

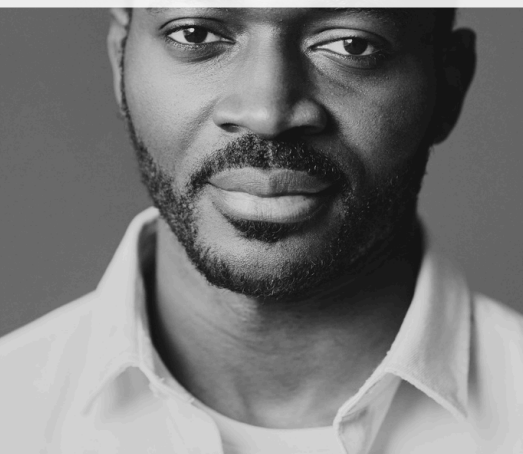


Centre for Developmental
and Complex Trauma

Part of St Andrew's Healthcare



the british
psychological society
crisis, disaster and trauma
psychology section

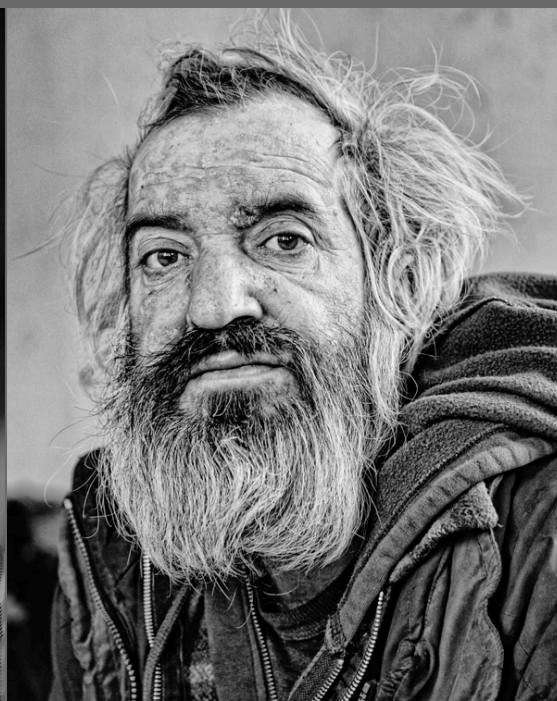


6TH INTERNATIONAL TRAUMA INFORMED CARE CONFERENCE

***“OVERCOMING DILEMMAS & CHALLENGES TO MAXIMISE
OUTCOMES IN COMPLEX TRAUMA”***

DELEGATE PACK

Online Conference, 25th November 2025





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A WARM WELCOME TO THE CONFERENCE FROM THE SCIENTIFIC COMMITTEE

#TIC2025

Please accept our very warm welcome to this years conference, the 6th International Trauma Informed Care online conference. This event is led by the Centre for Developmental and Complex Trauma and co-sponsored by the Crisis, Disaster and Trauma section of the British Psychological Society.

This years conference brings together a host of international speakers focusing on, “Overcoming dilemmas & challenges to maximise outcomes in complex trauma”, as well as offering a series of brief presenting papers and conference posters relating to current developments in the field.

Throughout the day we have a series of brief ‘abstract style’ presentations led by early and mid career clinicians and researchers, offering insights and guidance relating to underserved populations, novel applications of trauma informed care frameworks or new and emerging evidence. Please be supportive of our colleagues and ask questions relating to these presentations, via the Q&A and chat functions of Zoom.

In symposium one we explore the origins of complex trauma, with expert discussions around the following topics: identity theory of CPTSD, the importance of emotional regulation and an in-depth look at integrated models for trauma formulations.

Next, in symposium two, we examine the critical factors for success in therapy. By considering presentations in the following areas: professional practical challenges and solutions and a discussion around developmental trauma perspectives for children and young people. This symposium concludes with a presentation exploring the factors affecting CPTSD treatment outcomes, with a keynote presentation relating to outcomes from the ESTAIR treatment programme.

In symposium three, we draw our focus to the needs of underserved populations, one of the CDCT’s key objectives; to increase awareness of the trauma experiences and care needs for the most marginalised sections of society. We will hear presentations on the following areas: service user perspectives on re-traumatisation, displaced populations and refugee mental health. The final part of this symposium will be an in-depth look at the relationship between Borderline Personality Disorder and CPTSD and implications for treatment.

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
9:20	OPENING COMMENTS CONTINUED	 Dr Vivienne McVey - CEO, St Andrews Healthcare
09:25	Brief Presentation 1: The relationship between sleep and CPTSD	 Noora Mumenah, Loughborough University
09:30	Brief Presentation 2: Introducing Trauma-Informed Practice Education in the Radiology Department: Assessing Feasibility, Acceptability, and Need	 Dominique McGinley NHS Greater Glasgow and Clyde
09:35	Oral Presentation: Context, coping and refugee mental health	 Prof Angela Nickerson School of Psychology, UNSW Australia
10:10	Oral Presentation: Service user perspectives on re-traumatisation	 Dr Siofra Peeren Kings College London

10:45 - 11:00 Comfort Break

11:00	Brief Poster Presentation 3: 'Moral Injury and post-traumatic embitterment disorder (PTED) after exposure to potentially morally injurious events (PMIEs)'	 ARA Winner Chloe Brennan University of Liverpool
11:05	Keynote Presentation: Emotional Regulation	 Dr Christine Dunkley Clinical director of Grayrock,
11:45	Oral Presentation: Integrated models for trauma formulation	 Dr Deborah Lee Berkshire Healthcare NHS Trust
12:20	Brief Presentation 4: 'Delivering trauma-informed outreach to women involved in street-based prostitution'	 ARA Winner Melanie Boyce Anglia Ruskin University
12:30	Brief Presentation 5 :"Factors predicting clinical practice towards autogenic sources of PTSD: Education and training implications"	 Dr Grace Trundle CDCT Northamptonshire NHS Trust
12:35 - 13:20 Lunch Break		
13:20	WELCOME BACK Summary of the morning & introduction to the afternoon	 Prof. Thanos Karatzias Edinburgh Napier University
13:25	Keynote Presentation: A Developmental Trauma Perspective on Trauma-Informed Care for Children and Young People	 Prof Julian Ford University of Connecticut
14:05	Oral Presentation: The memory and identity theory of CPTSD	 Prof Philip Hyland Maynooth University Ireland
14:40	Oral Presentation: Patient Journey through psychological therapy for difficulties related to complex trauma : personal, treatment and system factors	 Dr Edel McGlanaghy NHS Forth Valley

Comfort Break 15:15-15:30

15:30	Brief Presentation 6: 'Development and evaluation of a brief compassion-focused therapy group intervention for mums and babies in an inpatient perinatal service'	 ARA 2024 Winner Katie Splevins Leeds & York Partnership NHS Foundation Trust
15:40	Oral Presentation: State of the Science: The relationship between Borderline Personality Disorder and CPTSD and implications for treatment	 Dr Deborah Morris Centre for Developmental and Complex Trauma
16:15	Keynote Presentation: Factors Affecting CPTSD Treatment Outcomes: Insights from ESTAIR	 Prof Marylene Cloitre NYU Silver School of Social Work
16:55	Final reflections and Closing comments	 Prof. Thanos Karatzias Edinburgh Napier University

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. Thanos is editor of 'Traumatology', an APA Journal.

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

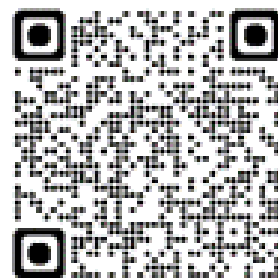


Biography:

Deborah is the director for the Centre for Developmental and Complex Trauma and the course director for the MSc Practitioner in Psychological Trauma and PgDiP Practitioner in Complex Trauma, University of Buckingham. A Consultant Clinical Psychologist by training, Deborah has worked clinically with adults with complex trauma, 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 predator 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.



Opening comments

Dr Vivienne McVey - Chief Executive Officer, St Andrew's Healthcare



Dr Vivienne McVey joined St Andrew's Healthcare in August 2022 as Chief Executive.

She originally qualified as a doctor and worked as a full time GP before taking on a clinical leadership role within the NHS as Executive Chair of Chiltern and South Bucks Primary Care Trust. She left general practice in 2006 to help found a business, now known as the HCRG Care Group, providing transformational health and care services in the community on behalf of the NHS and local authorities.

Vivienne's medical background and distinguished track record for building and running large, successful healthcare organisations will be key in supporting the ongoing improvement in the quality of care we provide for our patients in helping the Charity innovate and develop the new services patients need. The work she has done in partnership with a wide variety of NHS organisations and Local Authorities will be invaluable as we expand our community-based services and deliver the exciting plans we have in both education and research.

"It is great to see the continued national and international reach of the CDCTit is the practical application of the research and thinking done by the CDCT to improve the lives of those we serve which is so important. "

"The work which the CDCT is doing into supporting the trauma needs...is outstanding and makes me extremely proud of the whole team and their collaborators."

SPEAKERS



Professor Angela Nickerson **Professor, School of Psychology, University** **of New South Wales, Australia**

Angela Nickerson is Professor and Director of the Refugee Trauma and Recovery Program at the School of Psychology at UNSW, and an Australian National Health and Medical Research Council Investigator Leadership Fellow.



Angela leads a program of research at UNSW that uses longitudinal and experimental methods, as well as randomized controlled trials, to understand factors influencing refugee mental health, and to inform policy and clinical practice. Angela is a clinical psychologist who has worked with refugees in Australia, Switzerland, the US, Timor-Leste and Indonesia. She is Immediate Past President of the International Society for Traumatic Stress Studies.

KEYNOTE SPEAKER



Dr. Christine Dunkley
Clinical director of Grayrock,
Consultant Psychotherapist, International Trainer,
Author, Researcher.



Christine Dunkley DClinP is a Consultant Psychotherapist, author and international speaker on Dialectical Behaviour Therapy, Mindfulness and Emotional pain. She is a consultant trainer with the British Isles DBT training team. In 2012 she retired from the NHS after 30 years of clinical work and is the Clinical Director of the mental health training company Grayrock.

Christine completed a 4 year degree to qualify as medical social worker in 1982, first working with patients with terminal conditions and their families, then moving into physical trauma. She found her niche in the emergency department working with clients who had self-harmed, which led her to undertake further qualifications in counselling and Dialectical Behaviour Therapy. She gained her doctorate in the University of Southampton school of health sciences on the communication of emotional pain in suicidal clients. She worked for 20 years in the Psychological Therapy Service in Winchester, delivering DBT and Counselling to patients with severe mental health problems. She also supervised in Primary care, developing a placement service for trainee counselors.

In 2006 Christine was invited to join the national DBT training team and began to train and supervise new DBT teams and therapists across the UK and Ireland. She completed training as an adherence coder with staff from the University of Washington and the Linehan Institute. Her specialist subjects are the regulation of painful emotion, and mindfulness.

She has over 30 publications including '[Regulating Emotion the DBT Way](#)', '[Teaching Clients to Use Mindfulness Skills](#)', and '[Using Mindfulness Skills in Everyday Life](#)'. She also co-produced the 'Core Components of Dialectical Behaviour Therapy' DVD series with Michaela Swales. She has provided numerous book chapters and articles for British, American and European Journals.

Christine is Vice President of the Society for DBT and was the first chair. She was awarded a fellowship of the Society in 2016. She has also received a NICE 'shared contributor award' for work relating to developing counselling services in Primary Care. She sat on the national Personality Disorders reference group in University College London, and is an honorary lecturer for Bangor University. She assisted in the treatment development for Radical Openness in the large multi-site NHS RCT.

SPEAKERS



Dr Siofra Peeren

**Research Associate, based in the Florence Nightingale
Faculty of Nursing, Midwifery & Palliative Care, Kings
College London**



Síofra is a post-doctoral researcher working on a project about pathways to support for trauma. She completed a BA and MA in Applied Psychology at University College Cork in Ireland before joining King's College London in 2018 to begin her PhD. Prior to this, she worked on the National Rape Crisis Helpline, providing trauma-informed support to survivors of sexual violence.

Her research focuses on improving health care responses to violence, trauma and abuse and completed an ESRC-funded PhD exploring perinatal care experiences among survivors of sexual violence in adulthood. Síofra is also passionate about using creative and artistic ways to conduct research and maximise research impact.

Síofra has led seminars for the Women's Mental Health BSc Psychology module at King's College London. Síofra also worked as an associate lecturer at Birkbeck University of London. for 3 years, leading the 'Developing Child: A Social Perspective' module for the BA Psychology for Education.

Dr Deborah Lee

**Consultant Clinical Psychologist, Head of Berkshire
Traumatic Stress Service & OpCourage SE, Berkshire
Healthcare NHS Trust**



Dr Deborah Lee is a Consultant Clinical Psychologist, Head of Berkshire Traumatic Stress Service and OPCOURAGE Integrated Services for Veteran Mental Health for the South East of England. Dr Lee has worked in the field of trauma for 33 years and specializes in the treatment of PTSD and Complex PTSD. Her clinical and research interests include working with shame and self-loathing in the context of interpersonal trauma. She has pioneered the development of compassion focused therapy for trauma and complex PTSD and authored the best selling self help book, *The Compassionate-Mind Guide to Recovering from Trauma and PTSD: Using Compassion-Focused Therapy to Overcome Flashbacks Shame, Guilt, and Fear* (2013). New Harbinger, New York.



Specifically, she is interested in using compassion focused therapy to enhance existing exposure-based trauma memory techniques such as EMDR, prolonged exposure, enhanced reliving, imagery rescripting. More recently she has developed a group-based intervention called 'compassionate resilience' to be delivered as part of phased based treatment approaches for CPTSD. The approach is being used as part of a current RCT treatment trial evaluating phased and non-phased cognitive therapy for CPTSD.

Dr Lee has widely contributed to the dissemination of her clinical programme through writing and, delivering clinical workshops, keynote addresses, podcasts, in North & South America, Europe, Japan and Australia.

KEYNOTE SPEAKER



Julian Ford, PhD

Professor and Director, Center for Trauma Recovery and Juvenile Justice and Center for the Treatment of Developmental Trauma Disorders, Department of Psychiatry, Farmington CT, USA



Dr. Julian Ford is a board certified clinical psychologist and tenured Professor of Psychiatry of Law where he is Chair on two panels of the Institutional Review Board, and on the faculty of the University of Connecticut School. He is the Principal Investigator and Director of two Treatment and Services Adaptation Centers in the National Child Traumatic Stress Network, the Center for Trauma Recovery and Juvenile Justice and the Center for the Treatment of Developmental Trauma Disorders. He serves as an Associate Editor for the Journal of Trauma and Dissociation and European Journal of Psychotraumatology and as Chair of the American Psychological Association Division of Trauma Psychology Presidential Task Force on Child Trauma. for the American Psychological Association Division of Trauma Psychology. He has served on the International Society for Traumatic Stress Studies Board of Directors and as the Society's Vice President and Secretary.

He has published more than 250 articles and book chapters and am the author or editor of 10 books, including Posttraumatic Stress Disorder, 2nd Edition, Treating Complex Trauma: A Sequenced, Relationship-Based Approach and Treating Complex Traumatic Stress Disorders in Children and Adolescents: Scientific foundations and therapeutic models. He developed and has conducted randomized clinical trial and effectiveness studies with the Trauma Affect Regulation: Guide for Education and Therapy (TARGET©) model for and youth adults with complex PTSD.

SPEAKERS



Professor Philip Hyland
Professor, Department of Psychology,
Maynooth University, Ireland

Dr Philip Hyland is a Professor in the Department of Psychology at Maynooth University. Philip's research focuses on understanding the nature, predictors, and outcomes of psychological responses to trauma, and the dimensional structure of psychopathology.

Philip is widely published in these areas and currently serves as the Deputy Statistical Editor for the Journal of Traumatic Stress. Philip's research has been funded by several national and international funding agencies including the Health Research Board, the Irish Research Council, and the European Commission.



Dr Edel McGlanaghy
Clinical Psychologist and Researcher Fellow
at NHS Forth Valley

Dr Edel McGlanaghy is a Clinical Psychologist and Researcher Fellow. Dr McGlanaghy is a scientist-practitioner keenly interested in the understanding of and practical interventions for mental health difficulties, from a psychological perspective. Passionate about so much, but specifically trauma informed practice, Complex trauma, perinatal mental health, emotional regulation, EMDR and IPT.

Dr McGlanaghy's current academic focus is on trauma informed access to interventions for Complex trauma, with a strong base in evidence based psychological intervention, meta-analyses & consideration of the adverse effects of psychotherapy.



KEYNOTE SPEAKER



Professor Marylene Cloitre **Research Professor, NYU Silver School** **of Social Work**



Dr. Marylene Cloitre is a Research Professor and Senior Research Scientist at NYU Silver School of Social Work. Her long-standing research and clinical interests have concerned the long-term effects of psychological trauma on social and emotional functioning. Her current research is dedicated to the development of effective, patient-tailored, flexibly delivered mental health programs for trauma exposed populations.

Dr. Cloitre has received funding for this research from a variety of agencies including NIMH, SAMHSA, PCORI and the VA. She is a member of the advisory board for the planning and ongoing development of the 9/11 Memorial Museum. Dr. Cloitre is past-president of the International Society for Traumatic Stress Studies and was a member of the World Health Organization (WHO) ICD-11 working group on trauma-spectrum disorders. She is also the 2015 recipient of the Award for Outstanding Contributions to the Practice of Trauma Psychology from Division 56 of the American Psychological Association.

BRIEF PRESENTATIONS



Noora Mumenah
Doctoral Researcher,
University of Loughborough



Noora Mumenah is a Teaching Assistant in the Department of Respiratory Therapy at the College of Applied Medical Sciences, King Saud bin Abdulaziz University for Health Sciences (KSAU-HS). She holds a bachelor's degree in Respiratory Therapy from KSAU-HS and a Master of Health Sciences in Respiratory Therapy with honors from Georgia State University (USA). She is currently pursuing her PhD at the School of Sport, Exercise, and Health Sciences, Loughborough University.

Her doctoral research investigates the co-morbidity of sleeping disorders and anxiety disorders, with a focus on the psychological and physiological mechanisms underlying hyperarousal, insomnia, and related sleep-mental health interactions.

Dominique McGinley
ST4 Radiology Registrar,
West of Scotland



Dr Dominique McGinlay is a Radiology Registrar in the West of Scotland training scheme following graduation from the University of Glasgow Medical School in 2016. With a subspecialty interest in Breast Imaging and General Imaging, Dominique has a strong interest in trauma-informed practice in radiology, delivering teaching, attending further training and contributing to regional efforts to embed trauma-informed approaches across imaging services.



ARA BRIEF PRESENTATIONS



Chloe Brennan
ARA Winner 2024
University of Liverpool



Dr Chloe Brennan is a lecturer in Psychology at the University of Liverpool, and works with stakeholders across security, defence, and healthcare, with the aim of building resilience and improving well-being. Chloe is particularly interested in how moral decision-making leads to moral injury, and subsequent post-traumatic embitterment disorder, and ways to prevent psychological distress following (moral) decisions

Melanie Boyce
ARA Winner 2024
Anglia Ruskin University



Melanie joined ARU in 2004 as a Research Assistant, having just completed her MSc in Social Research Methods from London South Bank University. For the next five years she worked on several internationally-funded research projects in the areas of mental health and social inclusion, where her interest in the inequalities facing marginalised groups/communities developed. In 2009, whilst working full-time, she began her PhD that explored the role of self-harm peer-support groups. This brought together her interests in gender and experiential ways of knowing. Since then, she has led and worked on a range of projects in these areas.

As a community-based social researcher, Melanie's research focuses on working with groups of people who are often defined as marginalised and vulnerable due to their health and/or social situation. With expertise in working with women experiencing multiple disadvantages. Her research centres on providing evidence that can influence the development of socially just policy and practice approaches. An emphasis throughout her research is an interest in experiential ways of knowing and peer-led initiatives and the ethics of undertaking research with marginalised groups. Melanie is an experienced qualitative researcher with expertise in feminist forms of inquiry and inclusive methodologies.



ARA BRIEF PRESENTATIONS



Katie Splevins
ARA Winner 2024
Leeds & York Partnership NHS Foundation Trust



Dr Katie Splevins is a journalist, Perinatal Clinical Psychologist working in a Mother Baby Unit in the NHS, and a perinatal trainer with the Compassionate Mind Foundation. She works across clinical practice, organisational consulting and research, with a long-standing interest in how people grow through major life transitions.

Katie is the founder of Life-Work (www.life-work.me), an organisation that supports individuals and companies through periods of change, with a particular focus on parenting as a developmental antecedent for personal and leadership development. She also provides supervision for senior leaders, using the intersection between coaching, mentoring and psychology to strengthen leadership, relationships and wellbeing.

BRIEF PRESENTATION

Dr Grace Trundle
Centre for Developmental & Complex Trauma
Northamptonshire NHS Trust



My clinical experience has spanned services including women's low secure care, psychiatric intensive care, child and adolescent services, and community transition pathways. Currently, I am based within the Community Forensic Team in Northamptonshire NHS Foundation Trust, where I provide specialised assessment, intervention, consultation, and supervision to support adults with lifelong mental health conditions and complex forensic needs.

Alongside my clinical practice, I am an active researcher. I have authored and co-authored numerous peer-reviewed publications on topics including autism, trauma and adverse childhood experiences, moral injury, and forensic risk. I serve on the editorial board for Advances in Autism and act as a peer reviewer for several journals. Within my NHS role, I am leading on a large-scale project on drug and alcohol interventions with forensic psychiatric services, bringing together both qualitative and quantitative methods to build a stronger evidence base.





MSc Practitioner in Psychological Trauma

-Faculty of Medicine and Health Sciences-

Now open for applications for September 2026

The MSc is now open to accepting applications into its 4th Cohort. An innovative course designed to equip clinicians with the clinical, leadership and research skills to deliver high quality care to those impacted by psychological trauma

The structure and content of the MSc follows the level three 'trauma expert' competencies outlined by the BPS. Face to face teaching is delivered at the dedicated Foster Postgraduate Centre at the Centre of Developmental and Complex Trauma, St Andrew's Healthcare, Northampton.

- ✓ In person teaching
- ✓ Part-time (taught 1 day a week), 2 years
- ✓ Elevate your knowledge of the specialist care required around trauma, with access to quality teaching and state-of-the-art facilities.
- ✉ Course Director: deborah.morris@buckingham.ac.uk

Course Structure

The course, taught over six modules covers:

- M1:** Theoretical models informing practice
- M2:** Idiosyncratic assessment and formulation of the whole person impact of trauma and associated needs
- M3:** Idiosyncratic treatment approaches for trauma needs
- M4:** Working with underserved populations
- M5:** Developing trauma informed organisational frameworks, including the assessment of and development of leadership skills.
- M6:** Research and service development skills including the completion of a dissertation.

Transferable skills

- **Clinical Skills:** Advanced skills in designing, implementing and evaluating trauma focused psychological interventions, including training to practitioner level for one psychological therapy
- **Research and Design:** The ability to design, develop, implement and evaluate trauma focused interventions, service frameworks, and complete applied research, to ensure an ongoing culture of service improvement
- **Leadership:** Developing leadership skills through a trauma-informed lens, guiding trauma-informed service development.

Anonymous student feedback

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

"The support and guidance is amazing"...."Lectures are well prepared and the slide are fab"

"I have really enjoyed all of the lectures"

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

What students have told us about their experiences of the course....

EXCELLENT

- I can access support from the course team when needed
- Materials influence and improve clinical practice
- Interesting content
- Interactive sessions
- safe to ask questions
- Increased understanding of subject matter and practice
- The materials covered a wide range of clinical groups & populations
- I feel able to ask questions I want

Our **External Examiner** assessment of the course reported a rating of Strongly Agree in all areas:

- The teaching of the programme had a positive effect on the standard achieved by students.
- There are strengths, distinctive and/or innovative features in relation to the standards and assessments.
- The processes of assessment and the determination of awards were sound and fairly conducted.

To learn
more about
the MSc
scan the QR
code





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

Applications open for September 2026 intake

This part time (1-year), distance learning course equips students with the theoretical frameworks and clinical skills to develop, deliver and evaluate interventions, services and organisational frameworks that mitigate the impact of complex psychological trauma and reduce the likelihood of re-traumatisation.

Career skills developed upon completion of the PgDip:

- A strong theory-driven knowledge base to support clinical, research and service development activities.
- Theoretical and applied skills equivalent to Level 3 ‘trauma expert’ competences 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.

Course modules

Module 1: Key concepts and theories in complex psychological trauma

Module 2: Idiosyncratic assessment and formulation of complex trauma needs

Module 3: Idiosyncratic holistic treatment approaches

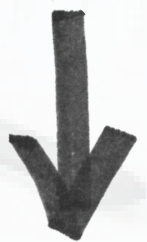
Module 4: Working with ‘hard-to-reach’ and specialist populations: Practice guidance and professional practice issues

- ✓ Distance learning online course
 - ✓ Part-time (taught 1 day a week), 1 year
- Developed to support professionals working clinically with adults impacted by prolonged or significant exposure to trauma & adversity

**POSTGRADUATE
DIPLOMA**

Practitioner in Complex Trauma

NEW



**Learn more and
apply here**



For further information head over to the course website via the QR code or the link below, or contact Dr Deborah Morris (deborah.morris@buckingham.ac.uk), course director, for an informal discussion:
<https://www.buckingham.ac.uk/courses/postgraduate/postgraduate-diploma-practitioner-in-complex-trauma/>



DEAF TRAUMA NEEDS SIG MEETING...



Tuesday 14th April 2026



1:15 PM - 3:00 PM (GMT)

Online via ZOOM

TRAUMA AND AUTISM SIG MEETING...



Tuesday 27th January 2026



1:15 PM - 3:00 PM (GMT)

Online via Microsoft TEAMS

MORAL INJURY SIG MEETING...



Tuesday 3rd February 2026



1:15 PM - 3:00 PM (GMT)

Online via Microsoft TEAMS

PERSONALITY DISORDER AND TRAUMA SIG MEETING...



Tuesday 3rd March 2026



1:15 PM - 3:00 PM (GMT)

Online via Microsoft TEAMS



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>

DEVELOPING EXPERTISE IN CARRYING OUT DELPHI STUDIES THAT BRING ABOUT CHANGE

TUESDAY 10TH
MARCH 2026

9:30 AM - 4:30 PM

ONLINE

Delphi studies are a valuable group decision-making research method. They are especially useful for exploring topics and developing expert guidance for working with marginalised or underserved populations, for whom there is often little evidence to draw on from the literature.

Delphi studies can be used to develop policy and practice guidance through integrating existing evidence with expert opinion. This workshop is designed for beginners, and those with some working knowledge. The course will cover:

- Introduction to the purpose and processes of the Delphi method
- Designing and conducting impactful Delphi studies
- Structuring and writing up a Delphi study for publication and wider disseminations

To learn more
about
workshops
scan the QR
code



Delegate feedback from previous Delphi workshops

"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!"

"Clear delivery, and well-structured course. I found it really helpful to complete our own planning sheet during the workshop, as it helped to put the information we were learning into practice"

The trainers



Dr Deborah Morris

Deborah is a consultant clinical psychologist who has published over 100 journal papers, book chapters and conference presentations.

She has published several Delphi studies focused on

- Developing clinical and practice guidance
- Establishing research, clinical and policy priorities

Deborah is also the course director for the MSc Practitioner in Psychological trauma and leads the research programme for the CDCT



Dr Elanor Henry-Webb

Elanor is a research associate and lecturer at CDCT. Her publications to date have spanned a range of topics relating to trauma, including the prevalence and impacts of early adversity in marginalised secure mental healthcare populations, and comorbidity in trauma and personality disorder presentations.

She has developed, led and published a number of Delphi studies, with different populations. Elanor is also the co module lead for the MSc research module.



Dr Grace Trundle

Grace is a Principal Psychologist and Lecturer at the CDCT and in the NHS.

Grace teaches on the research and clinical modules of the MSc Practitioner in psychological trauma and is also involved in a number of projects exploring autism diagnosis, trauma, and the evaluation of forensic services. Grace is the lead author on a recently published Delphi study exploring Autism and Women and clinical guidance.



TRAUMA SENSITIVE RISK ASSESSMENT AND FORMULATION

29TH-30TH JUNE | 9:30 AM | Foster Postrgraduate | £300
6TH-7TH JULY | 4:30 PM | Centre, Northampton | (all 4 days)

Trauma exposure and responses are key considerations impacting individuals in the Criminal Justice System, especially in the management of risk. Trauma related factors can inform contextualising and responding to psychological sequelae, as well as internalising and externalising (risk) behaviours. Trauma sensitive approaches can help ensure an accurate formulation of psychological, social and criminogenic needs to optimise treatment pathways.

This in person course blends the latest evidence with extensive clinical experience to provide attendees with critical skills needed in this area of practice.

By completing this training, you will gain knowledge and skills to:

- Integrate the latest evidence into clinical practice
- Deliver safer, more effective, and compassionate risk assessment clinical practice and service pathways
- Improve engagement and reduce the risk of re-traumatizing service users during assessment and formulation activities
- Evaluate the impact of trauma-responsive risk assessments in your organization

For enquires and to book your place at this event, please contact cdct@stah.org

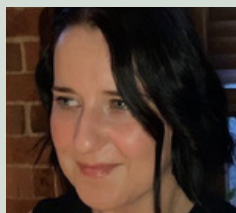
The trainers



Professor Jon Taylor

Jon is a forensic psychologist and psychotherapist with nearly 30 years of experience in prisons and secure hospitals. He emphasizes the impact of trauma on offending behaviour and promotes a compassionate approach to forensic services.

As a leading Compassion Focused Therapist and cofounder of the CFT forensic group, he has published extensively on risk assessment and trauma while also providing international training on this topic



Dr Deborah Morris

Deborah is a Clinical Psychologist with over 15 years of experience in secure services, including women's, intellectual disability, autism, and male prison settings. She works clinically in a prison, providing trauma therapy.

As an experienced SPJ tools trainer and practitioner, Deborah has published on risk assessments, focusing on co-production, the effects of trauma on validity, and SPJ assessments across different populations.

Course outline

Day 1

Trauma and adversity: Their impact on global development

- Psychopathology
- Moral development
- levels of consciousness
- Trauma defence responses
- Betrayal trauma

Day 2: Assessment and Formulation (part I)

- Assessment processes
- Therapeutic relationships
- Developing trauma sensitive life story narratives
- Harming others as an autogenic source of trauma
- Self and social identity

Day 3

Reconceptualization of criminogenic need

- Functional and analytic aspects of risk
- Trauma responses and criminogenic need
- Applied meanings (self & Others)
- -Formulation (part II)

Day 4: Integrating trauma factors into SPJs

- Trauma and (mis) inflated risk
- Co-producing risk assessments
- Scenario planning
- Offense paralleling behaviour
- Integrating treatment planning
- Evaluating the impact of this approach in your organisation



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Centre for Developmental
and Complex Trauma
Part of St Andrew's Healthcare

3rd International meeting trauma needs in secure settings

Online Conference, 24th March 2026, 09:15 - 17:00 GMT

Symposia 1

Staff focused trauma needs

Moral Injury
PTSD and CPTSD in prison staff
Organisational contexts of Trauma informed Care in secure services

Symposia 2

Risk assessment and management

Trauma responsive approaches to risk formulation
Using Compassion Focused reflective Practice groups to reduce restrictive practices
Optimising TIC in secure settings

Symposia 3

Meeting the trauma needs of women in secure care

Gender responsive assessment approaches
Gender responsive treatment approaches



Dr Elanor Henry-Webb



Dr Katie Dhingra



Dr Clare Crole-Rees



Dr Abdullah Mia



Dr Daniel Lawrence



Keynote
Professor Vivienne
de Vogel



Dr Adam Mahoney



Prof Jon Taylor

Scan below to
book your place!



Ticket & Booking information

Early Bird Delegate (8th Feb 2026)	£30.00
Standard Delegate	£45.00
St Andrew's Employees, BPS, CDCT members	£30.00
Student and Poster Presenter Rate	£25.00

Discounted group booking rates available on request
cdct@stah.org



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Centre for Developmental
and Complex Trauma
Part of St Andrew's Healthcare

7th International Trauma Informed Care Conference

“Working with co existing Trauma and Personality Disorder needs”

24th November 2026

Online via Zoom - 9:15 - 17:00



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, apart of St Andrew's Healthcare. The core aim of the CDCT is to drive better outcomes for people who have experienced repeated incidents of trauma across the lifespan.

Our values

Our values integrate contemporary frameworks of working with trauma; combined with a high level of academic rigour to deliver research, further 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 events, 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.

The CDCT's portfolio of current activities

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



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

The British Psychological Society Crisis, Disaster and Trauma psychology section

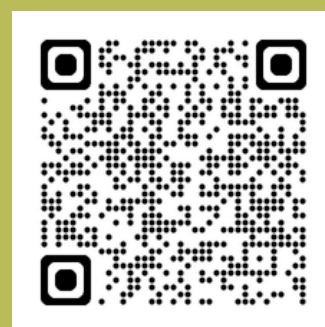


The Crisis, Disaster and Trauma Psychology Section was formed in 2013 with the goal of creating a 'centre of excellence' in which the concept of psychological trauma can be explored, evidence-based treatments examined, research findings shared and best practice established.

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



Use this QR Code to
visit the homepage of
the Crisis, Disaster
and Trauma Section



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CDCTChair@bps.org.uk



@BPSCRISISTRAUMA



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



Centre for Developmental and Complex Trauma

Part of St Andrew's Healthcare

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