

5TH INTERNATIONAL TRAUMA INFORMED CARE CONFERENCE
TREATMENT APPROACHES AND PARADIGMS FOR COMPLEX
TRAUMA & CO-EXISTING NEEDS

DELEGATE PACK

ONLINE 26th November 2024





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A WARM WELCOME TO THE CONFERENCE FROM THE SCIENTIFIC COMMITTEE #TIC2024

Welcome all to the 5th International Trauma Informed Care online conference, lead by the Centre for Developmental and Complex Trauma and co sponsored by the Crisis, Disaster and Trauma section of the British Psychological Society.

As our international conferencing programme grows, our annual November conference continues to evolve as the central event we host to support reducing the gap between research and clinical practice. This years event brings together a host of international speakers to explore current challenges and solutions in psychotraumatology, as well as presenting papers relating to current developments in the field.

In symposium one we explore the role of comorbidity in trauma. Given that trauma typically presents with additional coexisting needs, it is vital, going forward, that we find effective ways of working with coexisting needs. This symposia hosts three papers exploring ways of working with three challenging and often occurring needs of dissociation, autism and personality disorder.

Next, in symposium two, we host two keynote presentations among three papers that explore the relationship between new diagnoses within 'disorders specifically associated with stress' categories of ICD-11 and evidence relating to the neurobiology of trauma.

In symposium three we focus on psychological and pharmacological evidence relating to treatments, presenting four papers of papers addressing treatment approaches for PTSD and CPTSD, including couples and family approaches, teletherapy and psychopharmacology.

We are very much looking forward to the conference, and to learning from the fantastic line up of speakers with considerable expertise and knowledge to share.

Please be active in the conference chat and ask lots of questions!!



Dr Deborah Morris, Director

Centre for Developmental and Complex Trauma
Director of Postgraduate Programmes in Trauma, MSc
Practitioner in Psychological Trauma, Faculty of Medicine and
Health Sciences, University of Buckingham



Professor Thanos Karatzias

Professor of Mental Health, Edinburgh Napier University
Director of Research, Edinburgh Napier University
Research Consultant, Centre for Developmental and
Complex Trauma

HOUSEKEEPING:

IMPORTANT INFORMATION ABOUT THE CONFERENCE



This is an online conference hosted on Zoom Webinar. All presentations are live. The presentations are not being recorded. Your microphone and video camera will be switched off to help the conference run smoothly. You will be able to use chat to send messages to selected people and use the Q&A function to ask questions about the presentations.

The speakers, presentation slides and interpreters will be best viewed using Gallery View. You will not be able to use multi-pin.

Five minutes before the end of each presentation, the chair will appear on the screen indicating a warning that the speaker is nearing the end of their presentation.



To check your access to Zoom, you can join a test meeting set up by Zoom. Please go to 'Joining a test meeting – Zoom Help Centre' to find out how to do this. Many problems with video conferencing are due to low bandwidth – please check yours before the conference starts. On the day, we are not able to help delegates resolve problems with their own internet connections.



We very much want this to be an interactive event and encourage you to ask questions throughout the event. Questions and comments to specific individuals can be posted into the 'chat' function. If you would like to ask a question relating to one of the posters or oral presentations, please use the Q&A function. The chairs of each symposia will ask questions posted into Q&A boxes at the end of each oral presentation.



Each delegate who attends the event will be sent a Certificate of Attendance after the conference. The conference counts for 7 hours of CPD. Certificates will not be sent immediately so do not worry if you do not receive your certificate straight away.

Full conference programme and running order

Timing	Topic	Speaker & Affiliation
09:15	Welcome and housekeeping	 Dr Deborah Morris Centre for Developmental and Complex Trauma
09:20	OPENING COMMENTS	 Prof. Thanos Karatzias Edinburgh Napier University  Dr Deborah Morris Centre for Developmental and Complex Trauma
09:30	Brief Poster Presentation "ITI Validation"	Ole Melkevik Danish Veterans Centre
09:40	Presentation: PTSD and Autism Spectrum Disorder: Co-morbidity and Shared Mechanisms	 Prof. Danny Horesh Bar-Ilan University
10:15	Presentation: Addressing Dissociation in the Treatment of Complex PTSD	 Dr Leonhard Kratzer Clinic St Irmingard
10:50-11:10 Comfort Break		
11:10	Presentation: The intersection of personality disorder and complex trauma: Evidence, clinical guidance and dilemma's	 Dr Deborah Morris Centre for Developmental and Complex Trauma
11:45	Keynote Presentation: ICD-11 Prolonged Grief Disorder: Concept and Assessment	 Prof. Mark Shevlin Ulster University
12:30	Conference Paper: A Transdiagnostic Perspective on ICD-11 Adjustment Disorder	 Dr. Rahel Bachem University of Zurich

13:05 - 13:45 LUNCH		
13:45	Welcome Back Summary of morning and introductions to the afternoon	
13:45	Keynote Presentation: Fear and Reward Processing in PTSD: Diagnostic and Treatment Implications	 Prof. Yuval Neria Columbia University
14:25	Presentation: Pharmacotherapies for Psychological Trauma	 Prof. Jon Bisson Cardiff University
15:00	Presentation: Guided Digital Therapies for Post Traumatic Stress Disorder (PTSD)	 Dr. Catrin Lewis Cardiff University
15:35-15:50 Comfort Break		
15:50	Presentation: Enhanced Skills Training in Affective and Interpersonal Regulation (ESTAIR) - An Innovative Person-Centred Approach to Treating Complex PTSD (CPTSD)	 Prof. Thanos Karatzias Edinburgh Napier University
16:25	Presentation: Cognitive-Behavioral Conjoint Therapy for PTSD: Harnessing the Healing Power of Relationships in Trauma Recovery	 Prof. Candice M. Monson Toronto Metropolitan University
17:00	Final Remarks and Close of Conference	<div>  Dr Deborah Morris Centre for Developmental and Complex Trauma </div> <div>  Prof. Thanos Karatzias Edinburgh Napier University </div>

CONFERENCE PROGRAMME: SCIENTIFIC COMMITTEE, CHAIRS AND SPEAKERS



Professor Thanos Karatzias

Professor of Mental Health, Edinburgh Napier University
Director of Research, Edinburgh Napier University
Research Consultant, Centre for Developmental and Complex Trauma

Biography:

Professor Karatzias, has spent his entire clinical and academic career working in the field of psychological trauma. In collaboration with national and international research partners he has developed a special interest in the effects and treatment of psychological trauma on physical and mental health; on prison populations; and on people with learning disabilities. He has published extensively in these areas.

For further details relating to publications please click on the QR code to see ResearchGate.



Dr Deborah Morris (Scientific Committee and Conference Co-Chair)

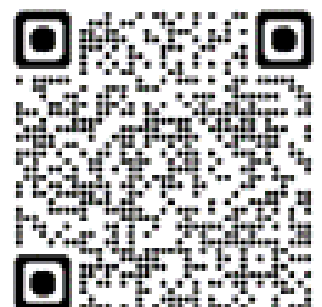
Director, Centre for Developmental and Complex Trauma, UK
Director of Postgraduate programmes in trauma,
Faculty of Medicine and Health Sciences, University of Buckingham

Biography:

Deborah is the director for the Centre for Developmental and Complex Trauma and the Director of Post graduate programmes in trauma, University of Buckingham. A Consultant Clinical Psychologist by training, Deborah has worked clinically with adults with complex personality disorder, neurodevelopmental, forensic and mental health needs in the community, assertive outreach, crisis, residential, prison and inpatient settings.

Deborah has previously worked in professional and clinical lead positions and in services to support the mental health and trauma needs of healthcare professionals. Her publications and ongoing research interests include; occupational distress and trauma, treatments for personality disorder, intellectual disabilities, developmental trauma disorders, the intersection between trauma and personality disorder, moral injury, gendered approaches to trauma, adverse childhood experiences, the physical health impact of trauma, and the psychometric properties of psychological tools.

In her spare time Deborah indulges her obsessions with Star Wars, scuba diving with sharks and her typically unsuccessful attempts to establish an organic allotment. She is an avid cook and enthusiastically avoids gyms and all forms of organised fitness.



CONFERENCE PROGRAMME: SYMPOSIA 1



PRESENTER: Professor Danny Horesh
Head of the Trauma and Stress Research Lab
Department of Psychology, Bar-Ilan University, Israel
Adjunct Assistant Professor, NYU School of Medicine,
Department of Psychiatry
Licensed Clinical Psychologist

“PTSD and Autism Spectrum Disorder: Co-morbidity and Shared Mechanisms”

Summary:

Autism Spectrum Disorder (ASD) has been known to show high co-morbidity with different mental disorders, including anxiety and depression. Previous research indicates that individuals with ASD also face an increased risk of experiencing traumatic events. However, the co-morbidity between ASD and Post-Traumatic Stress Disorder (PTSD) has been mostly neglected by researchers. In my talk, I will discuss an ongoing study in which we examine the complex associations between PTSD and autism.

We assessed both autistic traits and individuals formally diagnosed with ASD. Overall, our findings reveal that individuals with ASD/high levels of autistic traits face an increased risk for PTSD, compared to typically developing controls. In addition, we show that among those with ASD, PTSD was best predicted by social stressors, such as bullying and ostracizing. Finally, we propose several mechanisms, which may underlie the ASD-PTSD connection, including dysregulated emotion, rumination, and social cognition. Our findings highlight the need to study PTSD among those showing pre-existing neurodevelopmental vulnerabilities, rendering them more vulnerable to trauma and its effects. Treatment and policy implications will also be discussed.

Biography:

Prof. Danny Horesh is a licensed clinical psychologist. He is the Head of the clinical psychology program and the Trauma and Stress Research Lab at Bar-Ilan University's Department of Psychology. In addition, Prof. Horesh holds an adjunct faculty position at New York University's Department of Psychiatry. His research focuses on factors associated with vulnerability and resilience to traumatic stress. In his lab, Prof. Horesh studies a variety of trauma-exposed populations, including war veterans and their families, women following stillbirth and pregnancy loss, and individuals diagnosed with Fibromyalgia. His research team also conducts clinical trials examining novel intervention for trauma-exposed populations.



CONFERENCE PROGRAMME: SYMPOSIA 1

PRESENTER: Dr Leonhard Kratzer
Lead Psychologist in the Clinic for
Psychotraumatology, Clinic St Irmingard,
Germany

“Addressing Dissociation in the Treatment of Complex PTSD”



Summary:

Albeit prevalent across a wide variety of psychological disorders and highly relevant for treatment, dissociative symptoms remain underassessed and undertreated. In the context of post-traumatic stress disorder, dissociative symptoms typically manifest as the pathognomonic re-experiencing in the here and now, sometimes accompanied by detachment dissociation in the form of emotional numbness, derealization, and depersonalization. Yet, some patients with particularly severe experiences of trauma and neglect may develop dissociative symptoms that go beyond detachment dissociation.

This second type of dissociation, compartmentalization, corresponds to a disintegration and loss of conscious and voluntary control over cognitive, emotional, and behavioral processes, presenting as dissociative movement disorders, dissociative amnesia, identity changes, or dissociative seizures. While detachment dissociation can typically be handled easily in the course of multicomponent treatments of complex PTSD like DBT-PTSD or ESTAIR, more severe dissociative symptoms might require specific diagnostics and adjustments, which will be introduced and discussed.

Biography:

Dr Leonhard Kratzer is a Consultant Clinical Psychologist in the Department of Psychotraumatology, Clinic St. Irmingard, Prien am Chiemsee, Germany. He is a licensed psychotherapist (CBT), licensed psychotraumatologist (DeGPT) and a licensed EMDR therapist (EMDRIA).

Details about Leon's clinical work can be accessed at:
<https://www.st-irmingard.de/unternehmen/klinikstruktur/oberaerzte/>



CONFERENCE PROGRAMME: SYMPOSIA 1



PRESENTER: Dr Deborah Morris
Director, Centre for Developmental & Complex Trauma,
Director of Postgraduate Programmes in Trauma, Faculty of Medicine and Health Sciences, University of Buckingham

Presentation

“The intersection of personality disorder and complex trauma: Evidence, clinical guidance and dilemma's

Summary

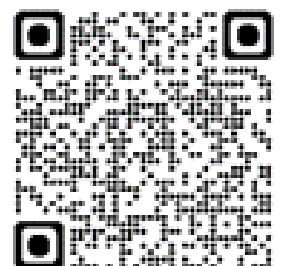
In the context of shared aetiology and symptomatology, the relationship between CPTSD and EUPD continues to be subject to ongoing research and debates. Whilst research has largely focused on exploring the differences between the two diagnoses and characterising the relationship between them, debates surrounding diagnostic primacy continue. In contrast, comparatively less attention has been paid to exploring the needs of those who endorse both diagnoses. Specifically, the experience of meeting both EUPD and Complex PTSD diagnoses, and what additional needs this sub population may present with. Ensuring that we develop services and interventions to support this population are clinical priorities given the impact of living with both presentations and the failure of mental health services thus far to meet this combination of clinical needs. Initially this paper will review existing data relating to the profile of those meeting both diagnoses, before presenting clinically driven pilot data that reports on the clinical and risk needs of those who meet both diagnoses compared to those who meet EUPD alone before offering a summary of recently published clinical guidance and clinical dilemma's that can arise in treatment.

Biography:

Deborah is the director for the Centre for Developmental and Complex Trauma and the Director of Post graduate programmes in trauma, University of Buckingham. A Consultant Clinical Psychologist by training, Deborah has worked clinically with adults with complex personality disorder, neurodevelopmental, forensic and mental health needs in the community, assertive outreach, crisis, residential, prison and inpatient settings.

Deborah has previously worked in professional and clinical lead positions and in services to support the mental health and trauma needs of healthcare professionals. Her publications and ongoing research interests include; occupational distress and trauma, treatments for personality disorder, intellectual disabilities, developmental trauma disorders, the intersection between trauma and personality disorder, moral injury, gendered approaches to trauma, adverse childhood experiences, the physical health impact of trauma, and the psychometric properties of psychological tools.

In her spare time Deborah indulges her obsessions with Star Wars, scuba diving with sharks and her typically unsuccessful attempts to establish an organic allotment. She is an avid cook and enthusiastically avoids gyms and all forms of organised fitness.



CONFERENCE PROGRAMME: SYMPOSIA 2

KEYNOTE PRESENTER:

Professor Mark Shevlin

Professor of Psychology, Ulster University,
Coleraine and Honorary Professor of
Psychological Research Methods and Statistics,
Southern University of Denmark



Keynote Presentation:

“ICD-11 Prolonged Grief Disorder: Concept and Assessment”

Summary:

In the immediate aftermath of bereavement, intense feelings of sadness and anger, as well as ruminative thoughts about the deceased, are typical. These grief responses are universal and are considered normal psychological reactions to the loss of a loved one. However, there are many ways that grief can be problematic, and the ICD-11 and DSM-5 introduced "Prolonged Grief Disorder" to acknowledge this. This presentation will describe the background to 'Prolonged Grief' as a psychological disorder and the different ways that it has been measured. It is proposed that the use of 'clinical checks' are an important addition to the way that problematic grief is assessed by self-report

Biography:

Mark Shevlin is a Professor of psychology at Ulster University (Coleraine) and an Honorary Professor of Psychological Research Methods and Statistics at the Southern University of Denmark. He started his academic career as a lecturer at Nottingham Trent University in 1995. His research interests are in the areas of trauma, psychosis, and post traumatic stress disorder. He is also interested in the applications of latent variable models in mental health research. Mark has published widely and has also co-authored a popular student textbook on statistical analysis. He is currently the Statistical Editor for the Journal of Traumatic Stress.



CONFERENCE PROGRAMME: SYMPOSIA 2

PRESENTER: Dr Rahel Bachem

Postdoctoral Researcher, Division of Psychopathology and Clinical Intervention, University of Zurich, Switzerland



Presentation:

“A Transdiagnostic Perspective on ICD-11 Adjustment Disorder”

Adjustment disorder is a maladaptive response to a significant life event that typically does not attain the severity of a traumatic event. In the ICD-11, adjustment disorder has been re-conceptualized and, for the first time, defined by two distinct symptom clusters: preoccupation and failure to adapt.

It is now categorized alongside posttraumatic stress disorder (PTSD) and complex posttraumatic stress disorder (CPTSD) in the chapter dedicated to disorders specifically associated with stress. This classification reflects the understanding that these disorders exist along a continuum of stress responses.

In the first part of this presentation, we will explore the ICD-11 concept of adjustment disorder, examining its specific symptom spectrum and briefly reviewing the available assessment tools. The second part will focus on the similarities and differences between adjustment disorder and other stress response syndromes, particularly PTSD and CPTSD. Our discussion will emphasize the transdiagnostic properties of preoccupations associated with these disorders and their co-occurrences. In the third part, we will assess the significance of cumulative critical life events and potentially traumatic experiences in relation to various stress response syndromes. Finally, we will conclude with a discussion of the clinical implications for the treatment of adjustment disorders.

Biography:

Rahel Bachem, PhD, obtained her doctorate in clinical psychology from the University of Zurich in 2015. She subsequently served as a postdoctoral fellow at Tel Aviv University and at the I-CORE Research Center for Mass Trauma from 2016 to 2019, where she investigated the systemic impact of trauma and posttraumatic stress on family systems. In 2019, Dr. Bachem returned to the University of Zurich, assuming roles as a postdoctoral researcher, psychotherapist, and senior research associate at the Chair of Clinical Psychology and Psychotherapy.

She earned her professional license as a psychotherapist after completing her Master of Advanced Studies (MAS) at the Klaus Grawe Institute for Psychological Therapy in 2022. By January 2025, she will begin her professorship at the Eastern Switzerland University of Applied Sciences, funded by the Swiss National Science Foundation. Her current research focuses on ICD-11 adjustment disorder, (complex) posttraumatic stress disorder, intergenerational trauma transmission, and cultural variations in trauma sequelae.



CONFERENCE PROGRAMME: SYMPOSIA 2



KEYNOTE PRESENTER:

Professor Yuval Neria

Professor of Clinical Medical Psychology, Departments of Psychiatry and Epidemiology, Columbia University and Director of Trauma and PTSD, New York State Psychiatric Institute, USA.

Presentation:

“Fear and Reward Processing in PTSD: Diagnostic and Treatment Implications”

Summary:

In this talk Yuval will focus on 3 questions:

- 1) What can be learned from epidemiological studies on the neurobiology of PTSD?
- 2) What are the neural markers of PTSD, and can they be targeted in treatment?
- 3) What should be improved in PTSD diagnosis and treatment?

Biography:

Dr. Neria joined Columbia University Medical Center in 2002, and since then has led and collaborated on numerous studies in trauma and PTSD. He has studied prisoners of war and war veterans, civilians exposed to terrorism and disasters, and recently people affected by the COVID-19 pandemic. To address major gaps in availability of mental health treatments for service members and their family members, he founded the Columbia-NYP Military Family Wellness Center in 2016, where both veterans and family members can receive free, evidence-based care to address their PTSD, depression and anxiety problems. In addition, he has co-founded and co-directed the Man O' War Project dedicated to developing and test the efficacy of equine assisted therapy for PTSD.

In his lab, Neria's group is focused on studies aiming to identify brain markers for trauma, PTSD, and resilience. By using advanced multimodal imaging approaches, his lab has developed innovative methods to characterize deficits in fear and reward processing, systematically mapping PTSD biotypes, and has successfully identified biomarkers of clinical improvement in PTSD patients undergoing a range of therapeutic approaches. Neria is the Principal Investigator on a multi-site randomized clinical trial investigating the efficacy of Transcendental Meditation (TM) for veterans and first responders diagnosed with PTSD.

Neria's research has been supported by NIMH, philanthropy, and private foundations since 2004. He has authored more than 250 scientific articles and book chapters and has edited four textbooks focusing on the nature and treatment of the mental health consequences of trauma.



CONFERENCE PROGRAMME: SYMPOSIA 3



PRESENTER: Professor Jon Bisson
Professor, Division of Psychological Medicine and Clinical Neurosciences, Cardiff University, UK

Presentation:

“Pharmacotherapies for Psychological Trauma”

This talk will provide an introduction to the evidence-based pharmacological treatment of post-traumatic stress disorder (PTSD) and complex PTSD. The evidence for the effectiveness of pharmacological treatment will be reviewed and the all Wales prescribing algorithm for PTSD will be introduced.

Biography:

Jon Bisson is a practising psychiatrist, Director of Traumatic Stress Wales and Clinical Professor in Psychiatry at Cardiff University. He developed and was the first Director of Health and Care Research Wales and Veterans NHS Wales. He became interested in traumatic stress during his time in the British Army and was co-chair of the UK's first post-traumatic stress disorder (PTSD) NICE Guideline Development Group and chaired the International Society for Traumatic Stress Studies' Treatment Guidelines Committee. He developed and continues to lead Cardiff University's Traumatic Stress Research Group, is Deputy Director of the National Centre for Mental Health and leads its intervention development workstream. His current research includes work into the development, evaluation and implementation of guided internet-based interventions for PTSD, complex PTSD and prolonged grief disorder.
<https://www.cardiff.ac.uk/people/view/122802-bisson-jonathan>



PRESENTER: Dr Catrin Lewis
Research Associate, Division of Psychological Medicine and Clinical Neurosciences, Cardiff University, UK

Presentation:

“Guided Digital Therapies for Post Traumatic Stress Disorder (PTSD)”

Biography:

My research focuses on the development and evaluation of psychological interventions for trauma related disorders. Working within the Intervention Development workstream of the National Centre for Mental Health (NCMH) I have extensive experience of working alongside experts by lived experience to develop novel interventions using mixed method approaches.

My PhD involved developing and pilot testing Spring, a novel guided internet-based programme for PTSD which is now being implemented in the NHS. I am currently working on the development of similar interventions for Prolonged Grief Disorder, Complex PTSD and a bespoke version of Spring for military veterans. I have conducted several Cochrane reviews and worked for the National Institute for Health and Care Excellence (NICE) to produce Clinical Practice guidelines. I was a member of the International Society for Traumatic Stress Studies (ISTSS) treatment guidelines committee, taking a lead in synthesising the evidence for psychological therapies. I also have an interest in sleep disturbance related to PTSD, and PTSD as a comorbidity of other disorders.



CONFERENCE PROGRAMME: SYMPOSIA 3



PRESENTER: Professor Thanos Katatzias
Professor of Mental Health & Director of
Research, Edinburgh Napier University, UK
and Research Consultant, Centre for
Developmental and Complex Trauma, UK

Presentation:

“Enhanced Skills Training in Affective and
Interpersonal Regulation (ESTAIR): An
Innovative Person-Centred Approach to
Treating Complex PTSD (CPTSD)”

Summary:

Complex PTSD (CPTSD) is a relatively new condition in ICD-11. A pilot randomised controlled trial aimed to compare a four-module intervention developed to target all symptoms of ICD-11 CPTSD, namely Enhanced Skills in Affective and Interpersonal Regulation (ESTAIR) with treatment as usual (TAU). A total of $N = 56$ eligible veterans with CPTSD were randomised to either ESTAIR ($n = 28$) or TAU ($n = 28$). Treatment dropout in ESTAIR and TAU was low and equivalent (18% vs. 11%; $\chi^2(1) = 1.19$, $p = 0.275$), and study retention was high. ESTAIR provided significantly greater reduction in CPTSD severity across time for ITQ PTSD ($p < 0.001$) and DSO ($p < 0.001$) symptoms. CPTSD pre-to-post effect sizes for ESTAIR were large (PTSD $d = 1.78$; DSO $d = 2.00$). Remission of probable CPTSD diagnosis at post-treatment was substantially greater in ESTAIR compared to TAU with only 13.6% versus 84% ($p < 0.001$) retaining the diagnosis.

Biography:

Professor Karatzias, has spent his entire clinical and academic career working in the field of psychological trauma. In collaboration with national and international research partners he has developed a special interest in the effects and treatment of psychological trauma on physical and mental health; on prison populations; and on people with learning disabilities. He has published extensively in these areas.

For further details relating to publications please click on the QR code to see ResearchGate.



CONFERENCE PROGRAMME: SYMPOSIA 3

PRESENTER: Professor Candice M. Monson
Professor of Psychology, Toronto
Metropolitan University, Ontario, Canada



Presentation:

“Cognitive-Behavioral Conjoint Therapy for PTSD: Harnessing the Healing Power of Relationships in Trauma Recovery”

Summary:

Cognitive-Behavioral Conjoint Therapy (CBCT) for PTSD is a time-limited, trauma-focused therapy designed to simultaneously treat PTSD and enhance intimate relationships. A number of studies document its efficacy in improving a range of trauma-related symptoms and functional outcomes in both partners. This presentation will provide an overview of the therapy protocol, its outcomes, and innovations in its application (e.g., MDMA-facilitated, intensive delivery, abbreviated length, self-directed delivery).

Biography:

Candice M. Monson, PhD, is Professor of Psychology at Ryerson University in Toronto, ON. Dr. Monson is one of the foremost experts on traumatic stress and the use of individual and conjoint therapies to treat PTSD. She has published extensively on the development, evaluation, and dissemination of PTSD treatments more generally. She has been funded by the U.S. Department of Veterans' Affairs, National Institute of Mental Health, Centers for Disease Control and Prevention, Department of Defense, and Canadian Institutes of Health for her research on interpersonal factors in traumatization and individual- and conjoint-based interventions for PTSD. She is a Fellow of both the American and Canadian Psychological Associations, and received the Canadian Psychological Association Traumatic Stress Section's Trauma Psychologist of the Year Award in 2013 and the Sarwan Sahota Ryerson Distinguished Scholar Award for outstanding contribution to knowledge or artistic creativity in 2014. Dr. Monson is also a fellow of the Royal Society of Canada.

Dr. Monson has published over 150 peer-reviewed publications, 7 books, and 40 book chapters on the development, evaluation, and dissemination of PTSD treatments more generally. Dr. Monson is well-known for her efforts in training clinicians in evidence-based assessments and interventions for PTSD.





Postgraduate Programmes in Trauma

-Faculty of Medicine and Health Sciences-

MSc Practitioner in Psychological Trauma

The part-time, two-year programme provides health professionals with the theoretical understanding and professional competencies to develop, provide and lead psychological trauma services and trauma-informed care models, for wide ranging populations.

The course structure and content follows the level three 'trauma expert' competencies outlined by the BPS. Face-to-face teaching is delivered at the Foster Postgraduate Centre, Centre for Developmental and Complex Trauma, St Andrew's Healthcare, Northampton. Further information can be accessed at: www.buckingham.ac.uk/courses/postgraduate/msc-practitioner-in-psychological-trauma/

Structure of the MSc

Module 1: Theory informing practice:

Theoretical aspects of different trauma presentations

Module 2: Idiosyncratic assessment & formulation

Module 3: Idiosyncratic treatment of trauma & associated needs

Module 4: Working with different populations

Module 5: Self and systems in context:
Developing leadership skills & trauma-informed systems

Module 6: Research methods and dissertation



Anonymous student survey experience feedback

"I have found the course as very thought provoking. There have been many aspects I have been using in my clinical practice, and I have noticed a clearer understanding of why certain tasks need to be carried out."

"I found critiquing/analysing diagnoses very useful, which provokes thinking with an open mind in regards to labelling. I have found every topic very interesting."

"I appreciate the additional mechanisms for support, which have been invaluable. Lunchtime sessions, tutor meetings, the approachability of the team has been greatly appreciated."

"I have really enjoyed all of the lectures - it's been a real steep learning curve for me."

"The support and guidance is amazing"
"Lecturers are well prepared and slides are fab"

EXCELLENT

100%

Able to access support when needed

100%

Quality and inclusivity of materials

100%

Learning materials influence and improve clinical practice

- Interesting content
- Interactive sessions
- Clarity of learning objectives
- Safe to ask questions
- Increased understanding
- Overall course feedback



Postgraduate Programmes in Trauma

-Faculty of Medicine and Health Sciences-

NEW

Post Graduate Diploma in Complex Trauma

Distance Learning Course
First intake: September 2025

NEW

“Elevate your practice and become equipped to provide psychological services to those who require specialised trauma care.”

This new online part-time (1-year) distance learning programme focuses on imparting health professionals with the knowledge and competencies to support people with complex trauma needs, by developing, implementing and evaluating psychological assessments and interventions. The course follows the BPS level three 'trauma expert' competencies, and is delivered via online interactive lectures and seminars. Further information can be found at: <https://www.buckingham.ac.uk/courses/postgraduate/postgraduate-diploma-practitioner-in-complex-trauma/>

Structure of the PGDiP

Module 1: Theoretical models underpinning complex trauma

Module 2: Idiosyncratic assessment & formulation

Module 3: Idiosyncratic treatment of trauma & comorbid needs

Module 4: Working with 'hard to reach' populations

Why complete this course?

After completing the PGDiP, you will have developed skills to allow you to pursue or develop specialist trauma roles in various healthcare settings, including:

- **Strong, theory-driven knowledge base** of the lifelong impact to the whole person of experiencing complex trauma. Including the understanding of how to apply this knowledge to clinical, research and service development activities.
- **Theoretical and applied skills** appropriate to function at the Level 3 'trauma expert' competencies outlined by the British Psychological Society.
- **Knowledge** of how to implement, evaluate, and reflect on specialist trauma assessments and interventions in different settings.
- **Skills to work within an ethical framework** to promote the wellbeing of service users and practitioners

Support provided throughout the course

- **PERSONAL TUTOR** - Every student is assigned a personal tutor who recognises the challenges of studying whilst working with traumatised and complex presentations and will provide support at every stage of the PG Dip.
- **PORTFOLIO OF RESOURCES** - Students have free access to resources at the Centre for Developmental and Complex Trauma (CDCT), which includes:
 - A renowned international conference programme that attracts global experts in trauma
 - Trauma Special Interest Group events
 - The CDCT's 'Research Skills for Clinicians' workshop series for developing relevant skills in research and service evaluation



Join our Moral Injury Special Interest Group

The CDCT hosts an established 'special interest group' (SIG) for academics, clinicians, researchers and others with an interest in moral injury.

Moral injury is commonly understood as the *distress that arises when a person either directly engages in, or learns about, witnesses and/or fails to prevent behaviours of others which conflict with their own values and beliefs about what is right.*

Membership of the SIG is completely free and provides:



Access to discounted ticket prices for CDCT conferencing events



Newsletters and updates from the CDCT direct to your inbox



Invitations to attend bi-annual SIG meetings, including:

- Hosted presentations on practice and research advancements and debates within the field
- Discussion of opportunities for research collaborations and partnerships
- Opportunity to network with others in the field

Register here!



To join the SIG, simply scan the QR code or head over to:
<https://forms.office.com/e/sL9u0u5C1v>

Next SIG meeting

Tuesday 4th March 2025
13:15 - 15:00 GMT

via Microsoft TEAMS



Special Interest Group: Advancing trauma & 'personality disorder' needs

The Centre for Developmental and Complex Trauma (CDCT) hosts a special interest group focusing on advancing our understanding and treatment of people with trauma and 'personality disorder' needs. The SIG group has a broad international membership and meets twice a year.

At SIG meetings, we:

- Host presentations relating to good practice and advancements in the field
- Discuss the latest evidence on understanding the relationship between trauma and personality needs
- Share research collaboration opportunities
- Distribute newsletters twice a year relating to the SIG, recent research and practice updates

Joining the SIG and attending SIG meetings are free of charge. To join the SIG, please complete our membership and SIG form by scanning the QR code or at the following link:

<https://forms.office.com/e/sL9u0u5C1v>

**The next SIG meeting takes place virtually
on 6th February 2025 (13:15 - 15:00pm GMT)
via Microsoft TEAMS**



In collaboration with the Deaf Service, St Andrew's Healthcare and Sign Health, the Centre for Developmental and Complex Trauma (CDCT) hosts a special interest group focusing on advancing the trauma needs of deaf people. The SIG group has a broad international membership and meets four times a year.

At SIG meetings we

- Host presentations relating to good practice
- Share research updates
- Share research collaboration opportunities
- Outline innovations in the field



Joining the SIG and attending SIG meetings are free of charge. Join by scanning the QR code or following the link **here:**<https://forms.office.com/e/sL9u0u5C1v>

NEXT MEETING!!!!

Special Interest Group

Meeting the Trauma needs of Deaf people (BSL interpreters are provided)

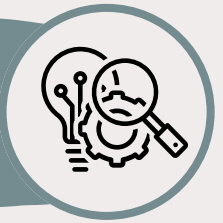
Friday 31st January

10:00-12:00pm (GMT) | Zoom



Research Skills for Clinicians

CPD Workshops 2024-2025



The CDCT delivers a range of online and in person CPD workshops, offering clinicians the chance to develop skills that will improve the rigour of research in clinical settings. Our workshops cover all stages of the research cycle, from the development of research questions to the dissemination of findings, and are mapped onto the 'Researcher Development Framework' (RDF).

To ensure a high standard of delivery, workshops are facilitated by members of the CDCT who have published in peer-reviewed journals, and are experienced in the methodologies being taught. Attendee's also benefit from ongoing access to a TEAMS channel containing a range of useful resources.

The 'Research Skills for Clinicians' workshop brochure can be downloaded from our website which can be accessed via the QR code or at <https://www.stah.org/cdct/events>



“Really enjoyed the workshop, I feel much more skilled. I also feel motivated to start a Delphi!”

“The workshops are always great fun. Well planned and presented, and great atmosphere!”

“Very reassuring training. The slides are a succinct step by step bible on factor analysis, no need for a textbook!”





Centre for Developmental and Complex Trauma

Part of St Andrew's Healthcare



About us

The Centre for Developmental and Complex Trauma (CDCT) was established in 2020 and is based in Northampton. The core aim of the CDCT is to drive better outcomes for people who have experienced repeated trauma across the lifespan.

Our values integrate contemporary frameworks of working with trauma; combined with a high level of academic rigour to deliver research, education and CPD activities that are theoretically underpinned and focused on developing data-driven approaches to understanding trauma and delivering personalised care.

Central to our values are the role of co-production and empowerment. The CDCT operates a highly collaborative working model, prioritizing developing relationships with stakeholder groups to ensure that our work is co-produced, relevant, impactful and translatable to clinical services.

Our CPD, research and service development activities are conducted through an intersectional lens, with the differential impact of gender, neurodiversity and ethnicity playing a central role in the design and reporting of our activities.

For further information about the CDCT, please head over to our website at www.stah.org/cdct/ or via the QR code here:

You can also get in touch at CDCT@stah.org



Portfolio of activities

To achieve our goals, the CDCT delivers a growing portfolio of activities and services that seek to advance knowledge, skills and clinical practice.

The CDCT's portfolio of current activities



Student and professional clinical and research placements



Comprehensive research, service development and evaluation programme covering 8 areas of trauma and over 20 current projects



International conference programme



Postgraduate education programme in psychological trauma with the University of Buckingham



Research skills for clinicians CPD programme



Hosting special interest groups

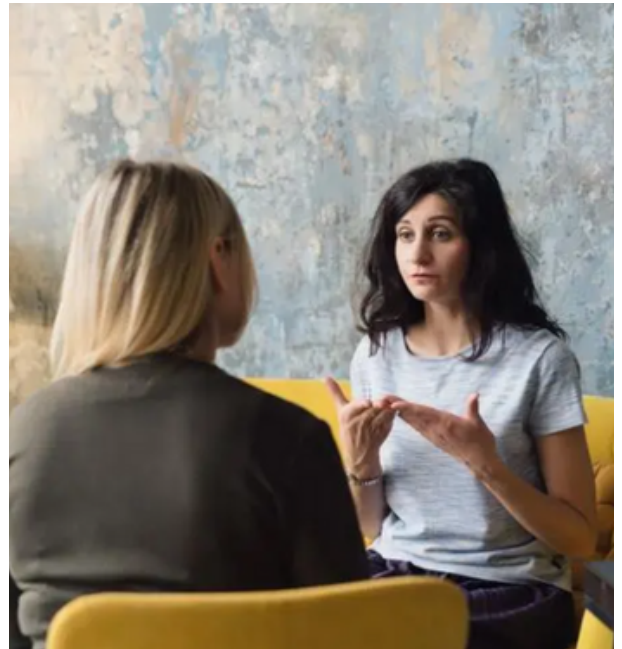


Consultation and supervision

The British Psychological Society Crisis, Disaster and Trauma psychology section



the british
psychological society
crisis, disaster and trauma
psychology section



The Crisis, Disaster and Trauma Psychology Section was formed in 2013 with the goal of creating a 'centre of excellence' in which the concept of psychological trauma can be explored, evidence-based treatments examined, research findings shared and best practice established.

The Section is working to create a framework that will allow its members to share experiences, develop ideas and increase knowledge and skills in trauma psychology.

Our activities include:

- Community influence and support
- Professional practice
- Professional support
- Research
- Teaching and training



CDTChaire@bps.org.uk



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



<https://www.bps.org.uk/membership/microsites/crisis-disaster-and-trauma-psychology-section>



Centre for Developmental and Complex Trauma

Part of St Andrew's Healthcare

The Foster Postgraduate Centre,
Main Building
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Northampton
NN1 5DG



the british
psychological society
crisis, disaster and trauma
psychology section