



(Zoom) 7th International Complex Trauma Conference: Sharing Perspectives

30th of Aug 2025, or **watch on demand for 9 months'** access (6 live + additional prerecorded presentations = 26 altogether).

***Live Event on August 30, 2025 (09:30 - 15:45 UK time) – Featuring 6 live presentations only.** Please note: Not all presenters will be speaking live on 30th August. **The conference includes 26 presentations: 6 live sessions on 30th August, plus a range of additional pre-recorded talks.** All sessions will be available on-demand for 9 months starting from 5th September 2025. You will receive a 15-hour CPD certificate after viewing all presentations and submitting the feedback form.

Live Sessions – 30 August 2025-YOU CAN WATCH RECORDINGS

09:15 - Arrivals 9:30 - 09:35 - Welcome & Introduction

09:35 - 10:20 - 1. Richmond Heath (Australia), Trauma Specialist & Physiotherapist & , TRE Certification Trainer - **Live presentation on 30th Aug** (also available as recording after 5th Sep 25):

Title: TRE - Trauma Resilience Exercises for Life-Long Learning; Letting Go

10:20 - 10:25 - 5 Minute Break

10:25 - 11:10 - 2. Karla Dolinsky (Canada), Counsellor and Psychotherapist, - Counsellor and Psychotherapist in Private Practice & EMDR Therapist, Crime Victim Assistance Programme (CVAP) based in Victoria, British Columbia, Canada - Live Presentation- **Live presentation on 30th Aug** (also available as recording after 5th Sep 25)

Title: Questions as Stabilising Interventions: Fostering Curiosity to Open up the Narrative Script

11:10 - 11:25 - 15 Minute Break

11:25 - 12:10 – 3. Dr Clare Finegan (Ireland), psychotherapist and clinical supervisor, prerecorded - (available as recording after 5th Sep 25) - **Live presentation on 30th Aug** (also available as recording after 5th Sep 25)

Title: Bridging Gaps in Educational and Mental Health Systems to Support School Staff and Students during Crisis;

12:10 - 12:15 – 5 Minute Break

12:15 - 13:00 – 4. Yuko Micus (United Kingdom), - Art Psychotherapist, Certified Yoga Teacher, HCPC. Yuko works with adults and older adults for Devon Partnership Trust (NHS), specifically with individuals who experience complex trauma. **Live presentation on 30th Aug** (also available as recording after 5th Sep 25)

Title: Practical Tools to Expand the Window of Tolerance

(Zoom) 7th International Complex Trauma Conference: Sharing Perspectives

30th of Aug 2025, or **watch on demand for 9 months'** access (6 live + additional prerecorded presentations = 26 altogether).

13:00 - 13:30 Lunch Break

13:30 - 14:30 – **5. Dr Scott Sells (US)** - PhD, MSW, LCSW, LMFT, creator of the Family Systems Trauma model - **Live presentation on 30th Aug** (also available as recording after 5th Sep 25)

Title: When All Hell Breaks Loose: How to Treat Disrespect or Aggression in Kids

14:25 - 14:30 – 5 Minute Break

14:35 - 15:25 - **6. Professor Sarah Morris (The UK)**, Professor of Digital Forensics, Deputy Head of School (KEE), University of Southampton, Member, BFEG & Police Science Council & **Carol Brooks (The UK)** Business & Cyberpsychologist, BPS Cyberpsychology Section Committee Member, Leadership & Cyber Resilience Specialist, University of Huddersfield.- **Live presentation on 30th Aug** (also available as recording after 5th Sep 25)

Title: Symposium: Beyond the Screen: Trauma-Informed Strategies for Safeguarding Digital Forensic Investigators – A Global Complex Trauma Response

15:25 - 15:45 - Shared Feedback, Reflections & Closing...

Full Programme – Live & Recorded Presentations with Topics & Speakers

1. **Richmond Heath (Australia)**, Trauma Specialist & Physiotherapist & , TRE Certification Trainer - **Live presentation on 30th Aug** (also available as recording after 5th Sep 25):
Title: TRE - Trauma Resilience Exercises for Life-Long Learning; Letting Go
This presentation will provide you with an opportunity to experience the revolutionary use of spontaneous 'neurogenic tremors' to reduce stress; anxiety, release shock, prevent vicarious trauma; pre-train neurobiological resilience through the trauma-informed lens of TRE. Using a polyvagal-informed movement-based model of stress & trauma TRE deliberately invokes an innate mammalian response that not only helps to optimise recovery, but also empowers us to evolve; grow through the successful integration of stress; trauma as well. As the motor system offers a direct bottom-up entry point for the auto-regulation of the ANS the knowledge & use of TRE can also help to strengthen; support cognitively-directed self-care approaches such as mindfulness, breathwork & exercise programs such as Yoga & Pilates. As TRE requires little mental focus or physical effort & can be used in as little as 5-10 minutes either alone or in groups this presentation will provide you with a profound

(Zoom) 7th International Complex Trauma Conference: Sharing Perspectives

30th of Aug 2025, or **watch on demand for 9 months'** access (6 live + additional prerecorded presentations = 26 altogether).

self-care tool to debrief your body after traumatic events, entrain peak-performance flow states; empower an ever-deepening capacity for 'letting go' at a somatically-based subconscious level for the rest of your life.

Richmond Heath is a Physiotherapist, TRE Certification Trainer; the Founder of TRE Australia. Since 2010 he has taught TRE to more than 6000 people in a diverse range of settings including survivors of natural disasters; mass-scale trauma. In 2021 he created the world's first online TRE course with more than 13,000 enrolments to date & in 2024 provided live online TRE training to more than 400 Ukrainians.

2. **Karla Dolinsky (Canada)**, Counsellor and Psychotherapist, - Counsellor and Psychotherapist in Private Practice & EMDR Therapist, Crime Victim Assistance Programme (CVAP) based in Victoria, British Columbia, Canada - Live Presentation- **Live presentation on 30th Aug** (also available as recording after 5th Sep 25)

Title: Questions as Stabilising Interventions: Fostering Curiosity to Open up the Narrative Script

Often, after experiencing a distressing event or series of events (such as abuse or neglect in childhood or in the work environment), we can create a script or we adopt a script that is culturally prominent or valued (including workplace culture). If a client has experienced an unexpected airline incident, for example, this presumably will leave one with a lifelong fear of flying. Or we adhere to the script that First Responders are a rare breed and are trained to continually move toward danger or what the general population may see as ghastly situations without serious ongoing adverse effects.

In my experience in Private Psychotherapy Practice, I've found that how we as Mental Health Professionals ask questions can be helpful in shining a light on the limitations of some culturally constructed scripts. In addition, certain curious questions can help cue the client to see how they have experienced something unique to them and that they also come to the situation with unique skills and capacity. Questions that co-create curiosity in the client, that is informed by our experience as mental health professionals who work in the field of trauma, can be very helpful in stabilizing the client by turning them away from certain scripts that can be further debilitating. My presentation will include a discussion on: questions related to definitions and terms; introducing the idea of micro-resistance or moments of agency; awareness of somatic experiences/symptoms; relational aspects that sometimes go unnoticed.

Karla Dolinsky is a Counsellor and Psychotherapist in Private Practice based in Victoria, Canada and the UK. Karla is also trained in EMDR, with advanced specialized training to

(Zoom) 7th International Complex Trauma Conference: Sharing Perspectives

30th of Aug 2025, or **watch on demand for 9 months'** access (6 live + additional prerecorded presentations = 26 altogether).

work with clients experiencing the effects of trauma and dissociative states. Karla is also specialized to work with First Responders and with individuals who require Critical Incident Stabilization.

She delivers training, psychotherapy and clinical supervision in person and to clients in many countries through online platforms. Karla is skilled in working with very complex cases in addition to helping individuals ponder the deeper meaning in their lives. Karla also works as a Trainer with the Complex Trauma Institute and works as a Mental Health Contractor for Blake Emergency Services in the UK and worldwide.

3. **Dr Clare Finegan (Ireland)**, psychotherapist and clinical supervisor, prerecorded - (available as recording after 5th Sep 25) - **Live presentation on 30th Aug** (also available as recording after 5th Sep 25)

Title: Bridging Gaps in Educational and Mental Health Systems to Support School Staff and Students during Crisis;

We live in a time when encountering one crisis after another has become the norm for school staff and students in their care. This presentation draws on recent qualitative research in Ireland that illuminated the impact of student suicide on the school organisation. It exposed distinctive factors in the overall system contributing to the school's experience of organisational trauma when coping with suicide crisis aftermath. Due to the prevalence of anxiety and depression and the rate of youth suicide, school communities are likely to encounter critical incidents. International literature highlights the often severe effects of organisational trauma on mental health professionals. School staff who also work on the front line, are equally vulnerable to similar risk of adverse impact when exposed to trauma. Participants in the study reported a 'gap', a systemic disconnect in the mental health support services to adequately serve the mental health and well-being needs of vulnerable school communities in the aftermath of student suicide. The vision is to bridge the systemic gap to better serve the needs of school communities while trying to mitigate systemic harm. I am a Lecturer at Maynooth University Ireland, a practising psychotherapist and clinical supervisor for the DE Ireland. I am a Director on the National Executive Board of Irish Guidance Counsellors, IGC.

4. **Yuko Micus (United Kingdom)**, - Art Psychotherapist, HCPC. Yuko works with adults and older adults for Devon Partnership Trust (NHS), specifically with individuals who experience complex trauma, and also in the field of dementia. **Live presentation on 30th Aug** (also available as recording after 5th Sep 25)

(Zoom) 7th International Complex Trauma Conference: Sharing Perspectives

30th of Aug 2025, or **watch on demand for 9 months'** access (6 live + additional prerecorded presentations = 26 altogether).

Title: Practical Tools to Expand the Window of Tolerance

The Window of Tolerance framework helps individuals understand and regulate their nervous system responses to stress and traumatic events. Trauma and chronic stress can lead to frequent shifts into hyperarousal (anxiety, panic) or hypoarousal (numbness, dissociation). This presentation explores practical, evidence-based tools for expanding the Window of Tolerance, supporting emotional regulation, and enhancing resilience. Participants will learn: Body-based techniques, including breathwork and grounding exercises, to stabilize the nervous system. Mindfulness-based approaches to strengthen emotional awareness and flexibility.

This session is designed for clinicians, mental health professionals, and those working with trauma-affected individuals, providing actionable interventions to foster stability and recovery.

5. **Dr Scott Sells (US)** - PhD, MSW, LCSW, LMFT, creator of the Family Systems Trauma model - **Live presentation on 30th Aug** (also available as recording after 5th Sep 25)

Title: When All Hell Breaks Loose: How to Treat Disrespect or Aggression in Kids

Extreme disrespect involves the entire family – shouldn't your treatment do the same? It's a family problem with a family solution, but the parents often want no part in treatment ("Just fix my kid"). Professionals are frequently not trained in family therapy and do not have the specialized tools for this population. It's the perfect storm. When this happens, these types of kids are treated individually or hospitalized but relapse when returned to the same unchanged family. Dr. Scott Sells will teach how parents can be motivated to go from "Just fix my kid" to "We all need to change." Video case examples will be used to demonstrate what causes "button pushing" and interactional trauma between parents and kids. **Session Objectives** 1. Learn how parents can be motivated to go from "just fix my kid" to "we need to all change." 2. Learn how to quickly diagnose the root causes of the child's disrespect by focusing on "undercurrents." 3. Learn what causes "button pushing" or interactional trauma between parent and child.

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,

(Zoom) 7th International Complex Trauma Conference: Sharing Perspectives

30th of Aug 2025, or **watch on demand for 9 months'** access (6 live + additional prerecorded presentations = 26 altogether).

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/>

6. **Professor Sarah Morris (The UK)**, Professor of Digital Forensics, Deputy Head of School (KEE), University of Southampton, Member, BFEG & Police Science Council & **Carol Brooks (The UK)** Business & Cyberpsychologist, BPS Cyberpsychology Section Committee Member, Leadership & Cyber Resilience Specialist, University of Huddersfield.- **Live presentation on 30th Aug** (also available as recording after 5th Sep 25)

Title: Symposium: Beyond the Screen: Trauma-Informed Strategies for Safeguarding Digital Forensic Investigators – A Global Complex Trauma Response

As digital evidence becomes central to modern justice, intelligence, and humanitarian operations, Digital Forensic Investigators (DFIs) are increasingly embedded within institutions, agencies, NGOs, and military operations across theatres of conflict, disaster zones, and cyber-threat environments. These professionals are exposed to extreme psychological stressors—distressing digital content, moral injury, cyber harassment, chronic legal pressure, and professional isolation. Yet, trauma-informed models of prevention and support are underdeveloped across sectors. This symposium explores a layered, trauma-informed response to the psychological and ethical challenges facing DFIs. Framed by both top-down organisational reform and bottom-up practitioner empowerment, it integrates lessons from complex trauma therapy, forensic psychology, and cyberpsychology to build a sustainable, human-centric ecosystem of care. We ask: How do we protect those protecting us in the digital and intelligence space—especially in high-conflict or high-risk environments? Delegates will be invited to explore: The neurobiological and psychosocial consequences of digital trauma exposure. Embodied and systemic resilience strategies. Innovations in trauma-informed leadership, reflective practice, and mental health-integrated CPD. The ethical duty of care in multinational operations and humanitarian mandates. This symposium will be of critical value to therapists, forensic psychologists, trauma-informed leaders, legal experts, and humanitarian responders working at the intersection of technology, trauma, and justice.

7. **Dr Scott Giacomucci (US)**, DSW, LCSW, BCD, CGP, FAAETS, TEP Director/Founder, Phoenix Center for Experiential Trauma Therapy in Media PA; Trauma Therapist, Trainer, Author, and Researcher, prerecorded - (available as recording after 5th Sep 25)

(Zoom) 7th International Complex Trauma Conference: Sharing Perspectives

30th of Aug 2025, or **watch on demand for 9 months'** access (6 live + additional prerecorded presentations = 26 altogether).

Title: Trauma-Focused Psychodrama: An Experiential and Effective Treatment for CPTSD

This workshop explores the application of trauma-focused psychodrama as an effective treatment for Complex PTSD (CPTSD), which can be applied in group or individual settings. The basics of sociometry and psychodrama theory and practice will be introduced. The value of action, movement, creativity, and spontaneity will be emphasized. Trauma-focused psychodrama integrates trauma-informed care with role playing techniques and other action methods to facilitate emotional healing, build resilience, and promote post-traumatic growth. Unlike traditional talk therapy, psychodrama engages the body, emotions, and relationships to rework traumatic experiences in a contained and reparative manner. The risks of retraumatization with psychodrama will be discussed. Participants will gain insights into ethical considerations, psychodrama interventions, and other experiential group processes for working with trauma survivors.

Dr. Scott Giacomucci, DSW, LCSW, BCD, CGP, FAAETS, TEP, is the Director/Founder of the Phoenix Center for Experiential Trauma Therapy in Pennsylvania. He teaches trauma-focused psychodrama at Bryn Mawr College Graduate School of Social Work and University of Pennsylvania's Doctorate in Clinical Social Work program. He is the author of *Social Work, Sociometry, & Psychodrama* (2021, 500,000+ downloads), *Trauma-Informed Principles in Group Therapy, Psychodrama, and Organizations* (2023), along with multiple research studies, articles, and book chapters. Scott regularly presents at local/global events and has received various awards/recognition for his work.

- 8. Michael Guiding (United Kingdom),** Psychotherapist and Clinical Supervisor in private practice - prerecorded - (available as recording after 5th Sep 25)

Title: Reflections on Fear and Love

Fear and love are the two great forces that shape our lives as human beings. They are not abstract ideas, but powerful biological systems, constantly altering our body's metabolism, our thoughts and our behaviour. Our fear responses are necessary for our self-defence, but we can get stuck in "fear-mode", and this shuts down the biological systems which enable us to relate to and cooperate with others – undermining our capacity to love. Recently we have seen levels of fear and hostility rise throughout the world and a decrease in tolerance, and compassion. When fear is the dominant force in our lives, we lose our ability to be sociable and we live in misery. When love is the dominant force, we feel a sense of connection to others and can experience joy and

(Zoom) 7th International Complex Trauma Conference: Sharing Perspectives

30th of Aug 2025, or **watch on demand for 9 months'** access (6 live + additional prerecorded presentations = 26 altogether).

contentment. Michael Guiding, a retired psychotherapist, examines fear and love from the perspective of human biology, and reflects on what each of us might do to shift the balance between these forces.

9. **Sara Lyford**, Crisis Worker at Oxfordshire Mind (**United Kingdom**), (available as recording after 5th Sep 25):

Title: Suicide – Expectations and Myths

The delivery is about the misconceptions and assumptions surrounding suicide and suicide ideation. We start with scenarios to consider and move through a contact to assess the experience of the suicidal person. This includes consideration of safety factors, protective factors and the reality behind any theories. We examine common language used in trauma care and how a review of some of these may result in a better interaction between care giver and care seeker. We end with describing the when and how to ask – are you thinking of ending your life. I work for Mind as a Crisis Worker within Mental Health. We support people perhaps at the end of their mental health journeys, they come to us when they've been everywhere else. Our challenge is to help them find hope, or at least to carry hope for them until we can move them onto other places of support. I have also worked in a men's prison, I was a Samaritan for 5 years, spending two years as Training Director for the branch. I have lost both friends and family to suicide. Suicide is a subject I can answer questions on.

10. **Ruth Cohn (US), MFT, psychotherapist, prerecorded** - (available as recording after 5th 2025)

Title: The Vast Universe of Nothing: A Neglect-Informed Approach to Complex Trauma

Neglect is a long-neglected category of developmental trauma—overlooked in the world and in our field. Survivors often say, “But nothing happened to me!” And that is precisely the problem. Neglect is a vast universe of nothing—of missing experiences that shape a person's sense of self, trust, and capacity for connection. In this workshop, Ruth Cohn, MFT, will illuminate the profound impact of neglect and offer a practical roadmap for treatment. Participants will learn the rudiments of the neuroscience of neglect, how to recognize its signature markers—the “neglect profile”—and how to bring precision and sensitivity to clinical work with this long- overlooked population. Ruth will outline the essential tasks of recovery, providing actionable strategies to help clients rebuild self-worth, develop internalized security, and strengthen their relational capacity. Through case examples and clinical interventions, this session will offer a tangible,

(Zoom) 7th International Complex Trauma Conference: Sharing Perspectives

30th of Aug 2025, or **watch on demand for 9 months'** access (6 live + additional prerecorded presentations = 26 altogether).

applicable guide for therapists seeking to better understand the deep relational wounds of neglect and the steps required for healing. Attendees will leave with a refined skill set to support clients in moving beyond the absence of care into a fuller, more connected experience of self and relationships.

Ruth Cohn, MFT, is a psychotherapist living and practicing in the San Francisco Bay area. She has been specializing in work with survivors of trauma and neglect, their intimate partners, and families since 1988. She is a Certified Sex Therapist, certified in Neurofeedback, EMDR, Sensorimotor Psychotherapy, and Imago Relationship Therapy. Ruth is also the author of numerous articles on sexuality, trauma, and neglect and three books: Working with the Developmental Trauma of Childhood Neglect: Using Psychotherapy and Attachment Theory Techniques in Clinical Practice, Coming Home to Passion: Restoring Loving Sexuality in Couples With Histories of Childhood Trauma and Neglect, and Out of My Mind: Late Night

11. Rebecca Walls (United Kingdom), Clinical Nurse Specialist in Deaf Mental Health, South Yorkshire Service for Deaf People with Mental Health Needs

Title: Psychological trauma in deaf British Sign Language users

Trauma is often associated with events such as sexual or physical abuse, war, terrorist attacks, natural disasters, traffic collisions, accidents and the death of a loved one. However, it is known that some cultural minority groups experience trauma which can lead to mental health difficulties. One such community where there is little research is the deaf community. The deaf community consists of individuals who are deaf and use British Sign Language (BSL) as their first language. Deaf people may be subject to trauma due to the stigma and discrimination that can arise from being a culturally minority group thus threatening their well-being. This is often not recognised, leading to further harm inflicted upon minority populations. Barriers to accessing psychological support regarding trauma include difficulties accessing services, difficulties in providing services, diagnostic issues, and the barriers to providing appropriate care for the deaf individual following trauma. This presentation will talk about the deaf community from personal experience and available literature reviews, some of the potential traumas they experience due to the nature of being deaf and possible recommendations for how these may be overcome. Gaps in research will be discussed.

(Zoom) 7th International Complex Trauma Conference: Sharing Perspectives

30th of Aug 2025, or **watch on demand for 9 months'** access (6 live + additional prerecorded presentations = 26 altogether).

Biography Rebecca Walls is a registered mental health nurse and has worked in the field of mental health with the deaf community for over 20 years. This was initially in specialised inpatient psychiatric units for the deaf population (British Sign Language (BSL) users) and for the past 15 years in a specialist service within the community. She has an interest in psychological trauma and the deaf community and focusing on research in this area.

- 12. Dr David Muss (United Kingdom)**, the founder of the Rewind Method, , prerecorded - (available as recording after 5th Sep 25)

Title: The Rewind Technique: An Evidence-Based Approach to Alleviating Trauma-Related Symptoms, Including Intrusive Memories, Hypervigilance, Emotional Dysregulation, and Avoidance Behaviours

Originator of the Rewind Technique back in 1991 and subsequent founder of the International Association for Rewind Trauma Therapy Dr. Muss has been treating PTSD for civilians and military for 33 years. 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.

- 13. Kyd Shepherd (France)** , Clinical psychologist, prerecorded - (available as recording after 5th Sep 25)

Title: Pseudologia Fantastica (ie pathological lying) as a possible outcome of complex trauma.

Pseudologia Fantastica is an interesting syndrome as it commonly talked about yet remains elusive in many regards. Thus the aims of this presentation will be to shed light

(Zoom) 7th International Complex Trauma Conference: Sharing Perspectives

30th of Aug 2025, or **watch on demand for 9 months'** access (6 live + additional prerecorded presentations = 26 altogether).

on it purpose within the mind as well as potential unconscious ramifications with complex PTSD.

Kyd Shepherd is a clinical psychologist working in France. He works both in an medical-social institution and in a private practice. Over the years he has offered psychodynamic and existential psychotherapies for patients with Complex PTSD.

14. **Julie Duguid (The UK)**, Human Needs & Resources Psychotherapist & Therapeutic Coach, Resonant Healing Practitioner (Trauma Focused Neuroscience Based Certification) in private practice (available as recording after 5th Sep 25)

Title: Creating Space for Loss

Do you have permission to acknowledge and express Loss? Is sorrow for Loss the same as grief? These might seem like strange questions and yet they are so important to know the answers to. Underneath a lot of anger, blame and shame is a Loss and a need to acknowledge the sorrow of this Loss. Too often people associate grief with the Loss of a loved one, and yet we can experience Loss of many types. Join me as I help explain the different types of Loss and the swirly nature of Processing Loss and how important this can be for healing from trauma.

Julie Duguid, Integrative Psychotherapist, Therapeutic Coach and Resonant Healing Practitioner (Trauma Focused Neuroscience Based Certification) in private practice. Julie has an Integrative Post graduate diploma, which is a therapeutic model that starts from the premise of what it is to be human. Focusing on our human needs and the resources given to meet these needs. Trauma and our response to trauma can be a big barrier to meeting our needs in balance. Working with a varied spectrum of people trying to find inner understanding and security, Julie uses a variety of stress & trauma healing processes to help remove those barriers, which helps people move out of 'Survive' mode and into 'Thrive' mode.

15. **Antonio Martin-Bejarano Garcia (Spain)**, Clinical Psychologist , Gibraltar Health Authority, HCPC

Title: Treating Trauma: Three Clinical Cases

Treating Trauma: Three Clinical Cases explores the practical application of evidence-based interventions across three distinct presentations of trauma. Through a clinical lens, this presentation examines the therapeutic journeys of individuals facing

(Zoom) 7th International Complex Trauma Conference: Sharing Perspectives

30th of Aug 2025, or **watch on demand for 9 months'** access (6 live + additional prerecorded presentations = 26 altogether).

complex psychological distress following traumatic experiences. The first case illustrates the treatment of vicarious complex PTSD in a police officer using Cognitive Behavioural Therapy (CBT), highlighting the impact of secondary trauma and the restructuring of maladaptive beliefs. The second case focuses on a client with classic PTSD resulting from a single-incident trauma, treated with Eye Movement Desensitization and Reprocessing (EMDR), demonstrating the process of memory reprocessing and symptom resolution. The third case presents a family with Acute Stress Disorder (ASD) following a recent traumatic event, treated with Safety and Stabilization aimed at getting them back to functioning on their daily life. Together, these cases underscore the importance of tailoring trauma interventions to the individual's experience and clinical presentation, emphasizing the need for flexibility and trauma-informed care in clinical practice. In addition, the presentation offers reflections and comparisons across the three cases, identifying both pros and cons of the clinical experience.

Antonio Martin is a Spanish Clinical Psychologist registered with HCPC in the UK. He has been trained in a variety of approaches including EMDR, ACT and CBT. He has experience working with severe mental health disorders and trauma. Currently works for the Gibraltar Health Authority in the CMHT and also in the Mental Health hospital. Additionally, he is a trained supervisor and supervises psychologist, counsellors and trainees. He also has delivered training to healthcare professionals in various countries. Currently, he is a member of the Therapeutic Team of Blake Emergency Services & Stimulus, European firms in crisis management and mental health.

16. Prof. Tom Stoneham & Dr. R A Davies (United Kingdom), the University of York, (available as recording after 5th Sep 25)

Title: The Ethics of Trauma Memory

Prof. Tom Stoneham, Department of Philosophy, University of York

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.

17. Paul Gullon-Scott (The UK), BSc, MA, MSc, MSc, FMBPsS, Spectrum Consultancy Forensic Mental Health & Well-Being Lead, Visiting Fellow Southampton University, Associate Lecturer Anglia Ruskin University prerecorded (available as recording after 5th Sep 25)

Title: Inside the Bucket: My Experience as a Digital Forensic Investigator

(Zoom) 7th International Complex Trauma Conference: Sharing Perspectives

30th of Aug 2025, or **watch on demand for 9 months'** access (6 live + additional prerecorded presentations = 26 altogether).

Presentation as part of the Symposium: Beyond the Screen: Trauma-Informed Strategies for Safeguarding Digital Forensic Investigators – A Global Complex Trauma Response

- 18. Hans-Hermann Baertz (Germany)** , EFT Practitioner and Trauma Specialist, Berlin, (Germany), prerecorded - (available as recording after 5th Sep 25)

Title: *A Scientifically Validated Trauma Therapy Technique – Theory and Practice*

This presentation offers a comprehensive introduction to a proven trauma stabilization and therapy technique that has demonstrated exceptional effectiveness in crisis intervention. Despite being among the top 10% of the most extensively researched psychotherapeutic approaches worldwide, this method remains relatively unknown. You will learn about its origins, development, and the current state of scientific research. Additionally, we will explore why this technique is particularly valuable for ensuring safety and stabilization in crisis work. Drawing on experiences from international crisis settings—particularly in Ukraine—you will gain insights into its practical application. The session concludes with an opportunity to personally experience the method in a guided exercise and to ask questions.

Hans-Hermann Baertz is a German alternative practitioner specialised in psychotrauma therapy and trauma stabilisation. He started his own practice in 1992 and is also a professional seminar trainer for more than 35 years. He is trained in NLP, hypnotherapy, acupuncture, kinesiology, EFT, WingWave, TTT and much more. He is Director of the EFT Institute Berlin since 2007 and trains self-users, therapists, and coaches mainly in tapping acupuncture techniques, with a special focus on the practical benefits. Since 2016, he is involved in psychotrauma stabilisation training for psychological therapists and crisis workers in Ukraine.

- 19. Edy Nathan (US)** , licensed psychotherapist , author, and speaker specializing in the intersection of grief, trauma, and empowerment (available as recording after 5th Sep 25)

Title: *The Hidden Layers of Grief in Complex Trauma Recovery*

Edy will present on The Hidden Layers of Grief in Complex Trauma Recovery, exploring how grief often underpins trauma and impacts the healing process. She will provide actionable strategies for identifying and addressing grief in therapeutic settings, equipping participants with tools to help clients reclaim agency and move toward empowerment.

Edy Nathan is a licensed psychotherapist, author, and speaker specializing in the intersection of grief, trauma, and empowerment. With over two decades of experience,

(Zoom) 7th International Complex Trauma Conference: Sharing Perspectives

30th of Aug 2025, or **watch on demand for 9 months'** access (6 live + additional prerecorded presentations = 26 altogether).

she guides individuals and therapists in understanding how trauma and loss shape identity and offers practical tools to help clients navigate these profound experiences. Edy's approach integrates psychodynamic therapy, somatic awareness, and creativity to foster resilience and transformation.

20. **Amber Gray (US)** is a globally renowned expert in Dance Movement Therapy (DMT)
Title: Embodiment Practices for Complex Trauma (available as recording after 5th Sep 25)

In Embodiment Practices for Complex Trauma, Amber will focus on how therapists can incorporate somatic and movement-based practices into their work to support clients to reconnect with their bodies and cultivate resilience. This session will provide practical tools and insights that can be immediately applied, empowering therapists to deepen their skills and enhance clients' restorative process.

Amber Gray is a globally renowned expert in Dance Movement Therapy (DMT) and trauma-informed embodiment practices. With extensive experience working with populations affected by conflict, displacement, and systemic trauma, Amber integrates body-centered approaches to the restorative process for survivors of trauma that emphasize safety, connection, and healing through movement.

21. **Jake Dorothy (the UK)**, PhD Researcher at the University of York
Title: "Big chunks of blank memory": complex trauma and dissociative body memory

Research into traumatic memory has focused heavily upon re-experiencing symptoms. Features predominantly associated with complex trauma, such as gaps in the recollection of traumatic events, remain comparatively underexplored. Here, I draw on the testimonies of survivors of complex trauma who participated in a phenomenologically-informed survey. I provide a philosophical account of how survivors often experience memory blanks as inchoately disturbing, despite being unable to recount 'missing' events. The notion of body memory offers one way of articulating this phenomenon. Specifically, I suggest that the troubling feelings accompanying perceived gaps in recollection arise alongside a form of non-conceptual body memory, which, lacking in propositional content, fails to be meaningfully contextualised. Drawing on the literature on body memory, dissociation, and Husserl's internal time consciousness, I distinguish this as dissociative body memory and describe

(Zoom) 7th International Complex Trauma Conference: Sharing Perspectives

30th of Aug 2025, or **watch on demand for 9 months'** access (6 live + additional prerecorded presentations = 26 altogether).

two central, non-exhaustive, features: (1) habitual dissociation, and (2) protentive salience. What is taken to be a gap in traumatic memory is in fact only a partial gap, involving a kind of pre-reflective remembering that is not recognised as such. This additionally prevents the narrative integration required for minimising these perceived gaps, leading to an ongoing sense of foreboding concerning one's past. This theoretical account has significant clinical implications.

Jake Dorothy (they/them) is a PhD Researcher in the Department of Philosophy at the University of York. Their interests lie primarily within the philosophy of psychiatry, neurodiversity, and medicine. Their doctoral thesis is a phenomenological analysis of selfhood in complex trauma, a project for which they are also engaged in qualitative empirical research. Having a background in psychology, they are particularly concerned with how theoretical understandings of trauma and mental ill health may be fruitfully applied to clinical settings.

22. René Rodriguez (US), Certified DV Advocate, Professional Divorce Mediator, Parent Coordinator, custody consultant and creator of The Custody Blueprint® [prerecorded \(available as recording after 5th Sep 25\)](#)

Title: Custody Prep Evaluation: Navigating Custody, Trauma, and Disbelief

85–90% of family court judges make their decision based on what the custody evaluator recommends. Yet protective parents in custody disputes often carry complex trauma—not only from family court systems but also from histories of emotional, physical, or structural violence. And this can hurt the way they show up in these months-long custody evaluation investigations. These parents may face disbelief, blame, or pathologization when they raise concerns, which can retraumatize them and compromise children's safety. This session examines how evaluators and professionals inadvertently mirror broader systems of trauma. Drawing on my experience working with parents navigating coercive control, narcissistic abuse, and high-conflict custody battles, I'll outline trauma-informed approaches to support families during evaluations. Mental health professionals, custody evaluators, and system-involved clinicians will gain tools to help parents prepare their narratives, document concerns credibly, and engage evaluators while preserving their voice and integrity. Attendees will leave better equipped to recognize the subtle yet powerful ways systems re-enact trauma, and how to interrupt those patterns through validation, transparency, and safe collaboration. By

(Zoom) 7th International Complex Trauma Conference: Sharing Perspectives

30th of Aug 2025, or **watch on demand for 9 months'** access (6 live + additional prerecorded presentations = 26 altogether).

shifting how we engage in evaluations, we can help create court outcomes that reflect the full story—and truly center the safety and well-being of children. **Reneé** works with protective parents in a custody dispute with a high-conflict co-parent to prepare their family court case in order to get the custody arrangement that is best for their children. After succeeding in my own similar type of custody case, I founded Best Foot Forward Consulting in 2018 to guide others through the system with strategy and empowerment. Drawing from my background in strategy, mediation, and coaching, I created The Custody Blueprint®, a trauma-informed framework with 3 pillars: strategy, evidence, and mindset—so their children's safety is no longer left to chance.

23. Neresia Osbourne (United Kingdom), BACP-registered integrative therapist and therapeutic coach, (available as recording after 5th Sep 25):

Title: For those who die every night and wake up in the morning: Exploring the lived experience of Black mothers who endure traumatic births, resulting in brain – injured babies, in the medico – legal field.

Keywords: Discrimination; Birthing; Women; Disability; Race; Complex Trauma

Research Scope

Black mothers face disproportionately higher rates of maternal death, infant mortality, and complex trauma stemming from medical violence and obstetric racism. The routine denial of informed consent exacerbates long-term psychological harm. Historical contexts, such as the American Psychological Association complicity in establishing racial hierarchies, provide a critical foundation for challenging systemic injustices and advocating for transformative therapeutic practices.

Research Gap

There is a significant lack of research on the mental health of Blackmothers, particularly those raising children with complex needs. Studies rarely explore the intersection of race, disability, and the compounded impact of complex trauma, or Black mothers' pursuit of justice through medico-legal channels.

Research Question

How do biological racism and anti-Black identity perpetuate deficits in psychological research and psychotherapeutic practices addressing complex trauma in Black mothers?

Proposed Methodology

A Black existential feminist narrative framework examines the ontological impact of racism, complex trauma, and systemic inequalities on Black motherhood. Africana methodologies and phenomenological narratives will uncover the lived experiences of

(Zoom) 7th International Complex Trauma Conference: Sharing Perspectives

30th of Aug 2025, or **watch on demand for 9 months'** access (6 live + additional prerecorded presentations = 26 altogether).

mothering disabled children, deconstructing historical narratives and centering intellectual inclusion in counselling psychology.

Contribution

This study aims to address structural inequities and develop anti-racist, trauma-informed practices to support recovery and healing. By centering the lived experiences of Black mothers, it fosters resilience, validates their narratives, and promotes therapeutic approaches that empower Black women navigating complex trauma.

Neresia Osbourne is a MNCPS Accr., BACP-registered integrative therapist and therapeutic coach specializing in maternal health, birth trauma, multiple birth parenting, and supporting BIPOC families and carers of disabled and special needs children and young adults. She is a Court- appointed Deputy, collaborating with solicitors to manage financial and personal affairs, and a member of BABICM and the IRCM. She has a degree in Psychology and Counselling (MBPsS), a Postgraduate Diploma in Integrative Counselling and Coaching, and ongoing DCPsych training in Counselling Psychology and Existential Psychotherapy.

Video Presentation – Pending Submission

24. **Alexander Strashny (Hungary)**, psychiatrist, Director of the Institute of Biosuggestive Therapy, (available as recording after 5th Sep 25)

Title: Unusual cases of using Biosuggestive therapy in the correction of mental trauma

Biosuggestive therapy is a method used in Ukraine to reduce the impact of stress, to rehabilitate combatants and to correct mental trauma in military and civilian citizens. It is a short-term therapy. Its benefits have been confirmed by seventeen scientific studies, by feedback from medical doctors and psychologists, as well as from a large number of patients. During the presentation, the lecturer will report on several interesting cases from practice that will be able to provide information to conference attendees about whether the BST method is suitable for use in their practice.

Alexander Strashny received education at Kiev Medical University, Ukrainian Institute of Advanced Medical Studies, Vietnam National Institute of Traditional Oriental Medicine, Tavistok Model of Group Dynamic (San Rafael, USA), Hungarian School of Alternative Medicine. He has written a number of books, published in Germany, France, Italy, Spain, Hungary and other countries.

(Zoom) 7th International Complex Trauma Conference: Sharing Perspectives

30th of Aug 2025, or **watch on demand for 9 months'** access (6 live + additional prerecorded presentations = 26 altogether).

25. Tayba Azim (United Kingdom), Counsellor, Supervisor, MBACP , Mizan Practitioner (Womb Health), Trainee Clinical Supervisor, Trainer. - prerecorded - (available as recording after 5th Sep 25):

Title : Sharing insights on integrating Mizan Therapy within Psychotherapy in healing trauma

This presentation will discuss the unique aspects of Mizan Therapy, a traditional womb healing technique, and its effectiveness in addressing trauma. Tayba will share case studies and personal anecdotes that illustrate how Mizan techniques have facilitated emotional healing and empowerment in her clients. The session will also include a discussion on the importance of cultural roots, faith/ spirituality and community in the healing process, emphasizing the inclusive and accessible nature of Mizan Therapy. Participants will gain a deeper understanding of how Mizan Therapy can be integrated into their own practices, fostering a more holistic approach to trauma healing. This sharing of experiences will encourage collaboration and support among practitioners, ultimately enhancing the therapeutic process for clients dealing with trauma. With over 15 years of experience in mental health, domestic abuse, and trauma, Tayba runs her own private practice as a psychotherapist and clinical supervisor. Tayba offers Mizan Therapy, a traditional method to address reproductive health, emotional well-being, and unresolved trauma. Tayba is committed to anti-oppressive practices and is culturally attuned to the needs of her clients, including those who are neurodivergent. She emphasizes the importance of community, working to educate individuals and communities on the impacts of patriarchy, colonialism, and capitalism. She focuses on healing intergenerational trauma, helping women reclaim cultural practices that are empower.

26. Dr Kalthoum Belwefi (Tunisia), Ph. D. holder in English Language and Literature; University of Sfax, Speciality: Trauma theory (available as recording after 5th Sep 25)

Title: Beyond Trauma: Transcending Division and Hostility in Zakes Mda's Ways of Dying Reading through Trauma and Communal Resilience

The considerable critical attention that Zakes Mda's 1995 novel, Ways of Dying, continues to elicit owes to the text's ambivalence. The present paper is a preliminary attempt to read Mda's work through the lens of trauma theory. For instance, apartheid has profoundly entrenched hostility and division within the social fabric of South Africa.

(Zoom) 7th International Complex Trauma Conference: Sharing Perspectives

30th of Aug 2025, or **watch on demand for 9 months'** access (6 live + additional prerecorded presentations = 26 altogether).

Accordingly, its dissolution demanded an ultimate reconceptualization of social relations as well as molding new identities and communities. The 1990s in South Africa marked a seminal juncture as the nation was gradually rising from the ashes of institutionalized segregation and systemic violence to the promise of unity and recovery. Rebuilding and remaking are, thus, landmark tasks in the history of South Africa. In this context, *Ways of Dying* grapples with a nation gradually and collectively piecing itself together toward communal healing. Despite the fact that death and violence are rife in the book, characters, notably Toloki and Noria, are resilient by virtue of their belief in communal unity. That being said, this paper shifts from the understanding of trauma as a pathological condition to a catalyst for strengthening communal bonds, unity and social interconnectedness.

Kalthoum Belwefi holds a Ph. D. degree in English language and Literature with very honorable distinction. Her dissertation is entitled “*The dynamics of Violence and Empowerment in South African Trauma Narratives: a Study of Selected Novels by Andre Brink, Nadine Gordimer and J.M. Coetzee.*” She is currently teaching literary subjects at the Faculty of Letters and Humanities of Sfax, Tunisia. She has a considerable number of research articles on postcolonial trauma theory in national and international journals as well as various participations in national and international conferences and academic events.