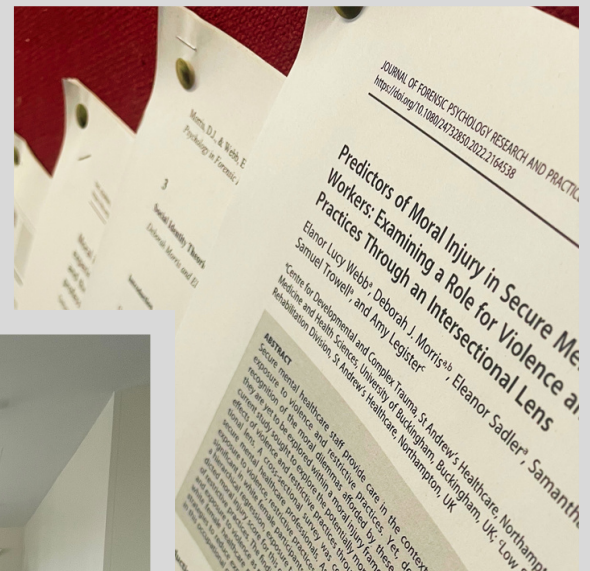




CENTRE FOR DEVELOPMENTAL AND COMPLEX TRAUMA (CDCT)

ANNUAL REPORT 2022-2023



CDCT@stah.org



@CDCT_Updates



www.stah.org/cdct/

Contents

Review of the Year: Executive Summary	3
International Conferencing Programme	4
Research Programme	5
CPD Events	6
Higher Education Postgraduate Programmes in Trauma	7
Special Interest Groups	8
Consultation & Commissioned Work	9
Embedding Change	10
The Year Ahead	11
Full List of Publications and Papers for 2022-2023	12 -13
CDCT Team Membership 2022-2023	14
Contact Us	15



EXECUTIVE SUMMARY



Dr Deborah Morris
Director, CDCT

2022-2023 has been a critical year in the development of the CDCT. The second year of the CDCT has seen the expansion of all key areas of activities, in accordance with our five year strategy plan. Key achievements include finalising our contractual relationship with the University of Buckingham and the validation of the first of a series of postgraduate courses in trauma. The provision of the postgraduate programmes will consolidate the CDCT and its future role in optimising trauma-focused training as a key vehicle for improving specialist trauma care.

2023-2024 will also be a period of significant growth and change in the areas of postgraduate education, international conferencing, CPD events, research and the launch of the annual awards of excellence in trauma. The continued dedication of our small team is a source of enormous pride and their individual, and collective, contributions will ensure that the CDCT will continue to thrive.



Martin Kersey
Managing Director, Education, Research and Training, St Andrew's Healthcare

I'm really proud of the great work undertaken by Deborah and the Centre's team with the focus on marginalised populations who have been exposed to repeated adversity and events that traumatise. I am particularly impressed with the international reach achieved by the Centre.



Professor Thanos Karatzias,
Trauma Advisory Group
Professor of Mental Health,
Director of Research, Edinburgh Napier University

The centre's performance in 2022-2023 has been outstanding in terms of publications, esteem, impact, collaborations and research.

KEY HIGHLIGHTS & ACHIEVEMENTS



Securing a 5 year contract with the University of Buckingham to develop and deliver 6 post graduate courses on trauma



Being awarded an international publishing award for a CDCT journal paper



Being awarded our first, paid, international consultation contracts



Securing a 5 year partnerships with the BPS to lead and launch the annual "Excellence and Innovation in Trauma Care" awards



Successfully launching the first Special Interest Groups within the CDCT, attracting international membership



The CDCT international conferencing programme growing and entering its third year, attracting new international collaborating partners



Publishing 6 peer reviewed journal papers, 11 conference papers and a book chapter



The development of the Foster Postgraduate Education Centre



Establishing new conference and research partnerships with NHS, University and Non-profit organisations in the US and UK



Launching the 10 'research skills for clinicians' workshops



INTERNATIONAL CONFERENCE PROGRAMME

Conference feedback

4

Thank you so much everyone!! What specialist knowledge in one day!!

Thank you! fantastic speakers and whole day so well run and organised

Thank you so much everybody. I have learnt so much and lots to consider. What an insightful day

It's been particularly inspiring to see themes around cultural perspectives on trauma and the importance of looking after ourselves and others working in this field.

"Best conference of the year, two years running because you orchestrate inspiring, provocative conversations, and it's so well run,"

"Congratulations to all involved in delivering a very impressive conference,"

The CDCT delivered three international conferences during this period. Conference programmes have continued to focus on promoting clinical excellence, inclusion and reducing the gap between the latest clinical research and clinical practice.

Existing and new partnerships

The CDCT has established a partnership with the NHS RADIANT Network, to launch the new 'Trauma and Neurodiverse' conference series in December 2022, with further conferences planned for 2023 and early 2024. The CDCT has also established a partnership with the US based 'Moral injury in Healthcare' non-profit organisation, to co-host our moral injury conference series. We have continued to build relationships with speakers with global reputations, bringing together over 30 international speakers for our events.

Nurturing and developing others

During this period we have also extended our programmes to include brief presenter slots, to support developing UK-based practitioners, focusing on service development and evaluation papers. These papers have been warmly received by delegates and the BPS, with our conference awards focusing on promoting early stage and registered clinician work in this area. Across the three conferences, 18 early stage career presentations have taken place.

CONFERENCES HOSTED BY THE CDCT AND CONFERENCE KPI'S

Conference	Delegate No.	Co hosts	KPI: Learnt something new	KPI: Will change practice as a result of attending the event	KPI: Would come to another CDCT conference event
2nd International Moral Injury Conference	138	CDT, BPS	100%	96%	98%*
3rd International Trauma Informed Care Conference	203	CDT, BPS	100%	100%	100%
Trauma and Neurodiverse populations	210	Radiant NHS Network	100%	100%	100%

*wider CDCT events not related to field of work of attendees



RESEARCH PROGRAMME

KEY HIGHLIGHTS & ACHIEVEMENTS

During the 2022-2023 period, the CDCT has published 6 peer reviewed journals, 11 conference presentations and a book chapter. Three further journal manuscripts are currently in submission.

Highlights of the year include being awarded an international publishing award in the category of 'outstanding paper' for our work on co-production of risk assessments with developmental disorder populations and delivering invited conference papers for international conferences.

The CDCT has continued to have a strong presence at key international conferences including the annual IAMFHS Conference in Berlin, the 2nd International Trauma and Mental Health Conference in Jerusalem, and UK conferences, including the BPS Division of Clinical Psychology Annual Conference.

Research and service development workstreams

- Published 6 journal papers, a book chapter and 11 conference posters/papers, across all workstreams.

Collaborations

- We have developed external partnerships with 6 US and UK organisations, on a range of both service user and staff-focused projects

Priorities for 2023-2024

The CDCT will continue to expand its portfolio of projects, in line with its core aims and purpose.



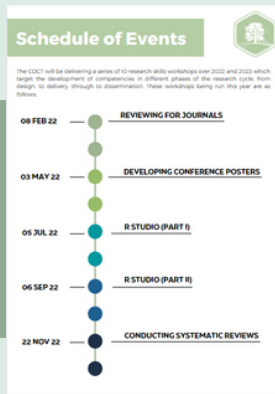
"The research programme is ambitious, and it is tackling neglected areas of enquiry including the clinical needs of deaf people who have experienced trauma. Such research is expected to have great impact in clinical practice"

OUTPUTS FROM CURRENT PROJECT STREAMS

Research Stream	Journal articles / book chapters	Conference presentations
Moral Injury	3	3
Occupational Distress	1	1
Neurodiverse Populations	0	1
Complex PTSD	2	2
Gendered Approaches	0	2
Non-Trauma Projects	1	2

PROJECT PRIORITIES FOR 2023-2024

- Physical health and trauma projects
- Phase II & III 'occupational distress'v projects
- Expansion of Male trauma projects
- Expanding trauma and neurodiverse populations projects to Deaf population
- Editing Special Trauma Edition for 'Advances in Autism' journal



CPD EVENTS

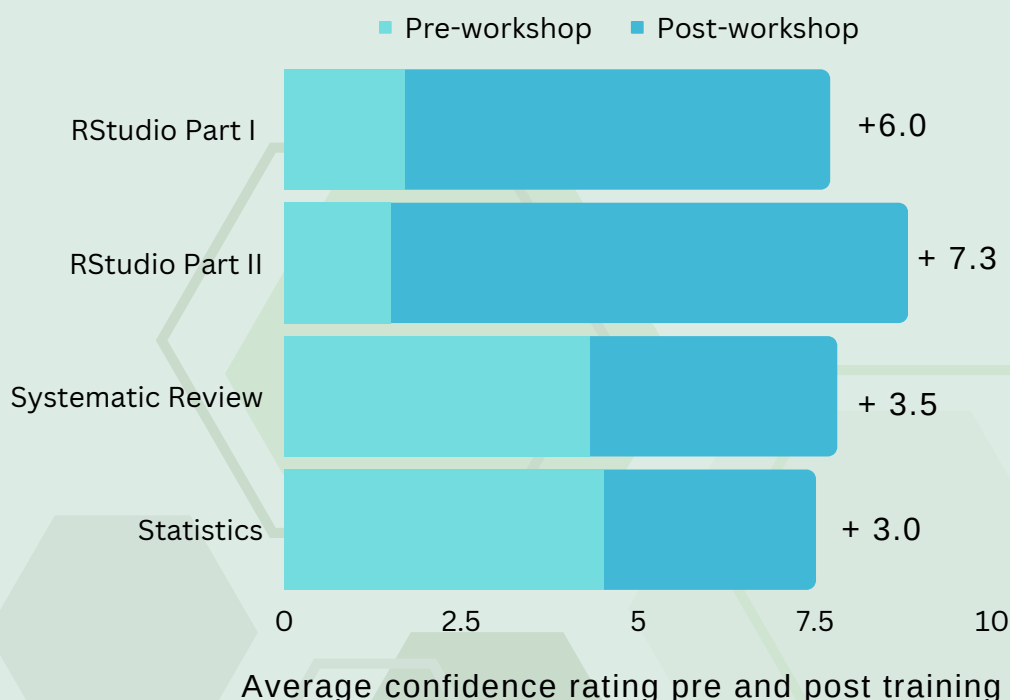
Reducing the gap between research and practice is key to improving quality of care and outcomes. A generation of clinicians and researchers who can design, analyse, interpret and evaluate clinically-driven research that asks critical questions is critical to achieving this.

In consideration of this need, we have developed a series of workshops to provide current and future clinicians and researchers with the range of skills to facilitate the design and delivery of clinically focussed research. The workshops target skills for all stages of the research cycle, from conceptualisation through to dissemination. The skills developed in each workshop are mapped on to the Researcher Development Framework, which outlines the capabilities and qualities of excellent researchers.

This CPD programme was launched in 2022, with seven courses successfully delivered thus far. In the coming year, workshops will be made available for external attendees. Feedback gained from attendee's is used to inform the continual development of the workshops.

"The team [have] provided me with guidance on career options within the area and the hospital. They helped me acquire new skills and offered frequent training opportunities on interesting clinical diagnoses and treatments... Moreover, I received the invaluable opportunity to contribute to research and co-author publications as an undergraduate. Finally, it was reassuring to know I had a trusted supervisor to consult about challenges or questions, I felt supported the entire time."

Benny, BSc Psychology Placement Student (12 months)



'The quality and thoughtfulness of the slides and the experience of the facilitators was great. I feel able to re-orientate myself to R'

'The workshop was well designed, focusing on the key elements of systematic reviews. I enjoyed how it was delivered and the pre-course materials were helpful'



HIGHER EDUCATION

In partnership with the Faculty of Medicine and Life Sciences, University of Buckingham, the CDCT has developed a series of six postgraduate courses in trauma that provide a strong academic and clinical framework to professional training in this field.

The collaborative agreement between the CDCT and the University of Buckingham and the CDCT has been a key highlight of 2022-2023 and represents a core aim of the CDCT to deliver high quality education to clinicians to improve clinical outcomes for those impacted by trauma.

The courses will be developed and implemented over a three year period, all of which are led by the CDCT, in conjunction with the University of Buckingham acting as the awarding institution.

The first course, the MSc, 'practitioner in psychological trauma' will be launched in 2024 and will be delivered onsite in the newly developed Foster post graduate training centre, St Andrew's, Northampton.

'Postgraduate programmes such as this are vital to ensure that our workforce receive the training they need to manage the complex world of healthcare delivery. The Faculty of Medicine and Health Sciences at University of Buckingham is delighted to be partnering with St Andrews to deliver this MSc in the all important area of psychological trauma.'



Professor Joanne Harris,
Dean, Faculty of Medicine and
life Sciences

Postgraduate programmes in trauma

Course	Award	Launch date	Key eligibility criteria
Practitioner in psychological trauma	MSc	September 2023	Current health professional registration / BABCP accreditation 2 years post qualifying experience
Trauma-informed systems	Postgraduate diploma	September 2024	UK recognised undergraduate degree or equivalent



SPECIAL INTEREST Groups (SIG's)

Over the past year, the CDCT saw the launch of its first special interest group (SIG), which is focused on moral injury.

The special interest group model has been adopted to connect academics, clinicians, researchers, students, and professionals with an interest in discreet areas of trauma, in order to facilitate building collaborative programmes of works.

The SIG provides a platform for the CDCT to share its ongoing research activities in the field and disseminate key findings, ideas, and advancements to a wide audience both within and external to the charity. It achieves this through bi-annual meetings with its members and guest speakers, as well as a quarterly newsletter.

Over the next year, the Centre will continue to expand its portfolio of SIGs to support the development of connections and networks in other specialties.

SIG membership

The SIG group has attracted an international membership with researchers and clinicians from England, Wales, Ireland, Denmark, Norway, US and China attending.

We have attracted international speakers to the events, which have also resulted in members attending our international conference and initiating research collaborations.



"From joining the SIG, I have gained lots of valuable information to feedback to my team"

- Moral Injury SIG Member

KEY HIGHLIGHTS & ACHIEVEMENTS

- ☐ Established a growing international membership base and attracting new members to the CDCT, including from the UK, Europe, North America and Asia.
- ☐ Facilitated multi-disciplinary networking, with membership from multiple professional bodies and fields both within and outside of healthcare.
- ☐ Attracting international speakers to present at SIG meetings

Key highlights & Achievements

During 2022-2023 the CDCT have secured editorial and paid international consultation, research and presentation contracts, demonstrating the growing international reputation and reach of the team.



- Invited Guest editor (Dr D Morris) for a special edition on 'meeting the trauma needs of Autistic People' for the applied 'Advances in Autism' Journal.



- Expert review of National Guidance for the management of Burnout and Moral Injury in Healthcare Professionals, George Washington University



- Invited, paid, speaker at the Annual Fall Conference, Eric Erikson & Austin Riggs Centre International Conference, Massachusetts, USA.



- Developing and implementing National Guidance, for working with veterans in the US, on behalf of the Department of Defence. Specifically, The Defence POW/MIA Accounting Agency; DPAA, US government.



"Working with the CDCT has been an excellent way of understanding in more depth the complexities the Trauma Response service deals with on a daily basis. Analysis of the data has brought a new focus to the issues and concerns experienced by our staff. It has enabled the development of services and furthered research proposals to help our understanding of the needs of traumatised individuals and groups working within secure care services."

Dr Annette Greenwood, Trauma Response Service Lead, TAG member

EMBEDDING CHANGE: QUALITY IMPROVEMENT INITIATIVES

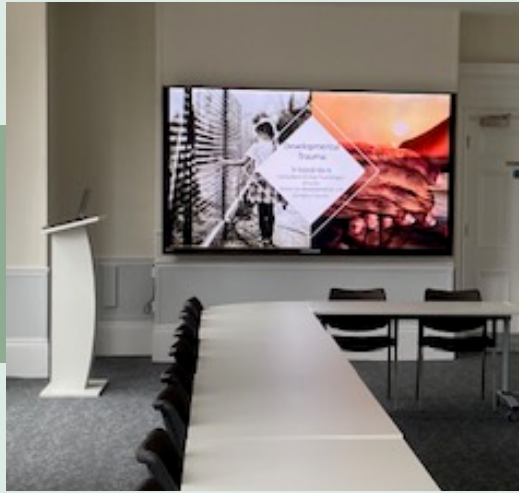
During the 2022-2023 period, the CDCT has continued to support and guide the development of data driven personalised clinical services. This has been achieved through:

- Providing personnel to local clinical services to embed new assessment processes
- The evaluation of clinical data to inform clinical need and the next stages of service development
- Developing personalised digital training materials for services
- Working with clinicians to publish findings in peer reviewed academic journals and present them at international conferences

"As a result of this working relationship clinicians have benefitted from a greater knowledge and understanding regarding diagnostic prevalence, symptom severity and functioning. This has facilitated innovative discussions, service planning and a push for resourcing developments, with the aim of improving our therapeutic inpatient environments, rehabilitative programmes, recovery pathways and the overall patient experience... At a time when resources feel stretched, our service has an ongoing plan to maintain this working partnership as a means to facilitate future quality improvements in our provision."

**Dr V Taylor, Consultant Psychologist,
DBT Service, St Andrew's Healthcare**

Service	Initiative	Progress	Outputs for 2022-2023
Dialectical Behaviour Therapy Service	The implementation of a specialist trauma assessment & treatment pathway	Repeat administration of ITQ in place to monitor the impact of treatment on trauma symptomatology	<ul style="list-style-type: none"> • 1 x journal paper • 1 x conference paper • 1 x brief oral presentation • 1 x conference poster
Acquired Brain Injury	Supporting implementing & evaluating specialist ABI assessment pathway	Assessment pathway now embedded in male MSU wards	1 x conference poster
Trauma Support Service	Review of clinical needs	Following a review of the service new treatments in trauma related sleep and nightmare management will be piloted in 2023 and the range of baseline measures has been reviewed and expanded to capture a wider range of needs	1 x journal paper 2 x conference papers 1 x conference poster
Deaf Service	Assessment of levels and nature of early trauma	The nature and extent of trauma needs has been established. Next phase of the project will look focus on clinical needs to develop a nuanced treatment model	1 x conference poster 1 x journal paper



THE YEAR AHEAD

In line with our overall 5 year strategy, 2023-2024 will provide for a number of key events that will promote the long term growth of the CDCT in relation to financial security, portfolio of activities and reputation. In April we will move to our new premises in the Foster Centre for Higher Education.

11

Key events for 2023-2024

- April 2023: Completion of the Foster Centre for Higher Education
- May 2023: Hosting our first transatlantic conference with US partner "Moral Injury in Healthcare"
- October 2023: First intake for MSc
- July 2023: External 1 day CPD events will be launched
- November 2023: First annual 'Excellence and Innovation in Trauma Care' awards

"The past twelve months working within the CDCT have brought lots of new and exciting research and development opportunities. It has been energizing to be able to contribute to a meaningful programme of research that evokes difficult but critical conversations and sheds light on areas for change. I am pleased to be able to contribute to the expansion of the Centre over the next year in both its research programme and educational provision, and look forward to navigating the new experiences and opportunities that this growth will bring"

-- Elanor Webb, Research Associate and Lecturer, CDCT

Expansion of the CDCT portfolio

The next year will see continued growth across the different sections of the CDCT portfolio

- International conferencing programme: Expanding to 6 International conferences per year
- Research programme: Expansion of the male, physical health, neurodiverse and occupational trauma programmes
- Research programme: Development of international guidance documents
- CPD events: Offering 4 additional courses within the research skills programme; Offering multi session CPD events to external attendees
- Quality Improvement initiatives: Piloting and evaluating clinical interventions in inpatient services and staff trauma service



Book Chapters

Morris, D. J., & Webb, E. L. (2022). Social identity theories and their application to forensic settings. In J. Harvey & D. Ambrose (Eds.), *Social Psychology in Forensic Practice*. London: Routledge.

Peer-Reviewed Journal Papers

Webb, E. L., Morris, D. J., Sadler, E., Macmillan, S., Trowell, S., & Legister, A. (2023). Predictors of moral injury in secure mental healthcare workers: Examining a role for violence and restrictive practices through an intersectional lens. *Journal of Forensic Psychology Research and Practice*.

Morris, D. J., Webb, E. L., Worsfold, J., & Greenwood, A. (2023). Exploring the psychosocial and wellbeing needs of staff who access trauma support in secure mental health services: Relations with demographic, occupational and trauma event characteristics. *International Journal of Forensic Mental Health*.

Morris, D. J., Webb, E. L., & Devlin, P. (2022). Moral injury in secure mental healthcare. Part II: Experiences of potentially morally injurious events and their relationship to wellbeing in health professionals in secure services. *Journal of Forensic Psychiatry and Psychology*.

Morris, D. J., Webb, E. L., Trundle, G., & Caetano, G. (2022). Moral injury in secure mental healthcare. Part I: Exploratory and confirmatory factor analysis of the Moral Injury Events Scale. *Journal of Forensic Psychiatry and Psychology*.

Webb, E. L., Morris, D.J, Watson, E., Fox E., Sibley, V., & Taylor, V. (2022) Which complex PTSD symptoms predict functional impairment in females with comorbid personality disorder needs? Research and treatment implications, *European Journal of Trauma and Dissociation*.

Owczarek, M., Karatzias, T., McElroy, E., Hyland, P., CLoitre, M., Kratzer, L., Knefel, M., Grandison, G., Ho, G. W. K., Morris, D., & Shevlin, M., (2022) Borderline Personality Disorder (BPD) and Complex Post Traumatic Stress Disorder (CPTSD): A network analysis in a highly traumatised clinical sample, *Journal of Personality Disorders*.

Umpunjun, P., Webb, E. L., & Morris, D. J. (in submission). Prevalence of types of adverse childhood experiences in incarcerated males: A systematic review and meta-analysis. *Psychology, Crime & Law*.

Conference Papers and Posters

Morris, D., & Webb, E. L. (2022). Exploring inpatient admissions and clinical needs through an intersectional lens: The differential experiences of gendered ethnic groups. [Paper]. Division of Clinical Psychology Annual BPS Conference, United Kingdom

PUBLICATIONS IN 2022-2023

13

Morris, D. J. (2022). Moral injury in healthcare: The evidence. *Erikson Institute Fall Conference*, Chicago, USA

Morris, D. J., Webb, E. L. (2022) Trauma and wellbeing profiles of healthcare professionals in psychiatric services in the UK: Implications and recommendations. [Paper]. 2nd International Conference on Trauma and Mental Health, Jerusalem, Israel.

Webb, E. L., Morris, D. J., & Fox, E. (2022). Elevated distress and risk, and reduced quality of life in women with with comorbid complex PTSD and emotionally unstable personality disorder. [Poster]. 2nd International Conference on Trauma and Mental Health, Jerusalem, Israel.

Morris, D.J., Webb, E.L, Umpunjun, P., Fox., E., & Beber, E. (2022) Addressing the trauma in the room: The differential trauma needs of women with co morbid EUPD and Complex PTSD in secure services. [Paper] International Association of Forensic Mental Health Services, Berlin, Germany

Webb, E.L, & Morris, D.J. (2022) Re-traumatisation: The impacts of placement breakdowns in care for adolescents with developmental disorders [Paper] ,International Association of Forensic Mental Health Services, Berlin, Germany

Morris, D.J. & Webb, E.L, (2022) & Reconsidering frameworks for trauma in healthcare professionals: The impact of exposure to violence and restrictive practices: theoretical and support implications. [Paper] International Association of Forensic Mental Health Services, Berlin, Germany,

Steen, S., Morris, D.J., Hamilton, A., Law, G. (2022) The Prevalence and Clinical Impact of Moral Injury in UK Secure Care Settings. [Paper]. International Association of Forensic Mental Health Services, Berlin, Germany

Webb, E.L, & Morris, D.J. (2022) "What are we really measuring with the HoNOS in forensic settings? Exploring its structure through confirmatory and exploratory factor analyses". [Poster]. International Association of Forensic Mental Health Services, Berlin, Germany

Umpunjun, P., Webb., E.L., & Morris D.(2022) "Exposure to Trauma in Childhood Amongst Male Forensic Populations: A systematic review and Meta Analysis" [Poster]. International Association of Forensic Mental Health Services, Berlin, Germany

Umpunjun, P., Webb., E.L., & Morris, D. (2022) "Prevalence of Exposure to Trauma in male prisoners A systematic review and meta analysis" [Poster]. International Association of Forensic Mental Health Services, Berlin, Germany

CDCT TEAM 2022-2023



Dr Deborah Morris,
Consultant Clinical Psychologist
Director, Centre for Developmental &
Complex Trauma, StAH
Faculty of Medicine, University of Buckingham



Elanor Webb
Research Associate & Lecturer
Centre for Developmental & Complex
Trauma, StAH
PhD candidate, UCLaN



David Gibbs
Policy and Practice Advisor
Centre for Developmental & Complex
Trauma, StAH (.2FTE)



Jemima Worsfold
Research Assistant
Centre for Developmental & Complex Trauma, StAH
Feb 2022-January 2023 (secondment)



Professor Thanos Karatzias
CDCT consultant advisor, Chair of the TAG
Professor of Mental Health & Director of Research,
Edinburgh Napier University (1 day per month)

Students	Volunteers / Honorary members	
*Benny Lupattelli Gencarrelli (BSc, Coventry University) Faiben Yemane (DClinPsy, University of Birmingham) *Petch Umpunjun (MRes, University of Birmingham) *Scott Steen (DClinPsy, University of Birmingham) *Rebecca Harding (MSc, University of Buckingham) *Kelly Ma (MSc, University of Buckingham)	<u>Assistant Psychologists</u> Grace Keaveney *Samuel Trowell *Ellie Sadler *Sam MacMillan	*Gabriella Caetano Alice Leeson Zahra Nawab Amy Dickens
	<u>Clinical Teaching Fellows:</u> *Amy Legister *Emily Watson Lowri Foster Davies	<u>Registered Health Professionals:</u> *Grace Trundle; Kevin Baker; Lorraine Childs; *Annette Greenwood; *Perry Devlin; *Emily Fox *Victoria Taylor

* indicates those who have published with the CDCT in 2022-2023

CENTRE FOR
DEVELOPMENTAL AND
COMPLEX TRAUMA

Academic Centre
St Andrew's Healthcare
Billing Road
Northampton
NN1 5DG



CDCT@stah.org



[@CDCT_Updates](https://twitter.com/CDCT_Updates)



www.stah.org/cdct/