

SYMPOSIUM ON COMPLEX TRAUMA: SURVIVING PANDEMICS AND DISASTERS

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

Live Event on the 26th of March 2022 (9:30 - 15:00 - UK time)

Presentations will be recorded and accessible on-demand + extra 12 pre-recorded presentations will be accessible as a part of this symposium on demand (for 6 months). Altogether around 15 presentations will be accessible on demand from 26th March 2022.

9:30 - 9:40 - Welcome & Introductions

9:40 - 10:25 - Mia Pal - Neurolinguistic psychotherapist and clinical hypnotherapist, Chair of the BPS North West branch.

‘Enhancing Trauma Resilience After Covid’

5 Minute Break

10:30 - 11:15 - Dr. Jonathan Egan (Deputy Director DPsychSc Programme in Clinical Psychology, NUI Galway School of Psychology Ireland)

‘The Role of Attachment Style, Adverse Childhood Experiences and Dissociation in Migraine’

10 Minute Break

11:25 - 12:10 Prof. Tom Stoneham, Department of Philosophy, University of York & Dr Jack Warman, Department of Social Sciences at the University of La Frontera in Temuco, Chile.

‘Suicidal Ideation as Mental Harm’

30 Minute Break 12:10 - 12:40 Lunch Break

12:40 - 13:40 - Dr. Scott P. Sells - Family Therapy Institute

‘Healing Child Suicidal Threats Through Family Trauma Solutions’

5 Minute Break

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

13:45 - 14:45 - Presentation & Discussion Groups on the below topics:

1. Working with Loss & Grief (Karla Dolinsky, M.C., M.Sc. Registered Clinical Counsellor, Trauma Therapist based in Victoria, Canada)
2. Vicarious trauma and embodied techniques to self-care (Yuko Micus, Art Psychotherapist, HCPC)
3. Physical, psychological and social impact of trauma (Audur Gudmundsdottir, Systemic & Family Psychotherapist, UKCP & AFT Reg, Iceland) + Arlette Kavanagh, Systemic & Family Psychotherapist, UKCP Reg

14:45 - 15:00 - Shared Feedback, Reflections & Closing.

To book your ticket, follow this link:

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PRESENTATIONS AT A GLANCE (6 months Access from 26th March 2022)

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

Mia Pal - Neurolinguistic psychotherapist and clinical hypnotherapist, Chair of the BPS North West branch.

'Enhancing Trauma Resilience After Covid' (Live Presentation, also available on demand)

Dr. Jonathan Egan (Deputy Director DPsychSc Programme in Clinical Psychology, NUI Galway School of Psychology Ireland)

The Role of Attachment Style, Adverse Childhood Experiences and Dissociation in Migraine, (Live Presentation, also available on demand)

Prof. Tom Stoneham, Department of Philosophy, University of York & Dr Jack Warman, Department of Social Sciences at the University of La Frontera in Temuco, Chile.

'Suicidal Ideation as Mental Harm', (Live Presentation, also available on demand)

Scott P. Sells - Ph.D., LCSW, LMFT & AMFT Approved Supervisor

'Healing Child Suicidal Threats Through Family Trauma Solutions' (Live Presentation, also available on demand)

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

'Complicated Grief – when we are estranged from or unable to connect with those who are dying'

Yuko Micus - Art Psychotherapist, HCPC

Vicarious trauma and embodied techniques to self-care (Yuko Micus- Live Presentation)

'Five immediate and practical exercises to recover from fatigue'

'Seated Yoga practice' on demand

Dzmitry Karpuk, (CTTN & CTI) Trainer, Supervisor, Consultant & Systemic Family Psychotherapist (MSC, UKCP & AFT Acred) & Celia Dawson, (CTTN & CTI), Trainer & Person-Centred Psychotherapist, Certifying Coordinator at the International Focusing Institute (USA)

Working with Nightmares, Sleep Terrors & Dreams: from narrative to embodied re-processing

Rod Aungier - Counsellor, Somatic Developmental Psychotherapist, BACP reg

'You me and the baby makes three'

Dr Melanie Salmon - Gestalt Psychotherapist, Quantum Energy Coaching

'Healing complex trauma effectively and simply, using the subconscious mind'

Kelly Jayne - Art Psychotherapist (HCPC)

'Art Psychotherapy and Complex Trauma: How Art Psychotherapy can be helpful to address adverse childhood experiences.'

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Irina Marenica - Business Psychologist

'Neurodiversity workplace inclusion barriers: an overview of associated challenges as well as the role of trauma, and supporting resources'

Beth Hamilton - BSc O.T., M.H.G.I., N.L.P., M. Trauma Specialist

'Using the Polyvagal theory and ladder to teach clients with complex PTSD about their nervous system and how they can self manage it'

Dr Art O'Malley - BA MB BCh BAO DCH MRCGP Dip Clin Supervision FRCPsych

'Using Sensorimotor - EMDR for Complex and Combat related PTSD'

Arlette Kavanagh - Systemic & Family Psychotherapist, UKCP Reg & Accred (MSc, BSc, MBPsS)

'Digital Therapy: A Framework for Remote Practice- Expanding the reach of complex trauma work'

Phillippa Norton - Psychotherapist and Counsellor (MA) Independent member BACP

'The Calm in the Storm'

John Boulderstone - Complementary Therapist

'The structure of trauma clearing using the Boulderstone Technique'

Rose Hall - (Independent Practitioner, Cognitive Behavioural Psychotherapy Supervisor, Trainer and Practitioner) Psychodynamic Psychotherapist and Solution Focussed Therapist. (M.Sc., PgDip., B.Sc., DipHE., BABCP accredited.)

'TBC'

It's likely that we will add more presentations!

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LIVE PRESENTATIONS ON 26TH MARCH 2022 IN DETAIL (In order of appearance)

Mia Pal - Neurolinguistic psychotherapist and clinical hypnotherapist, Chair of the BPS North West branch.

'Enhancing Trauma Resilience After Covid' (Live Presentation)

Mia is the Director and Founder of In Cognition UK - Private Practice; Neurolinguistic psychotherapist and clinical hypnotherapist, consultant on trauma and trauma related difficulties and serves as Chair of the BPS North West branch. BA(Honours), PGDip, MSc, MBPsS

Objectives of this presentation

- Learn about the role of resilience in dealing with and reacting to traumatic experiences
- Identify why different people react in different ways to trauma (not all trauma leads to ptsd and not all people affected by trauma will develop ptsd)
- Identify strategies to enhance trauma resilience
- Empowering people to own their life, their present moment and to encourage them to live in the present moment by making decisions in the now moment

Dr. Jonathan Egan (Deputy Director DPsychSc Programme in Clinical Psychology, NUI Galway School of Psychology Ireland) (Live Presentation)

The Role of Attachment Style, Adverse Childhood Experiences and Dissociation in Migraine

Dr Jonathan Egan has been interested in researching the effect of trauma for the last 20 years or so. Starting with research on therapists working with children who had experienced childhood sexual abuse. He then went on to study the effect of working with trauma in female trauma therapists, then in institutional abuse survivors, parents whose children were abused, the effect of trauma on hoarding behaviours, on psychological and physical well-being in young adults. He is particularly interested in how depersonalisation and dissociation might accelerate and exacerbate mental ill health across psychological distress. He supervised Dr Iain Mays who read for this research which led to his doctoral dissertation. Iain is now a clinical psychologist in public practice in the Republic of Ireland. Jonathan initially trained as a clinical psychologist, and after working in adult mental health became a founding director of one of Ireland's counselling services for adults who experienced abuse in childhood (2000). Then he became the head psychologist in the Mater Hospital, Dublin, where he worked in Liaison Psychiatry with clients who had psychological overlays on their physical presentations. In 2015 he joined the National University of Ireland, Galway as deputy director of the clinical psychology doctoral training programme and works clinically in a chronic pain clinic. During the last 10 years he has trained in both Una McCluskey's (York) Exploratory Goal Corrected Psychotherapy and became Certified as an Affect Phobia Therapist (Osborn, Stockholm).

Migraine and chronic migraine are caused by a combination of modifiable and non-modifiable genetic, social, behavioural and environmental risk factors. Further research of possible modifiable risk factors for this headache disorder is merited, given its role as one of the leading causes of years lived with disability per year. The first aim of this online cross-sectional study was to investigate the psychosocial risk factors

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that predicted chronic migraine and severe migraine-related disability in 507 Irish and UK participants, focusing specifically on childhood maltreatment, attachment and tendency to dissociate, or experience depressed mood and/or anxiety. Additionally, this study aimed to examine variables that mediated the relationships between these psychosocial risk factors and migraine chronicity or severe migraine-related disability. Findings suggest that early life stressors (such as childhood trauma and avoidant attachment style), shutdown dissociation and depression may impact on migraine trajectory.

Prof. Tom Stoneham, Department of Philosophy, University of York & Dr Jack Warman is a Postdoctoral Researcher in the Department of Social Sciences at the University of La Frontera in Temuco, Chile.

Tom Stoneham is a Professor at the University of York, Head of Department, Department of Philosophy. He has published extensively research in the philosophy of mind around self-knowledge, perception and dreaming and many more.

Jack Warman is a Postdoctoral Researcher in the Department of Social Sciences at the University of La Frontera in Temuco, Chile. His research interests include social epistemology, philosophy of religion, and philosophy of mental health. is interested in applied/social epistemology, philosophy of religion, and philosophy of mental health.

Scott P. Sells - Ph.D., LCSW, LMFT & AMFT Approved Supervisor

'Healing Child Suicidal Threats Through Family Trauma Solutions' (Live Presentation)

Scott P. Sells, Ph.D., LCSW, LMFT, AMFT Approved Supervisor –Scott holds a Ph.D. in both Marriage and Family Therapy and Social Work from Florida State University. He has over 20 publications and has authored three books entitled: Treating the Traumatized Child: A Step-by-Step Family Systems Approach (Springer Publishing, 2017), Treating the Tough Adolescent: A Family-Based, Step-by-Step Guide (Guilford Press, 1998) and Parenting Your Out-of-Control Teenager: 7 Steps to Re-establish Authority and Reclaim Love (St. Martin's Press, 2001). Dr. Sells specializes in working with impossible or stuck cases whose families have not been successful with other counsellors.

W: <https://familytrauma.com/>

The fallout of the global COVID pandemic is accelerating suicide in our children and adolescents. Yet, the treatment for acts or threats of suicide often involves the individual child with little to no active family participation. This is a tactical mistake because suicide is systemic. It is caused or exacerbated by family trauma, family secrets, parent-child conflict, and/or isolation.

This presentation by Dr. Sells is for professionals who want concrete tools to treat both the child and their family when there are threats of suicide or the aftermath of grief when a child commits suicide. A video case example with a family whose child recently committed suicide will be presented along with step-by-step tools and handouts that you can immediately the next day at work.

Join Dr. Scott Sells to learn:

- How suicide is fueled by the family and generational trauma through a family systems lens

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- The use of three FST (Family Systems Trauma) Techniques will be highlighted. (1) The FST Stress Chart, The FST Circular Question, and FST Safety Questionnaire to bring up the topic of suicide and the fallout of grief if suicide occurs. The FST Safety Questionnaire Handout will be provided.
- Video case examples with a family whose son recently committed suicide along with the son's best friend will illustrate how each of the three FST techniques are used.

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

'Complicated Grief – when we are estranged from or unable to connect with those who are dying'

Karla Dolinsky is a Registered Clinical Counsellor working in the areas of Complex Trauma, Grief & Loss, relationship trauma and with First Responders. Karla is based in Victoria, Canada, and works in many parts of the world. Her practice utilizes a multi-disciplinary approach including narrative therapy, somatic practices, EMDR, and response-based therapy. Karla is also an educator both for professionals and for the general public. Karla enjoys her role as a Trainer with the Complex Trauma Institute and offers webinars hosted by the CTTN. W: <http://www.karladolinsky.com/>

Grieving the loss of someone in relation to us is challenging enough, but when there are old trauma wounds or estrangement, or the person has suffered long-term cognitive deterioration or injuries prior to death, our grief is complicated by many factors. For example, grieving a loved one who may have been living with a traumatic brain injury that has fundamentally changed them, and our relationship to them, or grieving someone who is close to us who has harmed us or betrayed us can muddle the grieving process through many conflicting emotions and thoughts, including feelings of rage or of shame. Understanding Complicated Grief is helpful in supporting our clients through a very confusing transition in their lives.

Yuko Micus - Art Psychotherapist (HCPC)

'Five immediate and practical exercises to recover from fatigue'

Yuko is an Art Psychotherapist (HCPC Registered) and a Yoga teacher in training (Devon School of Yoga, 500 hour course). She works with adults with complex and severe mental health difficulties for Devon Partnership Trust (NHS), in the homeless community with Bournemouth Churches Housing Association (BCHA) and as coordinator and trainer for the Complex Trauma Institute (CTI). Yuko is particularly interested in the holistic and psychodynamic approach to complex trauma, mental health, physical health and wellbeing. She also offers wellbeing and team building workshops - her most recent collaboration being with the University of Exeter. Until recently, Yuko has also worked with older adults and people living with dementia, leading to a publication of her work in the Faculty for Psychology for Older People (FPOP) British Psychological Society (BPS) Bulletin.

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Audur Gudmundsdottir: UKCP & AFT Reg & Accred (MSc, MSW, BA).

Physical, psychological and social impact of trauma

Qualified social worker and Systemic Family Psychotherapist. With 20 years of working with children and families. Specialised in trauma work and treatment, how trauma impacts individuals and families. Background in working with children and families in Iceland and for Barnardo's in Glasgow UK. Currently working as clinician in a mental health team in Iceland as a family therapist and in trauma treatment. In addition working for the University of Iceland social science department.

Dzmitry Karpuk, (CTTN & CTI) Trainer, Supervisor, Consultant & Systemic Family Psychotherapist (MSC, UKCP & AFT Accred) & Celia Dawson, (CTTN & CTI), Trainer & Person-Centred Psychotherapist, Certifying Coordinator at the International Focusing Institute (USA)

'Working with Nightmares, Sleep Terrors & Dreams: from narrative to embodied re-processing'

Dzmitry Karpuk, (CTTN & CTI) 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 15 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 & CTI), 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.

Further details on the presentation are coming soon.

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Rod Aungier - Counsellor, Somatic Developmental Psychotherapist, BACP reg

'You and me and the baby makes three'

Rod trained originally at the Gestalt Psychotherapy Training Institute in York and Metanoia in London. Prior to this he had worked in Analytical Chemistry and Brain Injury Rehabilitation. He followed his embodied relational interests and gained the post graduate Diploma in Somatic Developmental Psychotherapy in New York as well as attending Embodied Relational Therapy workshops in Yorkshire with Nick Totton and Allison Priestman. Other influences include Michael Clemmens and Julianne Appel-Opper who both embrace the Somatic and relational aspects of practice. Rod has spent twenty years variously working with childhood trauma and substance misuse and cross-culturally with asylum seekers and victims of torture as well as working at York Natural Health with their philosophy of finding the most natural ways of working with trauma and healing. Rod subscribes to the UKAHPP (UK Association for Humanistic Psychology Practitioners) code of ethics and believes that all human beings are happier and less stressed when they are able to act in a congruent manner. Rod is retiring from regular practise but is very active in training and writing for various Gestalt, Embodied and Complex Trauma organisations. Relational approaches generally look at two people but in reality there is an emergent relational element which is a product of the initial interaction. This presentation looks at the hows and whys of what occurs at the relational boundary between therapist and client.

Dr Melanie Salmon - MBBCh (Rand) - Ex UK General Practitioner and Gestalt Psychotherapist

'Healing complex trauma effectively and simply, using the subconscious mind'

Medical doctor, Gestalt psychotherapist, trauma specialist and teacher, Dr Melanie Salmon has committed her life to the exploration and practice of healing. During her 40-years in medicine, she became increasingly frustrated with the limited ability for pharmaceutical drugs to treat the cause of health issues including psycho-emotional conditions in her patients. To Dr Salmon, it became clear that these problems were related to a dysfunctional nervous system caused by unresolved and unhealed trauma. This understanding led her to leave medicine to seek out a better way. In 2008 she found it. Combining the best from many modalities including Gestalt psychotherapy, neuroscience and epigenetics – drawing inspiration from both the traditional and modern – Dr Salmon created Quantum Energy Coaching (QEC), revolutionising the way we approach healing.

"Of all the things I've ever done, I've ever invested my time and resources in, this is the one that has changed me forever" – Jane Evans, coach, author and TED Talk presenter A simple, yet profoundly effective method that works with the subconscious mind, QEC is a clinically-usable tool that heals the effects of past trauma and changes limiting beliefs rapidly and safely. Following early success, QEC soon established a global following, inspiring Dr Salmon to offer training in the methodology and to build a team of practitioners who today, use QEC to heal thousands all around the world. A globally respected

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thought-leader and healer, Dr Salmon's online Practitioner Training programmes – complemented by her portfolio of courses – are internationally attended and celebrated. She continues to practice QEC with her patients, inspired daily by the life-changing experiences in their sessions together.

W: <https://qecliving.com/origins/>

I took early retirement from General Practice 12 years ago to find a better way to heal my patients who suffered the consequences of complex trauma. The end result was the development of a new healing modality, which I called QEC (Quantum Energy Coaching). QEC combines Gestalt dialogue with Neuroscience and is highly effective for all ages, from 7 to 97. The method creates a Gamma Brain wave in seconds which is the optimal state to allow the neuroplasticity of the brain to 'rewire' itself around new, preferable belief systems. Over a decade of working with this modality has shown the effects to be rapid and permanent, especially for difficult, long-standing issues originating from childhood trauma. As founder and trainer I teach my technique globally online and have developed a community of thousands of practitioners who report incredible success with traumatised people - once believed to be beyond help. This lecture looks at the QEC method with a particular focus on the work I do – and the success I have – with families and children.

My work with children began approximately nine months ago, after I was approached by several parents who requested my help. Up until this point, I had worked strictly with adults, unsure of how a child would take to QEC; however, the interest from parents seeking help prompted me to turn my attention to how it could be done.

My concern from previous attempts to work directly with a child, using my subconscious work, was that the results were short-lived because the child returned to the energy field of the family home and principle carer.

I felt strongly that the approach would need to focus first on healing the traumas in the parents and shifting the family home energy field, so to speak, before tackling the child. In many instances this was sufficient for no further work to be needed. In some, as in this case study, the child had past trauma. I used the parent as a surrogate for the trauma work at the subconscious level of mind in the child

My talk will give you an insight into my subsequent work with families and children, and features a recent case study of a family and their 14-year-old girl – brought to me six months ago – whose life was completely transformed through QEC.

Kelly Jayne - Art Psychotherapist (HCPC)

'Art Psychotherapy and Complex Trauma: How Art Psychotherapy can be helpful to address adverse childhood experiences.'

Kelly Jayne is an Artist and Art Psychotherapist, specialising in treating adults who have experienced complex trauma. Jayne has spent her life engaging in and exploring art. Having gained a BA honours Degree in Fine Art in 2000 that led her to achieve recognition from the Pollock Krasner Foundation in New York, becoming one of the first members of the British Contemporary Painters group, and exhibiting internationally at venues including The National Gallery in Gdansk, MIMA, and Rugby Art Gallery and Museum. With a keen interest in supporting others by using art, Jayne gained a master's in art Psychotherapy in 2012. She has worked with a variety of client groups in a range of settings such as the National Health Service, the private and the voluntary sector, and as a private practitioner, then becoming

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the Founder of ArtsBase, a service supporting vulnerable people with the arts and Arts Therapies. Since qualifying as an Art Psychotherapist, Jayne has fulfilled roles such as Clinical Lead, Advisor, Consultant, Service Director, and Trustee of The Champernowne Trust.

In 2018 Jayne was successful in receiving a Scholarship with Northumbria University to pursue a PhD exploring what mechanisms and contexts of Art Psychotherapy support healing and recovery for adults who have experienced complex trauma.

Jayne is a Visiting Lecturer for the Art Psychotherapy Masters course with Chester University, an Advisor for The Champernowne Trust, and Art Psychotherapist providing treatment and clinical supervision for Barchester Healthcare and private clients.

The purpose of Kelly Jayne's research was to evaluate the extent to which one therapeutic intervention – Art Psychotherapy – can influence the symptoms of Complex Trauma and provide healing. Whilst there is a reasonable evidence base for the uses and effectiveness of Art Psychotherapy in general, there has been little causal analysis of which components and contexts of Art Psychotherapy can prove effective. This presentation will explore the findings of her research and highlight components and contexts of Art Psychotherapy practice that report to be mostly effective in supporting healing and recovery. Examples of how the findings can be implemented will be discussed, using the development of her treatment manual – Unification Neuro-informed Trauma Reconsolidation Art Psychotherapy (UNTRAP) as a grounding.

Irina Marenica - Business Psychologist

'Neurodiversity workplace inclusion barriers: an overview of associated challenges as well as the role of trauma, and supporting resources'

Irina is a Business Psychologist & Neurodiversity Specialist. She uses principles of Occupational and Clinical Psychology in her practice aiming to provide an approach that is evidence-based, ethical, solution-focussed, and inclusive to all.

Irina brings extensive experience in the delivery of diagnostic and workplace needs assessments across a variety of sectors and industries. She works with individuals with complex health needs and neurodiversity in employment and adult education.

Irina provides informed support and guidance to senior organisational leadership, D&I, HR as well as education specialists in the UK and globally. She provides advice on policy in order to enable neurodiverse potential and provide a positive and inclusive environment. Irina shares a commitment to raising awareness about neuro-minorities and facilitating positive change. Irina has an MSc in Occupational Psychology from Birkbeck, University of London and is completing a doctoral-level qualification in Occupational Psychology with British Psychological Society. Irina previously completed an MSc degree in Clinical Psychology and worked in related settings.

The current presentation will provide a holistic awareness of neurodiversity in a workplace context focusing on the challenges individuals may experience and how this can connect to a wider experience of trauma and aspects of learnt helplessness. It will also introduce associated resources as well as supporting systems that can allow employers / organisations to facilitate inclusion for neuro-minorities.

Beth Hamilton - BSc O.T., M.H.G.I., N.L.P., M. Trauma Specialist

'Using the Polyvagal theory and ladder to teach clients with complex PTSD about their nervous system and how they can self manage it'

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Historically, I spent 20 years working as an Occupational Therapist in the NHS moving from one field to another gaining vast amounts of knowledge about 'Health and Wellbeing'. Understanding that helping people with their physical problems only was not enough, I went on to qualify as a Human Givens psychotherapist and have spent the last 20 years running a very busy private practice in Manchester. I also work for PTSD Resolution, a charity that provides psychotherapy for military personnel and their families. I also work for the Red Poppy Company providing psychotherapy to help people get back to work after an absence. On retirement from the NHS I developed, set up and ran several health and wellbeing programs for MIND in Bradford, including a 12 week 'Self manage yourself and your pain'.

Complex trauma changes the nervous system (NS) in many, many different ways, the person becomes constantly on guard waiting for danger, perceiving threat where there is none, OR they completely numb down. And in time cells in their body/brain change, they become neurodivergent. The Polyvagal ladder is a visual tool to help people understand their NS, identifying the three different areas and which one they might be operating in and how they can move themselves out of one area and move to the top of the ladder.

Dr Art O'Malley - BA MB BCh BAO DCH MRCGP Dip Clin Supervision FRCPsych

'Using Sensorimotor-EMDR for Complex and Combat related PTSD'

Dr O'Malley has practiced as a medical doctor since 1990 and as a consultant child and adolescent psychiatrist from 2004 until 2017 for the NHS. As an EMDR consultant accredited since 2008 he sees patients with PTSD and complex trauma across the lifespan. He has presented widely in the fields of trauma, neglect and the developing brain, attachment disorders, personality disorders, emotional dysregulation in ADHD and ASD diagnosis and management. He supervises therapists towards accreditation as both Practitioners and Consultants in EMDR. In Jan 2011 he became a fellow of the royal college of psychiatrists. He first presented this therapeutic approach at the annual conference of the International Society for the Study of Trauma and dissociation in November 2011 in Canada and at the Bowlby Centre in London. His books the Art of BART was published in March 2015. The second book Sensorimotor Focused EMDR: A new paradigm for Psychotherapy and Peak Performance was published in 2019. Both are available from www.routledge.com A booklet for families explaining the therapy called, "Buzzing the Blues" can be downloaded from his website www.artomalley.com

W: www.artomalley.com

This treatment programme involves the integration of several well established and some novel therapeutic approaches. The first is Sensorimotor Psychotherapy or SP. This is a bottom-up approach to psychotherapy which was developed by Pat Ogden, Kekuni Minton and Clare Pain. They published their seminal textbook on Trauma and the body in 2006. Courses in SP were initially delivered from Boulder, Colorado where the Sensorimotor Psychotherapy Institute was formed. An affiliated training programme was set up by Liz Hall in Lincoln England. I completed my level 1 training in SP in 2008-2009.

The second is EMDR which is a top-down approach to psychotherapy developed by Francine Shapiro from 1987 onwards. It is used mainly for traumatic stress and other mental health problems and involves themes from many other therapies with the unique feature of dual attention and bilateral stimulation responsible for its clinical effectiveness. Combining these approaches enables intensive treatment for disorders such as ADHD, Asperger's Syndrome, Mood and eating disorders, phobias, and deliberate

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self-harm. I have added to Sensorimotor-EMDR the new fields of the Quantum field of Psychotherapy and Deep Brain Reorienting. The latter was developed by Dr Frank Corrigan, an adult psychiatrist based in Scotland. I will be presenting during this talk my REMAKE protocol which provides a bespoke method of uploading newly created positive outcomes into long term hippocampal memory once desensitization of the traumatic memory has occurred.

Combining all these techniques allows for treatment of complex trauma and associated dissociative symptoms. Patients are shown how to develop mental toughness and resilience leading to more optimal functioning. There is increasing evidence applying this approach leads to post traumatic growth. I have used S-EMDR in the management of the emotional aspects of physical health problems such as complex pain and in the treatment of neglect and emotional, physical, and sexual abuse. The talk will address these issues with clinical examples and there will be time for delegates to discuss how this approach might apply to their own patients and clients.

Arlette Kavanagh - Systemic & Family Psychotherapist, UKCP Reg & Accred (MSc, BSc, MBPsS).

‘Digital Therapy: A Framework for Remote Practice- Expanding the reach of complex trauma work’

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.

Further details on the presentation are coming soon.

Phillipa Norton - Psychotherapist and Counsellor (MA) Independent member BACP

‘The calm in the Storm’

Counselling in prison - female estate specific. The difference between working in the community vs. prison and how this works in practice. Trying to be trauma-informed in a potentially traumatic environment.

Further details on the presentation are coming soon.

John Boulderstone - Complementary Therapist

‘The structure of trauma clearing using the Boulderstone Technique’

John has a background in teaching Mathematics and Alternative Medicine. He started developing the Boulderstone Technique 25 years ago and has been using it in clinical practice ever since. He is the author of “Living with Vitality”. John’s aim has always been to find a quick, painless and lasting solution to health problems.

The Boulderstone Technique clears trauma non-verbally in minutes. The format of each clearing session

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is consistent. The four steps to clear trauma are: establish peace, deal with the inability to connect with the trauma, deal with the inability to disconnect from the trauma and deal with the agitation state. I will also address the problems that arise from working with traumatised people. The talk will include a video demonstrating the technique.

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