

Trauma Recovery UK presents

CPD Webinars on Psychological Trauma and Effective Interventions

Webinar

How to work with trauma based shame in order to heal (children, teenagers and adults)

Presenter: Dr Margot Sunderland



Webinar

Poverty Homelessness Addiction

Healing Trauma in the Community

With Pastor Mick in interview with Margot Sunderland and Chris Davies (Two of the Directors of Trauma Recovery UK)



Webinar

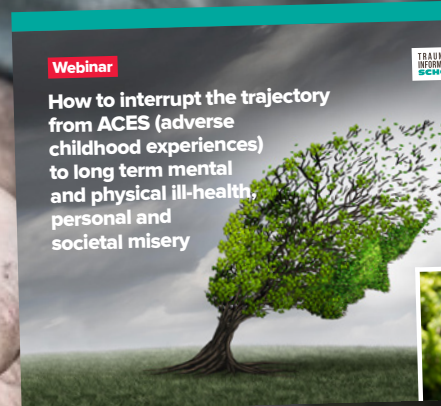
Working therapeutically with child refugees, children seeking asylum, young people who've been tortured and sold, victims of the child sex trade.

Heetal Amin in conversation with Margot Sunderland



Webinar

How to interrupt the trajectory from ACEs (adverse childhood experiences) to long term mental and physical ill-health, personal and societal misery



Conversations That Matter: From racial trauma and discrimination in schools and communities, to respecting and celebrating difference and diversity. (policy to implementation)

Directed and Produced by Trauma Informed Schools UK and Wellbeing Education



“Perhaps the main risk for primary care and for many patients is to not ask about ACEs and to still expect them to get better.”

Larkin and Cairns 2020

Larkin, W and Cairns, P. (2020) Addressing adverse childhood experiences: implications for practice. *Healthcare* 8(10):1699

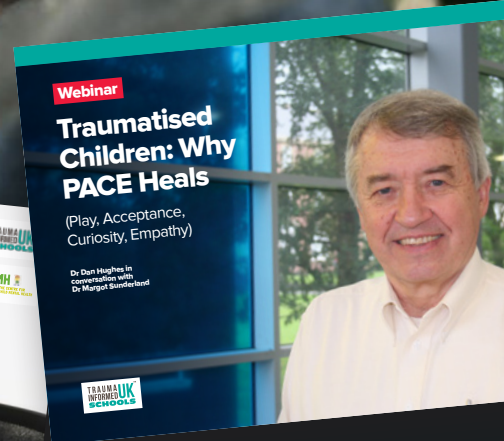


Webinar

Traumatised Children: Why PACE Heals

(Play, Acceptance, Curiosity, Empathy)

Dr Dan Hughes in conversation with Dr Margot Sunderland



Section one: Trauma Recovery for Public Health

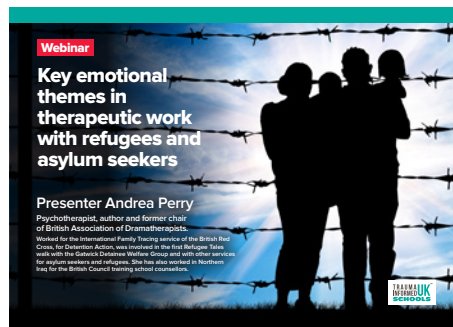


Presenters: Pastor Mick in conversation with Dr Margot Sunderland and Christine Davies

This webinar is a must for anyone working or wanting to work at street level with vulnerable people suffering from poverty, homelessness, addiction, mental health difficulties. Pastor Mick talks about his remarkable life story of being raped on the way to school at age 11, never crying again for decades, moving into a world of crime, violence, and drug dealing, having a breakdown, going to university when he could barely read or write, getting help, ending up with a good degree and then becoming ordained. He then had a life choice: *'Do I go to work in a church somewhere, giving the sermon every Sunday, or do I sit outside McDonalds with a suitcase and talk to people sitting there too?'* He chose the latter and has never looked back.

He talks about his enterprise, the Church on the Street, offering refuge for anyone struggling with life. Since 2019, it has served thousands of people and brought trauma recovery to many. He describes the importance of having the courage to deeply connect to those in abject emotional pain - a great many in his community are actively suicidal -and letting their pain touch you. You'll learn how to get started in community work; how to reach out to the people sitting on the pavement; how to confront heart-breaking pain, day in day out; how to meet emotional needs for respect, validation, dignity, connection and belonging of the most vulnerable in society; how to address the fear that holds people back from daring to really be in a relationship. To quote Pastor Mick: *"Investing in communities, bottom up, will save millions of pounds and thousands of lives, bringing very isolated people back into family, by being alongside them."*

The webinar is illustrated by film clips of Pastor Mick's work.



Presenter: Andrea Perry

In this webinar Andrea Perry, a member of the International Family Tracing Service, discusses her therapeutic work with refugees and asylum seekers. She explores common and recurring emotional themes including the agony of that moment when everything changed: catastrophic loss of home, people and place; living with uncertainty, hope and hopelessness; feeling you can never find a true sense of belonging again; huge frustrations about the long waits, sometimes for years, before a decision is made as to whether you can stay in this new country or not: distress around identity and self-valuing: *"Who am I if I don't have my family, my work, my country?"* Andrea also gives focus to the clash between the dream of a new life, when you imagine being welcomed into a place that provides safety and sanctuary, but in reality, you are treated with hostility and suspicion.

Andrea discusses what practitioners need to be aware of in ensuring their relational time with refugees and asylum seekers is truly therapeutic. She explores how to provide a secure base, what to do when emotional dysregulation is at such a pitch that it triggers dissociation or emotional numbing: your own and theirs; supporting them in such a way that they feel safe to tell their stories of agonising separation and loss; how to help them process terrifying life changing events; the importance of validating feeling over-whelmed, alone, frightened, wanting to give up. On a lighter note, Andrea looks at the success and delight of shared creative projects. Finally, Andrea will talk about how to work with interpreters and the support practitioners need to do this therapeutic work.



Presenters: Sheetal Amin in conversation with Dr Margot Sunderland

The webinar is essential for anyone thinking about working therapeutically with unaccompanied children/young people who are asylum seekers and refugees, including and those who've been tortured or sold. Sheetal Amin (CAMHS Lead for asylum seekers) focuses on the importance of being culturally informed, so doing your homework before seeing the child or young person; establishing a working alliance when hyper-vigilance is a survival mechanism. Through powerful case examples, Sheetal explores the importance of meeting the child/young person's needs for safety and belonging well before addressing their trauma. She discusses how to support unaccompanied asylum-seeking children to find a new community, a new 'tribe', and how to help them form networks in this strange new place, so that they feel they belong as opposed to feeling catastrophically alone, desolate and frightened. This is key to the alleviation of trauma symptoms.

Sheetal also considers key factors to support trauma recovery. These include holding in mind the system around the child, as well as the child; how to work with interpreters in the room; how to work with children/young people who find it difficult to tell their story without shame, due to religious or cultural taboos; and how to work with children who don't have a language for trauma or mental health. Finally, Sheetal looks at how to prepare yourself as a practitioner to work with extreme trauma, such as with children who've been sold, or sex trafficked, so you can offer effective connection, compassion and empathy.



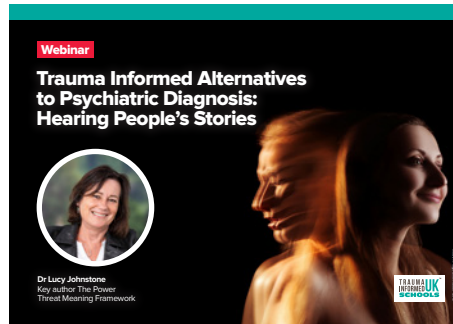
Presenters: Dexter Dias QC (prominent human rights lawyer – crimes against humanity, terrorism, war crimes, human trafficking, modern slavery, and genocide); Expert trainers – psychotherapists, Senior Educators in equality, diversity, and racial trauma, as well as experts by lived experience

The aim of the webinar is to raise awareness of issues related to racial trauma, inequality, intersectionality, discrimination, power, positioning and social injustice. The objective is to support attendees to promote anti-discriminatory practice and implement anti-oppressive practice in their schools and organisations and to ensure that all staff are truly trauma-informed and culturally competent.

The webinar brings together a range of deeply moving voices to reflect and articulate in dialogue about the complexities relating to structural inequalities, institutional racism, and systemic discrimination.

The presenters also discuss their own experiences of racial trauma when they were schoolchildren, and what schools and organisations can do differently. Additionally voices of children and young people who themselves have suffered repeated microaggressions talk about the impact these have had on their lives. Additionally, Dexter Dias QC (prominent Human Rights lawyer) discusses the origins, history and psychology of racism including the horrific macro-aggressions he has dealt with in the courts. He then discusses prevention and intervention.

Overall, the webinar brings awareness in ways that will touch the hearts and minds, inspiring action for social change, with a wealth of ways of doing so.



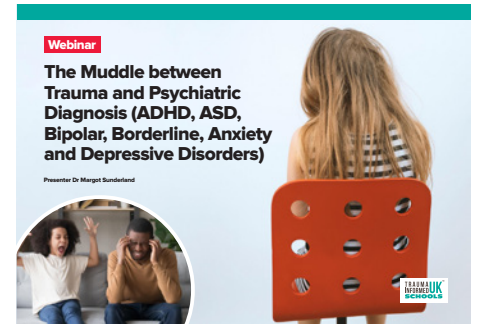
Presenter: Dr Lucy Johnstone (British Psychological Society, Clinical Psychology Division)

This webinar is a must for anyone who works in the helping or teaching professions, and, more generally, for anyone who cares deeply about child and adult mental health and the alleviation of human suffering. Watching the webinar will bring attendees up to date with current alternatives to psychiatric diagnosis when helping people in ongoing emotional distress.

Dr Johnstone will explore the appeal of psychiatric diagnosis for some people whilst presenting concerns about the medicalising of distress – about seeing *patients with illnesses* rather than people with problems. Additionally, Dr Johnstone will focus on how we can help people who have been stuck in the psychiatric system for years; with an endless cycle of medication and diagnosis and no one ever hearing their story.

As an alternative to psychiatric diagnosis, Dr Johnstone presents the British Psychological Society's (Clinical Psychology Division) Power Threat Meaning Framework (PTMF) acclaimed by psychiatrists and psychologists internationally. This trauma-informed model shows how, given the person's traumatic past, and the meaning they gave to the bad things that happened, their mental health issues make perfect sense. Dr Johnstone will describe how PTMF is a superb model when working relationally with people, backed by a mass of evidence-based research.

There will also be a focus on the need to be honest with people about what medication can and cannot do, and the impact on mind, brain, and body, with specific reference to the use of psychiatric drugs with children and young people.



Presenter: Dr Margot Sunderland

Many children and young people who have suffered traumatic life experience are given a psychiatric label and sometimes medication without anyone ever asking what has happened to them in their life or hearing their story. Being wrongly diagnosed then often results in yet more suffering for the child as they now have a label that is incorrect and are left to live with the fallout from their trauma without appropriate intervention to help them heal.

In this webinar, Dr Sunderland will look at how easy it can be to mistake the behavioural, relational and emotional manifestations of trauma with one or more of the following: ADHD, ASD, Bipolar, Borderline, Anxiety or Depressive Disorder. Very moving case material will be used to illustrate when such a misdiagnosis has taken place and how it could have been avoided.

Dr Sunderland will also speak of the allure of giving children a diagnosis as it's easy to 'spot symptoms' but it fails to look at the wider social context of children's lives and the social causes of emotional distress. She will explore how it is all too easy to end up thinking about disorders rather than thinking about how children may have been betrayed, abused, neglected, terrified, or suffered traumatic grief.



Presenter: Dr Margot Sunderland

In the press and on social media, so much is written about mental ill-health and its symptoms but remarkably little is written on its causes. In some circles, myths abound: *'It's faulty genes'* or *'It's a biochemical imbalance in the brain.'* There is no scientific evidence for these opinions. In fact, all those who have done their neuroscience homework no longer adhere to genetic fundamentalism, knowing that genes can be turned off or on by life experience (a mechanism known as epigenetics).

Dr Sunderland will address the evidence for one of the commonest causes for mental ill-health, namely unresolved traumatic experience. In light of this, she will discuss the mass movement away from the medical/disease model of mental ill-health to a trauma-informed model. This means seeing people with problems rather than patients with illnesses.

Dr Sunderland will also discuss other key contributory causes of mental health problems including early life stress, living with a parent with mental health issues, stress-inducing parenting choices. Most importantly, she will address prevention as well as intervention. Finally, she will explore two established frameworks for making sense of mental health problems and for recovery, namely Psychological Formulation and The Power Threat Meaning Framework (British Psychological Society, Clinical Psychology Division). Through moving case material, she will demonstrate how these can be applied to creative art interventions with children.



Presenters: Tanayah Sam in conversation with Dr Margot Sunderland

We are so privileged to have Tanayah Sam in conversation in this webinar. Tanayah has dedicated his working life to helping children and young people in schools turn away from the allure of crime or violence to complete their GCSEs and/or follow their particular dream in life.

From his own lived experience, Tanayah is in a unique position to do this work. He fired his first gun age 14; his father had given it to him. In year 8, he was a top student in maths and English. In year 9, he was violent in school and shouted at to get out of the classroom. He was, in his own words, still reachable then, and he had key teachers who meant a lot to him. But tragically, no teachers ever sat down and asked Tanayah to help them understand the dramatic change in both his learning and behaviour – no one took the time to listen to his story. Instead, Tanayah was excluded from school. He then spent years running with gangs, carrying guns and knives, and dealing drugs. He served time in 13 different prisons.

Tanayah explores the whole notion of criminal exploitation and how gangs and county lines are superb at meeting all of the vulnerable young person's fundamental emotional needs. He talks about how schools need to get far better at meeting those needs, so that gangs are not so alluring. He also talks of the essential importance of engaging vulnerable young people at school in meaningful relationships with key adults, who must themselves be culturally informed.



Presenter: Dr Valerie Sinason

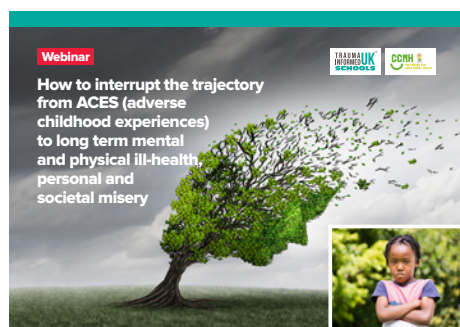
In this webinar, Dr Sinason talks about working with children who have experienced incest, which she defines as *'the diminishing of a child through toxic violation and hurt, by an adult who is supposed to be caring for them.'*

Through moving case material, Dr Sinason addresses the agonising inner conflicts of those who have suffered in this way. She addresses the central dilemma: how can they rise up from 'the tangled roots' when they love the person who is also hurting/raping them?

It is easy for professionals who work with these children to focus on the cruelty and the betrayal, with many believing they are helping 'rescue' this child from a 'bad offender'. In so doing they so often unwittingly silence and shame the child who loves his or her abuser, an extremely common occurrence. Dr Sinason will discuss how too many children go through a Section 47 enquiry with no one ever being curious as to what they feel towards the person who hurt them or helping them to process the ambivalence.

Dr Sinason also addresses a phenomenon she has seen so many times in her work: *'The child understands the vulnerability and splits in the toxic parent more than most of the professionals involved. The child is the professor of the disturbance in the family.'* Delegates will also learn about Fairbairn's (psychoanalyst) concept of the 'moral defence', namely, *'This is only happening to me because I am bad.'* Dr Sinason will address what to do/say when children take the burden of their parent's abuse onto themselves – to allow a child to survive and to keep their love for their parent alive.

Section two: Unprocessed trauma: Preventing the fallout for self and society



Presenter: Dr Margot Sunderland

This webinar takes adverse childhood experiences (ACEs) as its central theme. Dr Sunderland will explore the impact on quality of life, when people suffer multiple ACEs with no protective factors (known as social buffering) in their lives. Then, most importantly, Dr Sunderland discusses the wealth of research showing how one emotionally available adult (vital protective factor) can interrupt the trajectory from ACEs to long term physical and mental illness, early death and for some, involvement in the criminal justice system. She addresses exactly what an emotionally available adult has to do, to say and how to be on a consistent basis in order to be truly emotionally available.

The webinar includes moving case studies and specific practical interventions to support the recovery process of children and young people who have known the shock and agony of traumatic life experiences.

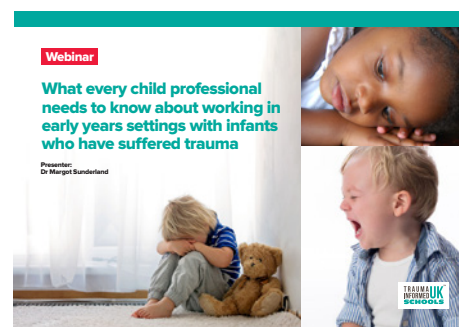


Presenter: Dr Margot Sunderland

Please note that this webinar includes some film footage that viewers may find distressing.

This webinar is essential viewing for anyone working or living with children or young people who have experienced abuse or neglect. Firstly, Dr Sunderland will define the concept of developmental trauma. She will then explore how developmental trauma impacts on the brain, which without relational interventions, can leave a whole raft of blocks to quality of life – e.g. compromised reward neurochemical and memory-processing systems in the brain, an overactive threat response system, poor emotional regulation, blocked trust, seeing relationships as being about power and control, low self-esteem, re-victimisation as a defence against unbearable pain.

Dr Sunderland will then discuss how to enable child professionals, foster carers, adoptive parents and school staff to be aware of the very particular unmet emotional needs in children who have experienced abuse or neglect. She will also explore how emotionally available adults can gain the trust of these vulnerable children, responding in ways that heal in times of intense emotion and to behaviours that challenge. Dr Sunderland will then discuss how to meet those needs, including key relational interventions that aid healing and recovery and support the process of repair in the brain (known as neuroplasticity and neurogenesis).



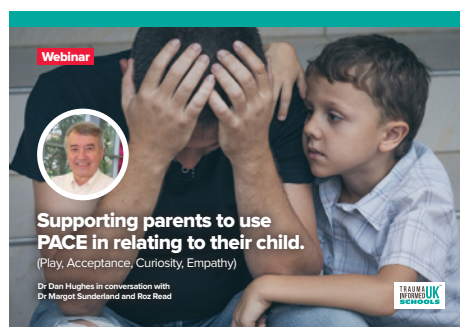
Presenter: Dr Margot Sunderland

This webinar is a must for anyone who works in early years settings. It addresses the latest neuroscience and psychology on the impact of trauma on infants, with a focus on presenting symptoms, prevention, and intervention.

The presenter first explores *traumas of omission*. These happen when the infant has missed out on vital relational experiences key for language development, learning and the capacity to love in peace. It also refers to a lack of sufficient caring comforting and playful interactions which research shows establish stress-regulatory systems in the brain – key for the capacity to feel calm and at ease and for social joy and an energised engagement in the world. She then explores *traumas of commission* including separation traumas, parental still face and misattunement, parental unprocessed trauma, intrusive parenting, shaming discipline, witnessing or being a victim of violence. With all of this, there is central focus on both evidence-based prevention and intervention. The presenter will discuss how the latter can be highly successful due to the brain's neuroplasticity at this young age.

Finally, the presentation is designed to empower practitioners to support parents who are struggling to connect with their infant /s and parents who want to parent differently to how they were parented.

Section two: Unprocessed trauma: Preventing the fallout for self and society



Presenter: Dr Dan Hughes

If you are working to support parents in a school or other setting, this webinar will give you a wealth of skills that you can pass on to parents in terms of lovely ways to be with a child/young person which bring meaningful connection, and in the difficult times, how to be and *'the words to say it.'* Dan beautifully models empathically attuned responses in the face of common stressful parent-child interactions and challenging behaviours, when a parent's first instinct may be to move into anger and control.

The webinar is designed to teach practitioners how to help parents to develop the art of PACE (playfulness, acceptance, curiosity, and empathy) as a consistent mode of relating. This can be so effective in enabling a child or young person to move from insecure to secure attachment. This doesn't mean perfect parenting as it doesn't exist, but rather supporting parents in the relational art of repairing both attachment ruptures and moments of misconnection.

Dan Hughes will also discuss how to support parents to create a family atmosphere which is calm and enriching for all, as opposed to one repeatedly blighted with stress, arguments, people being in separate rooms/on their devices or in states of cold withdrawal.

Section three: Evidence based Interventions for Trauma Recovery



Presenter: Professor Leslie Greenberg

In this webinar Professor Leslie Greenberg's talks about his extraordinary research on the role of emotion in transformational change and healing. His evidence on how people change spans decades with clear results that anyone working in a helping profession should take heed of.

In the webinar, he emphasises that much of what is offered to address mental health issues are simply coping skills. Whereas order to live a deeply fulfilling life, we need deep transformational change not just symptom alleviation. As Greenberg states, 'CBT teaches coping skills – it is excellent at that, but it doesn't get to core pain. Coping skills are not transformation, they are two totally different enterprises but often meshed together as if they are the same thing. My hope is that somewhere in the future we will have that as a clear distinction.'

In the webinar Professor Greenberg explores the essential components of the therapeutic journey that leads to transformational change. Mental health practitioners will learn how to help people access core emotional pain in a psychologically very held and safe way, how to become aware of what they are feeling, to change emotion with emotion, and to provide corrective emotional experience through active listening and empathy. All these result in people being free to live life to the full no longer blighted by pain from their past.

Please note: The webinar requires some prior psychological knowledge.



Presenter: Dr Margot Sunderland

In this webinar Margot Sunderland describes the therapeutic journey of a young person who suffered from utterly debilitating anxieties, phobias, relationship problems and a range of other mental health issues. Margot will walk you through the journey from beginning to end, in order to illustrate the key evidence-based therapeutic models and theories that informed this therapeutic work. She makes specific reference to the following: emotion focussed counselling (Leslie Greenberg) psychological formulation, mentalisation, mental state talk and The Power Threat Meaning Framework (British Psychological Society). Using actual verbatim transcripts, art images and big empathy drawings, she demonstrates how the theoretical underpinnings referred to are vital to inform effective intervention leading to transformational change.

Viewers will learn how the young person was enabled to become aware of what he was feeling and to understand, for the first time, how his unprocessed painful memories were entirely colouring his perception of the present. With the provision of corrective emotional experience, empathy, attunement, narrative competence, collaborative sense-making and use of imagery and the arts, viewers will understand how the young man not only became symptom free but also developed self-esteem, self-awareness, self-compassion and could finally love in peace instead of in torment.

Please note: The webinar requires some prior psychological knowledge.

Section three: Evidence based Interventions for Trauma Recovery



Presenter: Dr Margot Sunderland

Firstly, Margot Sunderland will explain the neuroscience of shame and how the body responds to the psychological wounding of shame in the same way as to a physical wound. Yet shaming remains a very common way of using power to control others, e.g., in how we discipline our children, in our schools, in the media, on social media, in politics, in psychiatric labelling, in the prison system. Margot will focus on the neuroscientific evidence of how shame kills creativity, spontaneity, social play, explorative and expansive ways of being in the world. When we live with an ongoing sense of shame, so much life force, our daily *elan vitale*, becomes focused on defending ourselves and avoiding situations which are perceived as threatening and dangerous because they are potentially shame-inducing.

Margot will focus on the evidence-based research which shows how trauma-based shame is a core underlying pain fuelling many mental health symptoms, e.g. depression, hopelessness and anxiety, something many people are unaware of. She will then address recovery from trauma-based shame, using principles from emotion focused therapy. She provides case material of people who feel they are defective and whose lives have been blighted by shame, to explore how to reach the core pain of trauma-based shame and address it in the safety of a therapeutic relationship. She describes the importance of addressing unmet emotional needs for connection and validation and from there to move to healthy emotions: empowered anger, grieving and self-compassion.

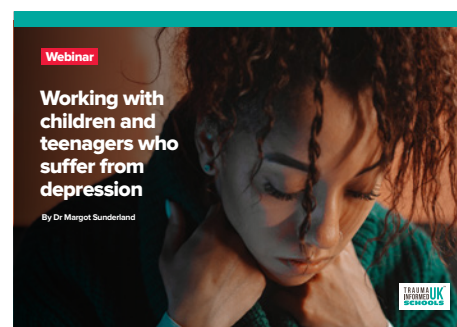


Presenter: Dr Dan Hughes (expert clinician, prolific writer, and founder of Dyadic Developmental Psychotherapy).

In this webinar, Dan demonstrates his amazing model of relating to children and young people, called PACE (playfulness, acceptance, curiosity, and empathy). PACE brings a wonderful sense of psychological safety for even the most defended of children, meaning that profound human connection that heals can become a reality.

For the past 20 years, Dr Hughes has specialised in working with children and young people who have considerable difficulty establishing and maintaining good relationships, due to the level of betrayal, trauma, abuse and neglect they have suffered. In the webinar he will demonstrate how PACE can bring transformational change to so many of these children, as well as empowering their carers to be emotionally available and to stay regulated under stress.

PACE is informed by strategic and structural family therapy, Ericksonian hypnotherapy, psychodynamic principles, psychodrama, interventions congruent with Theraplay, and narrative work. In this webinar Dan will use a wealth of actual case examples to demonstrate PACE.



Presenter: Dr Margot Sunderland

Some people feel afraid of working with depressed children and young people. They feel unskilled and very anxious about the possibility of suicide and so quickly refer on to CAMHS. But research shows that thousands of young people attempt suicide whilst on CAMHS waiting lists, one in four in one study (Young Minds, End the Wait Campaign) and many never get seen. So we need to skill far more child professionals to connect with and alleviate the psychological pain of CYP in despair. So, this webinar provides evidence-based interventions for reaching out and connecting with deeply distressed and traumatised CYP, in ways that enable them to feel heard, seen and valued. This is so key as we know that hopelessness about ever feeling truly loved or truly valued underpins so much depression. The importance of compassionate human responses is addressed, alongside vital knowledge about the neuroscience and psychology of depression.

The presenter will discuss causes of depression. She makes the point that depression is a symptom not a cause and how important it is to address the core pain fuelling the depression, in the safe holding context of a relationship the CYP finds therapeutic. Using a moving case study as illustration, the presenter demonstrates the process of transformational change using principles from evidence-based Emotion Focused Counselling. She addresses how organisations and schools can do so much to prevent CYP becoming depressed in the first place.

Contact details

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Centre for Child Mental Health
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Trauma Recovery UK and Trauma Informed Schools UK present



Certificate in Therapeutic Skills and Trauma Informed Care (for Community Based Workers)



Community organisations are often an absolute lifeline for people, who have real hardship and enormous challenges in their lives. **Research shows that where community workers are trained in therapeutic skills they have achieved “statistically significant reductions in psychological distress and clinical outcomes comparable to those reported in UK statutory mental health services”.** (Duncan et al 2018)

What you can gain from attending:

- Gain a qualification to acknowledge your excellent trauma-informed work in the community
- Be supported in their vital work with cutting edge therapeutic skills and knowledge of trauma-informed care

- Gain evidence-based knowledge of mental ill-health symptoms and addiction as entirely understandable responses to traumatic life experiences
- Learn about community support for trauma recovery
- Learn interventions that promote alleviation of stress, a sense of belonging, feeling valued, the capacity to live life with meaning and purpose
- Learn theory and practice of trauma informed practice in community settings

Fees £542 (also scholarship scheme)

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TISUK is an approved provider for DfE funded Senior Mental Health Lead Training
Devised and run by Senior Psychologists and Senior Educators

5 day training (2 x 2 day modules and 1 assessment day leading to the award)

Fees: £700 payable in advance

- Become champions of mental health through the development of robust, visible, credible leadership.
- Understand the causes of mental ill-health, prevention and intervention.
- Be up to date with psychiatric diagnoses/ medication and trauma-informed alternatives.
- Learn therapeutic interventions for trained emotionally available adults in school
- Develop a PSHE curriculum informed by the latest research on effective child mental health interventions.
- Gain access to vital materials, resources and model policies for student, staff and parent wellbeing, tried and tested in 1000s of UK schools.

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Admissions: Senior Mental Health Leads and staff identified and appointed to fulfil this leadership position within the school
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