of the research group in the project "Investigation of completed cases of suicide in the Akmola region 2015-2017". Psychotherapeutic activity using drug therapy and psychotherapy in a cognitive - behavioral and family - systems approach.

**Raahat Manrai, Dr. Emily Taylor, Dr. Rachel Happer & Dr. Cristobal Guerra, PhD
candidate in Clinical Psychology (University of Edinburgh)**

'Understanding the psychological characteristics of care-experienced adolescents with complex trauma exposure'

Raahat Manrai is a PhD candidate in Clinical Psychology at the University of Edinburgh. Her thesis broadly aims to investigate the interpersonal functioning of complex trauma exposure in adolescents. This study is the first stage of her mixed methods approach, wherein I am the first author within this study.

Complex trauma responses, arising from early or developmental interpersonal trauma experiences such as abuse and neglect, are multidimensional and chronic with an unclear trajectory. Exposure to complex trauma experiences has a detrimental effect on emotional, behavioural, interpersonal and cognitive functioning. The proposed study aims to understand the psychological characteristics of care-experienced adolescents who have experienced complex trauma. It aims to investigate the association between adolescents' early experiences and current cognitive, emotional, behavioural and interpersonal functioning. This study is a cross-sectional survey using self-report measures in order to provide a better conceptualisation of the relationship between exposure to chronic and recurrent abuse and neglect and later psychosocial functioning.

**Rose Hall, Cognitive Behavioural Psychotherapist, Psychodynamic Psychotherapist,
Counselor and Solution Focused Therapist|**

'Therapy Outside the Box'

Rose Maria Hall is a BABCP accredited cognitive behavioural psychotherapist with qualifications as a psychodynamic psychotherapist, counselor and solution focused therapist. She is also an NSPCC-trained Safeguarding Supervisor. She has worked with the NHS, in the private sector and also for MIND. She has practiced in the North West, North East, North Essex, East Anglia, Eire and Wales. Rose has a specialist interest and expertise in Complex Trauma and Dissociative States including for those who have experienced sexual, physical, emotional or domestic abuse, hearing voices, visual hallucinations and longstanding depression and anxiety.

The presentation offers an evaluation of the experience of therapy for looked after adolescents in a low secure unit and online therapy for young people in residential care.'

Arlette Kavanagh & Lisa Blaney, Systemic Family Psychotherapists, Calm Together Project

'A digitally inspired psychosocial support tool – a community response to Covid 19'

**Shagufta Balquis, Systemic & Family Psychotherapist (MSc, UKCP & AFT Accred),
Clinical Psychotherapist)**

'Working Systemically with People In A Mental Crisis During Coronavirus Pandemic'

Shagufta Balquis - Systemic & Family Psychotherapist (MSc, UKCP & AFT Accred), Clinical Psychotherapist (BACP registered). I currently work for South West Yorkshire Partnership NHS in a mental health team. Shagufta also works one day a week for Family Action in Bradford, trauma therapy service for children and families. She enjoys spending her time with her family and watching Bollywood movies.

This presentation offers a focus on the impact of coronavirus on mental health. It aims to provide an overview of working systemically with individuals following a mental health crisis. The author shares her experiences of working in frontline mental health service during the coronavirus pandemic.

**Sarah Palmer, Children's Services Practitioner with the NSPCC and a Person-Centred
counsellor**

'Helping children to recover from complex trauma'

Sarah Palmer is a Children's Services Practitioner with the NSPCC and is also a Person-Centred counsellor working with women who have experienced domestic abuse. Sarah began working with children and young people as a youth worker in 2005 and began working with the NSPCC in 2009. It is within the NSPCC's 'Letting the Future In' service, which provides therapeutic support for children and young people aged 4yrs –19yrs, who have experienced sexual abuse trauma.

This presentation explores some of the key themes in working directly with younger children who have experienced complex trauma. These include:

- *Helping children to come into their 'window of tolerance'.
- *Helping children to understand how they have been impacted by trauma.
- *Helping to build their own emotional toolkit
- *The role of play in the therapy room.

Tina Puryear & Hannah Rutledge

'Collective care in this time of collective trauma'

Hannah Rutledge – I am a freelance trainer with 14 years' experience of leading training/learning & development programmes in the Human Rights sector including: strategic planning of national training programmes & leading multidisciplinary workshops to facilitate capacity building interventions for professionals working with trauma & victims of human rights abuses. As coordinator at Freedom from Torture I took a leading role in the development of an organisational staff wellbeing & mental health programme, including championing a holistic and inclusive wellbeing agenda & facilitating a bespoke 'Wellbeing & Vicarious Trauma' training programme.

Tina Puryear – I am a freelance facilitator who has worked in the refugee and migration sector for almost 30 years. For the last 16 years, I was Head of Training and Capacity Building at Freedom from Torture. In this time, I gained experience facilitating participatory sessions to foster skill sharing, learning and building connections for practitioners working with marginalised groups presenting with complex trauma symptoms. I am a member of the International Association of Facilitators (IAF) and I adhere to their code of conduct and am skilled in their core competencies (which you can find here). You can find more my LinkedIn page: [linkedin.com/in/tina-puryear-facilitator](https://www.linkedin.com/in/tina-puryear-facilitator)

Hannah and Tina both facilitate structured conversations for teams to safely reflect together on the impact of the collective trauma from this past year due to the pandemic and social injustices, and also explore ways we can embed collective care into our work structures and practices. We strive to align all we do with human rights ethics and values. To that end, we draw on a range of group facilitation techniques and methodologies to ensure our projects are participatory and collaborative. Built into the design and in our facilitation, we aim to cultivate a safe and inclusive space for all participants.

Presentation:

In a context where the voices of pandemic deniers are getting louder and inequalities are growing deeper, and while burnout is rising and mental health is deteriorating, what can we draw on as practitioners to help maintain our resilience and feel robust enough to support our clients?

In this short video, we will weave in research and reflections relating to some of the personal and collective impact on practitioners working with trauma in a time of a pandemic and social injustices experienced collectively across the globe.

Hannah and Tina are facilitators in the human rights sector, with experience working for organisations supporting people with complex trauma. We do not have a clinical background, however we'll be drawing on our extensive experience in the sector to share some of our own learning and reflections. We will invite viewers to also reflect on how the impact of collective trauma may manifest in us as individuals, and as either members of a team or of a professional network. We will also invite conference participants to explore various aspects of self and collective care that might help us help others.

Antonio J. Martín-Bejarano García, Trainer and Psychologist, Msc General Health Psychology; Msc Psychological Intervention in Disasters and Emergency Situations.

'Psychological impact on COVID-19 first line workers, a reflexion about how to address their needs when providing psychotherapy to them.'

Antonio J. Martín-Bejarano García has a degree in psychology from the University of Jaén, in southern Spain, where he participated as a collaborator in the research group: Comparative Psychology: Learning, Attention and Memory (HUM-642). Then he decided to emigrate to Edinburgh when he began to study a masters degree in Psychological Intervention in Disasters and Emergency Situations, finding a job as a member of the therapeutic team of Blake Emergency Services (company focused on the aviation sector based in England). Nowadays Antonio is the manager of this team. Later, Antonio studied a master's degree in General Health Psychology, which enabled him to have his own private practice. He is currently studying a masters degree in Child and Adolescent Psychological Therapy. As a trainer, he has had the opportunity to offer training in destinations such as Spain, Gibraltar, Scotland, England and Argentina. For the last 3 years, he has worked in mental health services as a manager of a halfway-home project in collaboration with the Government of Gibraltar, and as a manager of a training department delivering courses to healthcare professionals. In addition to this, he currently offers psychotherapy in a multidisciplinary clinic to adults and children in Spain.

Presentation:

The psychological impact on mankind that this pandemic is having has been appreciated by everyone, but are there differences regarding this impact between first line workers and non-healthcare professionals? Or has it affected us all in a similar way? A gathering of conclusions from other studies and an original comparative study of anxiety's levels and concerns regarding the virus based on the point of view of 300 people living in the South of Spain. Conclusions about what to consider when helping these individuals when they attend to psychotherapy have been reached too, with the intention of gaining awareness about how to address their needs in a caring and professional working frame.