Mental Health Trauma
Improving
Psychological Therapies
For Mental Health Trauma
National Summit 2017

Friday 8 December 2017 De Vere West One Conference Centre, London

Speakers Include:

Joy Hibbins
Founder and CEO of Suicide Crisis
A charity which runs a Suicide Crisis and Trauma Centre

Professor Anke Ehlers
Chair NICE PTSD Guideline committee, Co-Director
Oxford Centre for Anxiety Disorders and Trauma
Professor of Experimental Psychopathology and Wellcome Trust
Principal Research Fellow University of Oxford

Supporting Organisations
This national summit will examine how to improve services, practice and treatment for people who have experienced mental health trauma, with a particular focus on improving psychological therapies for mental health trauma. Through national updates, learning from lived experience, and practical case studies from leading experts, the conference will look at how you can improve the recognition, management and treatment for people who have experienced mental health trauma.

Benefits of attending
This conference will enable you to:
• Network with colleagues who are working to improve services, practice and treatment for people who have experienced mental health trauma
• Understand the national context, evidence base and the role of IAPT in this area
• Reflect on the lived experience of mental health trauma
• Develop your skills and improve competence in delivering psychological therapies for mental health trauma
• Examine your role within early intervention and crisis services
• Understand diagnostic criteria in the recognition of temporary distress, acute stress disorder (ASD), and posttraumatic stress disorder (PTSD)
• Understand how to develop effective trauma focused CBT
• Learn from experts working with refugees who have experienced trauma
• Learn from established practice in the development of a trauma pathway
• Understand how to work with people who are experiencing trauma related medically unexplained symptoms
• Deliver therapeutic and practical support to people who have experienced trauma and have turned to drugs, alcohol and other ways of self-harming as a consequence of that trauma
• Look at how you can work with complex trauma and dissociative disorders including monitoring progress against the 2017 guideline for the treatment and planning of services for complex post-traumatic stress disorder in adults
• Self assess and reflect on your own practice
• Gain CPD accreditation points contributing to professional development and revalidation evidence

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10.00 Chair’s introduction

Paul Scates Senior Peer Specialist Campaigner and Ambassador

10.10 The Lived Experience: Surviving Trauma

Joy Hibbins
Founder and CEO of Suicide Crisis
A charity which runs a Suicide Crisis and Trauma Centre

- the life-changing impact of trauma
- the lived experience
- the suicide crisis centre: how it supports clients who are in crisis after traumatic events
- the trauma centre and how it provides early intervention to help prevent crisis

10.30 Improving psychological treatments for post-traumatic stress disorder: Progress and challenges

Professor Anke Ehlers
Co-Director Oxford Centre for Anxiety Disorders and Trauma
Professor of Experimental Psychopathology and Wellcome Trust Principal Research Fellow University of Oxford

- improving psychological therapies for mental health trauma
- treatments: trauma focused CBT and EMDR
- recovery rates for trauma associated therapies
- delivering a phased approach to treatment
- improving specialist trauma training for IAPT

11.00 Question and answers, followed by tea, coffee and exhibition at 11.10

11.30 EXTENDED SESSION: Assessment and diagnosis of PTSD

Dr Mathew Hoskins
Psychiatrist & Clinical Lecturer in Adult Psychiatry
Cardiff University School of Medicine

- recognizing PTSD: temporary distress, acute stress disorder (ASD), and posttraumatic stress disorder (PTSD)
- diagnostic criteria and symptoms
- assessment and coordination of care

12.15 EXTENDED SESSION: Early intervention and the development of a trauma pathway

Dr Lisa Reynolds
Consultant Clinical Psychologist & Head
Glasgow Psychological Trauma Service
NHS Greater Glasgow and Clyde

- early intervention: the evidence and options
- the role of psychological first aid
- managing the immediate aftermath of a trauma incident
- focusing on safety and stabilisation—where the emphasis is in psychoeducation and in achieving a level of containment and decreasing risk issues
- developing a trauma pathway: our experience

13.00 Question and answers, followed by lunch and exhibition at 13.10

14.00 EXTENDED SESSION: Trauma Focused CBT

Learning from working with refugees that have experienced trauma

Dr Hannah Murray
Research Clinical Psychologist
Oxford Centre for Anxiety Disorders and Trauma, University of Oxford

- A review of the current evidence base
- Adapting effective treatment interventions for refugees with PTSD
- A patient journey

14.45 Medically Unexplained Symptoms and Trauma

Dr Tony Downes
General Medical Practitioner
North Wales
Honorary Research Fellow
Cardiff University

- managing MUS associated with trauma
- developing the service care pathway
- our experience and case studies

15.15 Question and answers, followed by tea, coffee and exhibition at 15.25

15.45 Delivering therapeutic and practical support to people who have experienced trauma and have turned to drugs, alcohol and other ways of self-harming as a consequence of that trauma

Dr Mike Peirce MBE
CEO
Southmead Project

- the impact and consequences of trauma
- specialist abuse counselling: what works from our experience
- providing practical support and developing coping skills
- reclaiming lives affected by trauma

16.15 Working with complex trauma and dissociative disorders

Dr Nuria Gené-Cos
Lead Consultant Psychiatrist, Traumatic Stress Service
South London and Maudsley NHS Foundation Trust

- trauma and dissociation: what works
- modalities of treatment
- working with people with complex presentations or where treatment has failed
- monitoring progress against the 2017 guideline for the treatment and planning of services for complex post-traumatic stress disorder in adults

17.00 Question and answers, followed by close
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For more information contact Healthcare Conferences UK on 01932 429933 or email jayne@hc-uk.org.uk

Venue
De Vere West One Conference Centre, 9-10 Portland Place, London, W1B 1PR. A map of the venue will be sent with confirmation of your booking.

Date
Friday 8 December 2017

Mental Health Trauma provides 5 CPD credits in accordance with the CPD Scheme of the Royal College of Radiologists.

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