

11th Annual UKPTS Conference, York

Trauma, Attachment & Compassion

28th February and 1st March 2019

UK
Psychological
Trauma
Society



Planned to be a truly enjoyable and memorable experience, our two-day UKPTS 2019 Conference will bring together clinicians, academics, experts by experience and policy makers to discuss the latest developments in Psychological Trauma.

Presentations, workshops, the Arts and Theatre will address our conference themes of Attachment & Compassion. Facilitators include Deborah Lee, Vittoria Ardeno, Chris Holman, Dominic Murphy, Kirsty Cunningham and Andy Watson, among others.

Deborah Lee (author of the bestselling *The Compassionate Mind Approach to Recovering from Trauma*) will present her keynote: *Developing compassionate resilience in those who have been hurt and harmed by others*. Deborah will also facilitate a three-hour workshop on *The Compassionate Mind Approach to Recovering from Complex PTSD*.

Vittoria Ardino (President of the Società Italiana per lo Studio dello Stress Traumatico) will present a keynote exploring trauma-informed care for people in forensic services who have been traumatised by their own actions: *Retraumatizing the Self: dysregulation of affect and the re-enactment of trauma across the lifespan*.

Chris Holman (Chair of the third sector organisation Re-Shape, former chair of the Royal College of Psychiatrists Therapeutic Community Accreditation Panel, and former Medical Director of the Retreat, York) will discuss the central nature of trauma in his presentation *Attachment and the mirroring function in the development of affective stability and the sense of self*.



Award-winning Filmmaker **Kirsty Cunningham** and childcare consultant **Shelagh Beckett** will be talking about working together on the critically acclaimed documentary, *A Killing in My Family* (2017), a film that brought attention to the experience of children coming to terms with bereavement.

This year we have additional engaging creative elements. You will be able to watch **Tom Bailey**, our conference artist, capturing the content of presentations in image form for you to take away.

To enhance cohesiveness of the conference content, several of our presenters will address aspects of the (fictitious) life and experiences of a traumatised individual we will come to know as "Rick". The rich theatrical talents of **Andy Watson** MBE, (CEO & Artistic Director of Geese Theatre Company) will bring Rick alive as we begin our challenging and engaging therapeutic relationship with him.

And if this wasn't sufficient to interest you, there will be excellent lunches, Yorkshire-themed snacks, break time refreshments and a complimentary drinks reception at our beautiful conference venue, the Principal Hotel York.

And did we mention our 2019 UKPTS conference is in central York? Cross the road from the venue and walk the medieval city walls, or storm the Micklegate Bar gate and wind your way down the cobbled street of restaurants and bars towards York's confluence of rivers.



Booking: <http://buytickets.at/ukpsychologicaltraumasociety/206867>

Note: the conference registration fee includes two workshops, all break refreshments and nibbly bits, lunch each day and a York-themed drinks reception to be held in the lounge of the Principal York, Thurs 28th February 2019 @ 6.15pm.

Enquiries: admin@ukpts.co.uk

Further information: www.ukpts.co.uk

Our conference venue is in central York adjacent to the railway station, making this the ideal form of transport to the conference. The nearest airport is Leeds Bradford (LBA). Car parking is also available at the venue (for a fee). A wide range of accommodation is available within walking distance.

Please note, this Conference may contain Gin and Chocolate.

Thursday 28th February

8:30 - 9:15 Registration and Morning coffee

9:15 - 9:30 *Welcome & Conference introduction*

Cherie Armour, UKPTS President &
Mark McFetridge, UKPTS Conference Lead 2019.

9:30 - 10:20 *Behind the Mask - a theatrical illustration of "Rick's" journey and an exploration of the therapeutic benefits of using theatre.*

Andy Watson (MBE), CEO & Artistic Director, Geese Theatre Company.

10:20 - 11:00 *Attachment and the mirroring function in the development of affective stability and the sense of self.*

Chris Holman, Group Analyst, Chair of the third sector organisation Re-Shape & former Medical Director of the Retreat York.

11:00 - 11:30 Morning break / Bookstall

11:30 - 13:00 Workshops 1-3 (part 1)

Workshop 1 - *An introduction to traumatic stress studies.*

Dominic Murphy, Head of research, Combat Stress.
Hon. Senior Clinical Lecturer KCMHR, King's College London.

Workshop 2 - *What every clinician needs to know; perspectives from Experts by Experience.*

Ellie Wildbore & Kay Garbett, Experts by experience.

Workshop 3 - *Trauma and Compassion in the context of Autism Spectrum Disorders.*

Fionnuala Larkin, Clinical Psychologist Autism & ADHD service, the Retreat York & Associate Lecturer/ Research Fellow, University of York.

Stephanie Petty, Senior Clinical Psychologist, Autism & ADHD service, the Retreat York & PhD student, Institute of Mental Health, University of Nottingham.

13:00 - 14:00 Lunch Break / Bookstall

14:00 - 15:30 Workshops 1, 2 & 3 (part 2)

15:30 - 16:00 - Break

16:00 - 16:50 *The making of A Killing in My Family.*

Kirsty Cunningham, Filmmaker & Shelagh Beckett, Childcare Consultant.

18:15 Complimentary drinks reception. The Lounge Bar, The Principal Hotel, York.

Gin Cocktails sponsored by Schoen Clinic York.

Friday 1st March

9:00 - 9:20 *A visual recap of Day 1.*

Tom Bailey, Conference Artist.

9:20 - 10:10 *Retraumatizing the Self: dysregulation of affect and re-enactment of trauma across the lifespan.*

Vittoria Ardino, President of the Italian Trauma Society; Società Italiana per lo Studio dello Stress Traumatico.

10:10 - 11:00 National Responses to Trauma; Developments in Wales and Scotland. Chaired by Gill Moreton, Psychological therapist, the Rivers Centre, Edinburgh.

The development of an All Wales Traumatic Stress Initiative. Clare Crole-Rees, Counselling Psychologist, Traumatic Stress Service, Cardiff & Project Manager, the All Wales Traumatic Stress Quality Improvement Initiative.

Transforming Psychological Trauma; The National Trauma Training Plan for the Scottish workforce.

Nina Koruth, Principal Clinical Psychologist, Glasgow Psychological Trauma Service & Principal Educator, Trauma, NHS Education for Scotland.

11:00 - 11:30 Morning break / Bookstall

11:30 - 13:00 Workshops 4-6 (part 1)

Workshop 4 - *The Compassionate Mind Approach to Recovering from Complex PTSD.*

Deborah Lee, Consultant Clinical Psychologist & Head of Berkshire Traumatic Stress Service & South Central Veterans Service.

Workshop 5 - *Surviving Prison through Meaningful Relationships.*

Sammy Short, Assistant Psychologist & Amber Holmes, Therapy and Integration Lead, Bridging The Gap, York, with Kris and Damien.

Workshop 6 - *Attachment, Trauma, Compassion: Working in the Middle East and South America: some perspectives and considerations relevant to interventions and clinical practice when dealing with trauma;*

Derek Indoe, Consultant Clinical and Forensic Psychologist.

13:00 - 14:00 Lunch Break / Bookstall

13:30 - 14:00 UKPTS Annual General Meeting

14:00 - 15:30 Workshops 4, 5 & 6 (part 2)

15:30 - 16:00 - Break / Bookstall

16:00 - 16:50 *Developing compassionate resilience in those who have been hurt and harmed by others: Using compassion focused therapy to help change the emotional context of traumatised lives.*

Deborah Lee, Consultant Clinical Psychologist & Head of Berkshire Traumatic Stress Service & South Central Veterans Service.

16:50 - 17:00 Concluding discussion and future plans.

2019 Conference Delegate Fees & Accommodation

UKPTS members - **£265** (early Bird rate available until 31/1/19) / then £295

Non-UKPTS members - **£295** (early Bird rate available until 31/1/19) / then £325

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Accommodation

The Principal York, Station Road, York <https://www.phcompany.com/principal/york-hotel>

The Doubletree Hilton, York <https://secure3.hilton.com>

Travelodge, York <https://www.travelodge.co.uk>