



(Zoom) 6th International Complex Trauma Conference: Bridging Theory and Creative Practice

31st of Aug 2024, or **watch on demand for 9 months'** access (6 live + additional prerecorded= over 25 presentations).

***Live Event on August 31, 2024 (09:30 - 15:30 UK time) – Featuring 6 presentations only.**

Please note that not all of the presenters will be presenting on 31st August. Pre-recorded presentations will be available on our website from 5th September ([over 25 presentations](#): 6 live sessions on August 31st, plus additional pre-recorded ones. **All presentations will be recorded and accessible on-demand for 9 months**). You will receive a 15-hour CPD certificate after watching all presentations and completing the feedback form.

09:15 - Arrivals 9:30 - 09:35 - Welcome & Introduction

09:35 - 10:20 - 1. Hans-Hermann Baertz, Trauma therapist, Berlin, (Germany);
- (Live Presentation) (also available as recording after 7th Sep)

Title: Trauma stabilisation with body therapy approaches

10:20 - 10:25 - 5 Minute Break

10:25 - 11:10 - 2. Dr Jonathan Egan, chartered clinical & health psychologist (Ireland), Alison Kelly Delaney, doctoral psychologist (Ireland)– live presentation- (Live Presentation) (also available as recording after 7th Sep)

Title: To be a Complex Trauma therapist: our pasts, our present, our bodies and our restorative process

11:10 - 11:25 - 15 Minute Break

11:25 - 12:10 – 3. Jayne Morton MSc, Counsellor, EMDR Therapist & Crisis Intervention Support, Cert Ed. Registered MBACP., EMDR Therapist., member of IASAT & Affiliation to SomAffect (Natural Sciences & Psychology; LJMU) (United Kingdom) (Live Presentation) (also available as recording after 7th Sep)

Title: The Depressed Brain: A Neurobiological Basis for a Psychological State Mediated by Affective Touch(Presentation/Workshop)

12:10 - 12:15 – 5 Minute Break

12:15 - 13:00 – 4. (Live Presentation) Jennifer Pitt MBACP, (United Kingdom), counsellor/psychotherapist, (also available as recording after 7th Sep)

Title: The Traumatised Griever- working with the traumatised, bereaved client

13:00 - 13:40 Lunch Break



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13:40 - 14:25 – 5. **Mandy Bostwick** MSc, MA, ISSTD, Counsellor and Psychotherapist (United Kingdom) - (Live Presentation) (also available as recording after 5th Sep 24):

Title: AFTERSHOCK. Extremities of War Invisible Injuries and Health Comorbidities

14:25 - 14:30 – 5 Minute Break

14:30 - 15:15 - 6. **Sarah Palmer**, Counsellor and Psychotherapist, MBACP (United Kingdom) - (Live Presentation) (also available as recording after 7th Sep)

Title: Reflective practice, moving from theory to practice

15:15 - 15:30 - Shared Feedback, Reflections & Closing...

1. **Hans-Hermann Baertz**, Trauma therapist, Berlin, (Germany) -live presentation (also available as recording after 5th Sep 24):

Title: Trauma stabilisation with body therapy approaches

Initially stabilising traumatised patients emotionally is my first step in any trauma therapy. In 2015, I was asked to share my experience with Ukrainian psychological therapists and crisis workers to support the Ukrainian healthcare system. At that time, Ukraine was flooded with refugees from eastern Ukraine. Quick help, rapid dissemination and sustainable effects were required. Supported by the German Department of Foreign Affairs, two days seminars contained a short overview to traumatology and practical exercises. By 2019, around 150 participants had been reached directly and around 3,000 - 5,000 indirectly thanks to the simple dissemination options. Since 24th February 2022, I've been running weekly a free open self-help online group on a voluntary basis. In January 2024, there were 100 events with a total of more than 50,000 viewers. In the centre of this work is a method that was discovered by an American psychotherapist in the early 1980s and developed in this form by Swedish helpers. It is a special form of psychological acupuncture. Despite more than 320 scientific studies that clearly support the effectiveness of such approaches, their benefits are still underestimated by experts today. During the lecture you will also receive a brief practical introduction to this

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Method.

Hans-Hermann Baertz is a German alternative practitioner specialised in psychotrauma therapy and trauma stabilisation. He started his own practice in 1992 and is also a professional seminar trainer for more than 35 years. He is trained in NLP, hypnotherapy, acupuncture, kinesiology, EFT, WingWave, TTT and much more. He is Director of the EFT Institute Berlin since 2007 and trains self-users, therapists, and coaches mainly in tapping acupuncture techniques, with a special focus on the practical benefits. Since 2016, he is involved in psychotrauma stabilisation training for psychological therapists and crisis workers in Ukraine. h.baertz@eft-berlin.de, Phone: +49 (30) 355 056-11, www.eft-berlin.de

2. Dr Jonathan Egan, chartered clinical & health psychologist (Ireland), Alison Kelly Delaney, doctoral psychologist (Ireland)– live presentation (also available as recording after 5th Sep 24):

Title: To be a Complex Trauma therapist: our pasts, our present, our bodies and our restorative process

Having previously presented at annual CTI conferences, sharing about trauma, the influence of a therapist's past and their understanding of how it affects the body (somatic countertransference in response to the universally poignant narratives of our clients, their lives and histories), Dzmitry Karpuk and I (Jonathan) started a conversation about whether it would be rewarding to ask Complex Trauma Institute members and training participants to take part in their own research, reflecting on this group of therapists' experiences. With a promise that the research would be a living tangible echo of the therapists who have taken part. That we would present the findings to you at a future conference, Jonathan then started a similar conversation to which he had with Dzmitry with a clinical psychology trainee at the University of Galway's doctoral programme. Alison liked this idea so much that she decided to devote the next 18 months of her life developing an online survey to ask these questions and then after months of analysing and collating the data, she and we can now bring it back to you on the last day of August 2024.

Thank you, and enjoy...Alison, Dzmitry and Jonathan

Alison Kelly Delaney is a third year doctoral psychologist in clinical training at the University of Galway.

Dzmitry Karpuk is a trainer, Psychotherapist and supervisor and a director of the Complex Trauma Institute (UK)



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Jonathan Egan was a lecturer in clinical psychology at the University of Galway and in November 2023 became the Psychology manager of a group of hospitals in Limerick, Ireland.

3. Jayne Morton MSc, Counsellor, EMDR Therapist & Crisis Intervention Support, Cert Ed. Registered MBACP., EMDR Therapist., member of IASAT & Affiliation to SomAffect (Natural Sciences & Psychology; LJMU) (United Kingdom) - live presentation (also available as recording after 5th Sep 24):

Title: The Depressed Brain: A Neurobiological Basis for a Psychological State Mediated by Affective Touch(Presentation/Workshop)

My presentation/workshop considers 'what are the mechanisms that underly the foundations of touch', from a biological and environmental context. But what for? Our sense of touch is the first to develop in the womb. Touch lets us communicate a range of emotions, our social brain allows us to build relationships, and team building, feel connected, and trust. Touch provides us with a way to acknowledge a 'sense of self' which can be lost during distress. Touch, such as holding a person's hand, or stroking a person's arm can alleviate fear, disarm anger, and help to calm and soothe. I have observed this on many occasions throughout my career as a teacher and as a counsellor working with people who have experienced Adverse Childhood Experiences, PTSD, CPTSD, and complex mental health needs and supporting patients receiving end-of-life care.

I am a Doctor of Professional Studies (DProf) 4 th year student. The Faculty of Medicine, Health, and Society, University of Chester. Academic Supervisors are Associate Professor Andrew Mitchell and Professor Steven Jones. I have over 20 years of experience in mental health, education, and wellbeing. For the last 7 years I have provided counselling (Integrative); responded to trauma in policing; and provided trauma-focused psychological interventions including EMDR, Consultative Support, and Early Intervention for police Officers and police civilian staff for Northwest Police Force, UK via Occupational Health.

4. Jennifer Pitt MBACP, (United Kingdom), counsellor/psychotherapist, live presentation (available as recording after 5th Sep)

Title: The Traumatized Griever: working with the traumatized, bereaved client

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Sudden and anticipated bereavement can be complex, life- altering events that are typically challenging to navigate particularly, if the bereaved individual is sitting with PTS, PTSD, or CPTSD, from however long ago. So once the griever has presented for therapy, to try to make sense of their grief, how does the practitioner work effectively and safely without the client becoming re-traumatised. What skills and processes might they consider to achieve this? An important part of this session would involve looking at how trauma may affect the client's window of tolerance (WOT): how their living in past trauma braces them to detect threat, entering into a state of defence, meaning their WOT is narrow. The stress of a traumatic memory may push them out of their WOT. As a practitioner who originally trained in a person-centred modality, Jennifer is comfortable delivering workshops in a way that involves the participants, focusing on the experiential and participative elements, to facilitate learning. She believes that encouragement of shared experiences, including with clinical work, is an important component. She is aware some participants benefit more from working in pairs or triads, where others are more comfortable working in larger groups, so would endeavour to incorporate both styles in the session.

Jennifer Pitt has worked as a counsellor/psychotherapist and team leader for over 2 decades, working mainly, though not exclusively, in educational settings. Alongside this, since 2005, she has also been managing Bereft, a bereavement counselling charity that works predominantly with bereaved adults presenting with prolonged grief disorder having experienced some form of trauma in their grief. And these days, in addition to this, and writing therapy- based articles and delivering workshops/webinars, she runs a private practice – much of her work is with individuals, families and couples of all ages, genders and configurations, who have either suffered a major and traumatic bereavement or bereavements or are anticipating one. Jennifer's training delivery record (both virtual, on a variety of platforms, and in person) includes presenting at conferences; universities; secondary schools; charities; counselling training establishments and corporations. Please see following link for subject areas covered as a trainer or workshop leader.<https://www.bacp.co.uk/profile/23941686-4b90-e711-80e8-3863bb351d40/therapist>



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5. Mandy Bostwick MSc, MA, ISSTD, Counsellor and Psychotherapist (United Kingdom) - live presentation (also available as recording after 5th Sep 24):

Title: AFTERSHOCK: Extremities of War Invisible Injuries and Health Comorbidities

The success of modern warfare depends on access to the most up to date sophisticated weaponry and intelligence systems, to accurately identify targets and make tactical decisions to deal with the enemy. Whilst much focus is placed on advances of warfare; it is recognised that the greatest asset of any armed force are the men and women who risk their lives every day to protect the freedom of others. As such war has created a vacuum of knowledge to save the lives of active-duty personnel with advances in medical frontline treatment with survivability rates up to 92% for those with physical injuries. However, for those with invisible injuries they seem to have drawn the short straw to the obvious.... they can't be seen!

Invisible injuries involve Complex PTSD, Traumatic Brain Injury (TBI), Blast (TBI), and result in prolonged and slow suffering, which sadly in some cases lead to premature death. These silent killers tear families apart, threaten communities, increase prison populations and place a heavy burden on health care provision with escalating cost across society.

The problem lies in the ability to accurately assess, diagnose and treat complex sequela that often overlap making diagnosis even more difficult. As such clients are often left searching for answers within a system for years that fails to recognise them, leading to misdiagnosis and treatment. The need to manage risk and monitor those most vulnerable to suicide is vital given research has shown high rates amongst this client group. Whilst the science has moved on historical attitudes remain politically stuck with very little opportunity to challenge bureaucratic out of date practice, causing further sanctuary trauma to those that seek help. Given the urgency to respond, new approaches to accurately assess, diagnose and treat invisible injuries of war, need to be applied into mainstream practice. Therefore, the workshop will consider new approaches to trauma treatment and the importance of recognising long-term health comorbidities linked to Complex PTSD, TBI and bTBI.

Mandy Bostwick is Clinical Director and Trauma Specialist for Trauma Assist International. Recognised as one of the leaders in her field, in 2016 Mandy was appointed by the Grenadier Guards Colonel Fund

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to manage the most complex cases of trauma following the Afghanistan conflict. Since that time, she has championed their cause giving evidence in 2020 to the Defence Select Committee for the lack of treatment pathways for those suffering the invisible injuries of war. Mandy's pioneering work challenges the current ideology of trauma which is based on the most up to date research in collaboration with international experts around the world. Her most recent work involves supporting Ukraine to develop an International Centre for Trauma and completing her doctorate at Chester University.

6. Sarah Palmer, Counsellor and Psychotherapist, MBACP (United Kingdom) - live presentation (also available as recording after 5th Sep 24):

Title: Reflective practice- moving from theory to practice.

This presentation explores how we can move from understanding trauma theory towards reflective practice. It's an invitation for professionals working at all levels and in all settings that work with trauma to explore the following: What does reflective practice look like? How does it build on from being trauma informed? The benefits of reflective practice. For individuals, organisations, and cultures. How it can increase the effectiveness of our work and help us to practice safely. The challenges we face in creating a reflective culture. Intersectional awareness- Social Graces. What we need to support practitioners in achieving reflective practice and in moving towards reflective cultures.

Sarah Palmer, B.A., Dip (Counselling) works for Kent County Council supporting Foster carers and networks in understanding and working with trauma in looked after children. I am a BACP registered person-centred therapist with a specialism in working with children and young people who are experiencing / have experienced complex trauma. Since 2009 I have been supporting children and families who have been impacted by complex trauma as a result of sexual abuse, physical abuse, emotional abuse, neglect and intergenerational trauma. I currently support professionals working within the care system in understanding the child's experiences through the lens of trauma and facilitating reflective spaces to understand the dynamics at play not only within the family but also within the networks, organisations, and culture within which we operate.

7. Olena Ostrakova, Psychologist, MSc (Ukraine), Psychologist, psychologist, consultant and trauma informed therapist, prerecorded (prerecorded - available as recording after 5th Sep)



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Title: Developing Resilience in Trauma-Informed Professionals Supporting Traumatized Clients in Crisis Situations

Olena Ostrakova, Doctoral Student at HRYHORII SKOVORODA UNIVERSITY IN PEREIASLAV, KYIV REGION, Masters Psychology, integrative psychologist, consultant and trauma informed therapist (Ukraine), Studied transactional analysis at EATA, Masters Management ((Марістр Менеджменту та Економіки), organization consultant, British Council Creative Enterprise Programme 2018.

8. Michael Guilding, Psychotherapist and Clinical Supervisor in private practice (United Kingdom) - prerecorded (available as recording after 5th Sep)

Title: Reflections on Fear, Anxiety and Depression

Fear is the body's response to threat. It evolved as a set of powerful physical reactions for surviving predators – not just the energy boost of fight and flight, but also energy collapse, similar to a faint. In modern life we face very different threats, but the same ancient, automatic fear responses are triggered. These reactions are not well adapted to dealing with many present-day threats, and they have a huge impact on our physical and mental health, our behaviour, our capacity to think clearly and our ability to relate to each other. Michael brings together the science of the body and lived experience, to illustrate the range and power of our fear reactions.

Michael Guilding is a psychotherapist and trainer. After a career in senior management in Royal Mail, Michael retrained as a therapist and worked in private practice for 25 years, and for over a decade in the NHS, where he was Head of Primary Care Counselling within the York and Selby NHS trust. For a number of years his clinical supervisor was Dr Una McCluskey of the University of York who introduced him to her own work on therapeutic attunement and to the work of Dorothy Heard and Brian Lake on adult attachment. This sparked his interest in the biological fear-system and its impact on our patterns of relating to others. Michael has written several papers for the Complex Trauma Institute's Journal on the theory of complex trauma (which he sees as a biological fear-system disorder) and on the practical applications of this theory for psychotherapy. He runs workshops and exploratory groups for therapists on the interaction

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between our fear and attachment systems including two workshops for the Complex Trauma Institute's C-PTSD Practitioner course.

9. **Didem Çaylak van Zuijlen, SEP, M.A. (Turkey); Dr İlknur İnci, SEP, Ph.D. (Turkey); Dilara Özel, SEP, P.h.D. (Turkey)- prerecorded (available as recording after 5th Sep)**

Title: From Trauma to Triumph: Somatic Experiencing in Post-Earthquake Recovery Efforts in Turkey

Somatic Experiencing (SE) is a body-oriented therapeutic approach developed by Dr. Peter Levine, designed to relieve the symptoms of trauma and other stress disorders. It emphasizes the body's ability to overcome trauma through the renegotiation of traumatic experiences, facilitating the release of pent-up survival energy and restoring autonomic nervous system equilibrium. In response to the devastating earthquake in Turkey in February 2023, our volunteer work and study explores the efficacy of Somatic Experiencing (SE) techniques in alleviating post-traumatic stress responses among survivors. Videos and a structured program for the practitioners who are working with the people who were affected by the earthquake were created by Senior SE assistants in Türkiye. Collaborating with World Human Relief (WHR) and rescue teams, we implemented a series of interventions designed to counter the fight/flight and freeze responses with 19 Somatic Experiencing Practitioner volunteers in 27 group sessions. These interventions incorporated grounding exercises, resources, and joint movements, grounded in SE principles, to facilitate emotional and physiological regulation. In addition to the work with groups, 35 volunteer Somatic Experiencing Practitioners, supervised by Didem Çaylak who is a senior SE practitioner and a supervisor, delivered 193 personal SE sessions with 122 clients to earthquake survivors. The sessions and group works demonstrated the impact of these SE interventions on participants' trauma symptoms and overall well-being. Feedback from earthquake survivors and SE therapists suggests that SE is a potent modality for post-disaster trauma relief, offering significant implications for trauma-informed care in emergencies. This volunteer work and study contributes to the growing body of evidence supporting the use of SE in trauma recovery, highlighting its potential as a critical component of disaster response strategies.

Didem Çaylak van Zuijlen is a graduate of Istanbul Bilgi University, an MA in Clinical Psychology. Since 2007, she has been an SE Practitioner. She is an SE Introductory Seminar trainer and supervisor certified by SE International (SEI in the USA and EASE in Europe). She has completed advanced training of SE approach on "Integral Somatic Approach", "Somatic Psychotherapy and

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Movement", "Bonding and Relationship Dynamics", "Character Structures and Analysis", "Personality Disorders", "Shame and Guilt", "Physical and Sexual Abuse", "Trauma and Spirituality". She has been a senior resident in Australia, Denmark, Germany, and the Netherlands. She is a member of the EASE Organizing Committee and approved coordinator of SE seminars in Turkey since 2014.

İlknur İnci has a PhD in Clinical Psychology. She is in the organizer team in Somatic Experiencing and Integral Somatic Psychology (ISP) training in Turkey. She is working at the Existential Academy of Istanbul as a psychotherapist and supervisor in existential therapy (continuing Existential Analysis formation). She led the research team of the SE Turkey Volunteer Project during the pandemic and won the Peter Levine Research Award given by Somatic Experiencing International (USA) with SE Turkey Research Team with the study called "Effectiveness of Somatic Experiencing® on Stress and Anxiety of Healthcare Workers During the COVID-19 Pandemic".

Dilara Özel is a Somatic Experiencing practitioner and is pursuing a Ph.D. at the Middle East Technical University in Türkiye. Her academic background includes a bachelor's and a master's degree in Guidance and Psychological Counseling. Her research interests include peace education trauma, and refugee education.

10. Dr Sonia Gomes, Ph.D. (Brazil) ; Dr Selin Yurdakul, M.D., Ph.D. (Turkey); Dilara Özel, Ph.D. (Turkey)- prerecorded (available as recording after 5th Sep)

Title: Revitalizing the Senses: The Transformative Power of SOMA-Embodiment® in Trauma Recovery and Sensorimotor Restoration

SOMA-Embodiment® is a pioneering somatic education training program designed by Sonia Gomes to complement the Somatic Experiencing® method by Peter Levine, aimed at aiding trauma survivors. This innovative approach focuses on modulating dysregulated physiological, emotional, and tonic aspects of the vagus nerve to facilitate the renegotiation of traumatic experiences, restoration of sensorimotor coordination, and reorganization of one's engagement with the world. Drawing on methodologies from Rolfing® Structural and Movement Integration, tonic function and movement analysis by Hubert Godard, Polyvagal Theory by Stephen Porges, and insights from ecological psychology and developmental theories, SOMA-Embodiment® integrates a comprehensive understanding of the human perceptual system and its role in trauma recovery. The program emphasizes the necessity of physical stability as a precursor to emotional trauma renegotiation, leveraging therapeutic resonance to identify and address

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bodily and emotional defenses in trauma victims. By enhancing body awareness and utilizing embodiment exercises, it aims to reestablish a balanced sensory-motor system and promote a coherent self-perception. The therapeutic process within SOMA-Embodiment® includes developing active perception, facilitating neurobiological regulation through social engagement, and applying Polyvagal Theory to restore a regulated autonomic state. This approach not only aids in transforming trauma through sensorimotor reintegration but also fosters a therapeutic environment conducive to healing, underscoring the critical role of an embodied therapeutic presence in navigating the terrain of trauma. Through its comprehensive framework, SOMA-Embodiment® offers a path toward recovering the fluency of the senses, neural plasticity, and a revitalized connection to oneself and the environment, marking a significant contribution to the field of trauma therapy and personal development.

Sonia Gomes, with two decades of experience from Brazil, serves as an international faculty member at SETI, focusing on Somatic Experiencing® for trauma healing. She instructs both the advanced and post-advanced levels of Somatic Experiencing® and has developed her own program, which she presents across Europe, Latin America, the USA, Asia, and South Africa. Additionally, she is the innovator behind SOMA-Embodiment, a method that incorporates haptic engagement and movement for managing emotions in trauma therapy.

Dr. Selin Yurdakul is a dedicated medical professional with a comprehensive educational and practical background in internal medicine and neuroscience. Currently, she is expanding her expertise by pursuing a Ph.D. in Neuroscience at Bahçeşehir University. Dr.Yurdakul Works as the head physician in the Palliative Care Service at Büyükçekmece Mimar Sinan State Hospital since 2020.

Dilara Özel is Somatic Experiencing practitioner and is pursuing a Ph.D. at the Middle East Technical University in Türkiye. Her academic background includes a bachelor's and a master's degree in Guidance and Psychological Counseling. Her research interests include peace education trauma, and refugee education.

11. Dzmitry Karpuk, MSc , Family Systemic Psychotherapist (United Kingdom) & Celia Dawson, Person-centered psychotherapist (United Kingdom) - prerecorded (available as recording after 5th Sep)

Title: Core Competencies during Stage 1 Trauma Recovery: Focusing on Safety and Stabilization

Dzmitry and Celia will introduce the seven core competencies crucial for supporting clients in the initial phase of trauma recovery, often referred to as Stage 1. What distinguishes Stage 1,

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and why can we, in many cases, work directly from Stage 1 to Stage 3, bypassing Stage 2, often referred to as memory work? Follow this link if you are interested to learn these competencies:

<https://www.complextraumainstitute.org/cpd-workshop-info>

Trainer, Supervisor, Consultant & Systemic Family Psychotherapist, M.Sc, UKCP & AFT Reg. Founder of Complex Trauma Therapists' Network in the UK (CTTN). Dzmitry Karpuk is a Family and Systemic Psychotherapist. He is registered with the Association for Family Therapy and Systemic Practice (AFT) and the UK Council for Psychotherapy (UKCP). He has specialised in trauma recovery psychotherapy for adults, children and families for around 30 years. He has considerable experience of working with the vulnerable high risk population (18 years in the UK). His particular interests include supporting professionals working with traumatised and vulnerable clients, and those with burnout and secondary trauma impact. Dzmitry has significant experience of delivering trauma-related training to various professionals, both nationally and internationally. He is also a trainer and team member of Blake Emergency Services, Suicide Bereavement UK and the Complex Trauma Institute. He regularly provides individual and group supervision to a wide range of clinicians and non-mental health professionals (e.g. national organisations like Family Action and Rape Crisis).

Celia Dawson, (CTTN), Trainer & Person-Centred Psychotherapist, Certifying Coordinator at the International Focusing Institute (USA). Celia is a Co-ordinator at the International Focusing Institute (USA), who originally trained as a person-centred psychotherapist in the UK. Celia has over 25 years counselling experience and is the Co-Founder of the Complex Trauma Therapist Network in the UK (CTTN). For many years she ran a successful counselling service in Bradford, and upon retirement, has continued with a small private practice to date, but her passion remains teaching Focusing-Oriented Therapy. Together with Dzmitry, Celia has run successful training workshops within the UK specifically for therapists working with complex trauma clients. Internationally, Celia has provided trauma informed webinars on behalf of the International Focusing Institute to their worldwide membership.

12. Dr David Muss (United Kingdom) - Prerecorded (also available as recording after 5th Sep)

Title: Why has the Rewind Technique become an essential core competency for working with traumatized clients?

People today want everything straight away. Maybe it is Amazon's fault!

Having said that, it is clear that patients are catching on to the fact that they can be treated effectively in one to three sessions with the RewindTechnique..

<https://doi.org/10.1155/2023/6279649>. Therapists must adapt!



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Originator of the Rewind Technique back in 1991 and subsequent founder of the International Association for Rewind Trauma Therapy Dr. Muss has been treating PTSD for civilians and military for 33 years. Rewind Technique, also known as “closure without disclosure” provides 85% closure rate for individuals and groups of any size in just two to three sessions. Dr. Muss will briefly discuss how it works, describe results and provide up to date results of recently completed RCT from Cardiff University. Dr. Muss’s interest in PTSD was triggered by his wife's near death tragedy. Since 1988, Dr. Muss has worked tirelessly to introduce this technique for the benefit of the millions traumatised, publishing the first self help book in 1991 for PTSD in the UK “The Trauma Trap”. He worked for 30 plus years as Director of the PTSD UNIT at the BMI Hospital, Birmingham, UK during which he published “A new Technique for treating PTSD-British Journal of Clinical Psychology, 1991. He retired in 2019. He continues as a trainer via workshops and webinars at the International Association for Rewind Trauma Therapy (www.iartt.com) which he founded. Those practitioners which are listed on the IARTT website have all agreed to treat veterans for free.

13. Barry Zworestine, Clinical Psychologist, MA (Australia), prerecorded (available as recording after 5th Sep)

Title: No Veteran Should Come Home to Die: An operational approach for current serving and veterans transitioning into civilian life.

In this presentation, Zworestine will invite you into the territory of the Veteran. He will detail an approach to healing and transitioning that is grounded in tools, strategies and protocols already familiar to veterans and current serving. This approach embodies all the skill sets necessary for battle preparation before a mission and shows how these can be used to create change, understanding, healing and transformation both within veterans and in meeting the transitioning challenges. This presentation can support professionals to approach Veterans in an informed and acculturated manner that will allow an alliance of trust and respect.

Barry Zworestine was born in Rhodesia, now Zimbabwe. He served in the Rhodesian Bush War in 1976 as a fighting medic in a four-man stick. As a Psychologist, Zworestine has supported veterans and current serving since 2002 in Australia. His approach to healing and transition is practical and grounded in operational tools and strategies familiar to all veterans, as well as neuropsychology. He supports veterans to define their map, orientate their compass and become their next rescue mission. He is the author of “Which Way is Your Warrior Facing: An operational manual for current serving and veterans transitioning into civilian life”.



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14. Julie Duguid, Human Needs & Resources Psychotherapist & Therapeutic Coach, Resonant Healing Practitioner (Trauma Focused Neuroscience Based Certification) in private practice.

Title: Forgotten Trauma Promises – Once life saving, Now life costing

Have you promised yourself over and over again to change and are baffled by why change is not happening? Has someone you love made a promise to change and yet they seem stuck in a repeated pattern of behaviour? I wonder if there could be a 'Forgotten Promise', made a long time ago, which would make sense for the time and context it was made and yet make no sense in current life circumstances or specific context? Would you like to learn about a 6 step process to help recover and revise these 'Forgotten promises', so you can regain choice?

Our bodies work hard for us, they have a multitude of ways that help keep us safe in a moment of stress and/or threat. If you are reading this, whatever you have done in the past worked, it kept you alive and available for healing!

Once those moments are over though, our brain starts the process of trying to understand what happened, often making conclusions about how to behave in the future in similar situations and what to believe about ourselves and others. These 'in the moment' conclusions can remain in our implicit memory, out of our awareness, impeding our efforts to engage with life in a healthy, flexible and balanced way. From the work of Sarah Peyton, this 6 step approach helps the implicit (implied) become explicit (explained).

Julie has a Human Givens Post Graduate Diploma in association with Nottingham Trent University, which is an integrative therapeutic model which starts from the premise of what it is to be human. Focusing on our human needs and the resources given, developed and acquired to meet those needs. Excessive stress and Trauma and our response to these can create barriers to meeting needs in a healthy way. Working with a varied spectrum of people including military and frontline workers, Julie uses a variety of trauma healing processes to help remove those barriers, which help people move out of survive mode and into thrive mode.

15. Brittany Catton Kirk and Dr. Shiva Ghaed (USA), prerecorded (available as recording after 5th Sep)

Title: Designing and Building Solutions with the Survivor POV

Not responding to the cold, clinical approaches and barriers of talk therapy, sexual assault survivor Brittany Kirk built new solutions with in-person trauma retreats and scaled with Sunlight U, trauma education online classes and work books geared at the survivor in an easily digestible, personal format with Dr. Shiva Ghaed, a survivor of the Las Vegas Massacre and renowned Trauma Specialist who works with combat survivors and special forces in the U.S.



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Military. Their personal experiences helped build a custom solution that helps survivors understand the science of trauma, without the clinical speak.

Sexual Assault Survivor Brittany Catton Kirk and Board Certified Psychologist Dr. Shiva Ghaed, read more here: <https://www.sunlightretreats.org/aboutsunlightretreats>

16. Kyd Shepherd, Clinical Psychologist (France), prerecorded (available as recording after 5th Sep)

Title: How Fairbairn's model of the endopsychic structure can help us clinicians understand and treat complex PTSD.

In the 1940's a Scottish Psychiatrist and psychoanalyst William Ronald Fairbairn developed a model to understand the impacts on the mind of abuse/neglect /violence... this model was largely overlooked by the psychoanalytic institutions of the time. But it reveals itself to still be incredibly relevant in our day in age to understand, treat and help people suffering from Complex PTSD. And in this presentation I will explain what is the endopsychic structure is and show how beneficial it can be for the clinician and the patient.

Kyd Shepherd is a clinical psychologist working in France. He works both in an medical-social institution and in a private practice. Over the years he has offered psychodynamic and existential psychotherapies for patients with Complex PTSD.

17. Mysharni Mullings-Spirit, PG Dip Trauma Informed Specialist, Trainer & Speaker (United Kingdom), prerecorded (available as recording after 5th Sep)

Title: Trauma and the Social Engagement System

Trauma can be defined in many different ways and as there have been advancements in the field of Trauma Informed Care our understanding of Trauma and its long lasting impacts on survivors and the quality of our relationships is evolving . There are many approaches that we can take to reduce trauma's long term impact including prioritising community led support and having healthy and healing relationships. As Trauma Informed Care becomes a more widely used term we can use creative terms to bridge the gap between theory and creative practice that improves Trauma Informed and support for our most vulnerable people.

Mysharni Mullings-Spirit is an impact-driven and solution-focused person who is strongly committed to reducing stigma around mental illness, Mysharni regularly speaks about the importance of a more trauma informed and aware society.

18. Dr Denys Starkov, PhD, Clinical Psychologist (Ukraine), prerecorded (available as recording after 5th Sep)



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Title: Restructuration of mentalization as approach in psychotherapy for PTSD

A model of mental trauma in the concept of mentalization is presented. Mentalization is not considered as a holistic phenomenon, but separate processes of mentalization are distinguished at the bodily, social and existential levels. Mental trauma is considered as a critical devaluation of mentalization processes, and trauma-focused psychotherapy is considered as a process of reconstruction of these mentalization processes. The proposed model is used as the basis for a rehabilitation program for disorders associated with stress and mental trauma at the Kiev City Crisis Center;Sociotherapy, operating in Kyiv since June 2022.

PhD in clinical psychology; researcher in G.S. Kostyuk Institute of Psychology of the National Academy of Educational Sciences of Ukraine; author of the program, methodologist and supervisor of Kiev City Crisis Center "Sociotherapy (inpatient rehab for disorders associated with stress and mental trauma) founded in the June of 2022 in Kyiv.

19. Olena Gubska, M.D, PhD, Professor (Ukraine), Alexander Strashny, psychiatrist, Director of the Institute of Biosuggestive Therapy (Hungary)

Title: Biosuggestive therapy in the correction of mental trauma

Olena Gubska, PhD, Professor, Head of Unit in O.Bogomolets National Medical University, Gastroenterologist, Gastropsychologist. Head of Scientific Department of Institute of Biosuggestive Therapy. She is the author of more than 200 printed scientific works. Pioneer and promoter of GastroPsychology branch of Gastroenterology in Ukraine.

Alexander Strashny received education at Kiev Medical University, Ukrainian Institute of Advanced Medical Studies, Vietnam National Institute of Traditional Oriental Medicine, Tavistock Model of Group Dynamic (San Rafael, USA), Hungarian School of Alternative Medicine. He has written a number of books, published in Germany, France, Italy, Spain, Hungary and other countries.

Method of Biosuggestive Therapy (BST) is used for reduction of stress, psychological tension, depression, insomnia, chronic pain, correction and treatment of psychosomatic disorders. It can be applied individually, with groups, live or online. Its efficiency has been confirmed by 16 scientific researches. Nowadays the BST method uses 750 physicians, psychologists and psychotherapists, who work in hospitals, rehabilitation centers or apply it in private practice. This method is widely used in Ukraine for the rehabilitation of combatants.
<https://www.biosuggest.eu/english-page>

20. Yuliia Nicholls, psychodynamic counsellor, MA, BACP (United Kingdom), prerecorded (available as recording after 5th Sep)

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Title: Rethinking Trauma: Witnessing Individual Ukrainian Experiences in the Collective Historical Context.

Different histories have their own scars. The history of Ukraine is scarred by Moscow's repressions. Unfortunately, history repeats itself. The ugly ghost of the past has come to life again, opening more and more new wounds on top of the ancient ones. It has been causing new traumas added to the old collective trauma that still remains not fully 'digested' because the history of Ukraine has been erased or rewritten so many times. Yuliia would like to invite you to look into the Ukrainian historical trauma to try to bring more meanings to current individual sufferings.

Yuliia was born in Kharkiv, Ukraine. She moved to the UK in 2012, where she got her counselling qualification in one of the colleges in Nottinghamshire and then obtained MA in Psychoanalytic Studies at the University of London. She relocated to Scotland to accept a job offer at the University of Dundee, where she works as international student support lead at the School of Medicine. She has also started her private practice in Dundee, working mainly online as a psychodynamic counsellor with clients all over the world. Yuliia's interest in trauma has been triggered by the current traumatic events caused by Russia's aggression in Ukraine and through witnessing people's suffering.

21. Lea Vajralila, Counsellor, PGdip, MBACP Senior Accred (United Kingdom), prerecorded (available as recording after 5th Sep)**Title: Lifespan integration - Trauma Resolution, Core Building and Attachment Repair**

Lifespan Integration relies on the innate ability of the body-mind to heal itself. LI is body-based, and utilises repetitions of a visual timeline of memories to facilitate neural integration and rapid healing. During the integrating phase of each LI protocol, the therapist leads the client through a series of chronological timelines of memories of their life. The Lifespan Integration technique causes memories to surface spontaneously, and because of how memories are held neurologically, each memory which surfaces is related to the emotional theme or issue being targeted. The resulting panoramic view of the client's life gives the client new insights about lifelong patterns resultant from the past trauma or neglect.

Problems and difficulties manifesting in the present are signposts to unresolved issues in the past. Lifespan Integration Therapy is done in a structured way with specific coaching from me, the therapist, to your adult self: in effect coaching your adult self to heal and nurture your inner child (or younger) self, and in doing so updating neurological pathways. When healing is absent in the past, it is impossible to be fully whole or present in the NOW. LI therapy travels back to THEN, via memory cues from your life and gathers up blocked energy and brings it to the present, allowing a more whole and integrated self to thrive and be here, now!

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I qualified 26 years ago and following the breadcrumbs to authentic healing of trauma, has led me to Lifespan Integration Therapy, which uses clients timelines through repetition. Timelines are sacred, because they hold the key to leading us back to our true nature and although there is relevant theory to back that up, there is also a mystery that we can trust!

22. - Dr. Edith Shiro, clinical psychologist practicing in Miami, FL, co-founded the Trauma and Resilience Center (TR Center) (USA)

Title: Can you turn trauma into personal growth?

As you well know, you don't have to look far these days to see evidence of suffering. Domestic violence, childhood abuse, mass shootings, hate crimes, and natural disasters all dominate the news. The disruption and civil unrest that is tearing communities apart have triggered deep-rooted collective as well as individual wounds. All of this is trauma, and it can live on intergenerationally in our bodies, our minds, and our communities. And yet, while trauma has the power to destroy, it also has the power to transform, to become the catalyst for deep transformative healing. It does this through a powerful, little-known phenomenon called posttraumatic growth (PTG). I offer a framework for understanding and moving through PTG. The five-stage process—Awareness, Awakening, Becoming, Being, and Transforming —gives people and communities a universal language and a structure they can use to make sense of their trauma, process it, grow from it, and ultimately transform their lives. The framework not only guides anyone experiencing the trauma, but it can also be a roadmap for their expert companions—organizations, therapists, mentors, sponsors, and even family members—to offer PTG as a possibility. Full of useful takeaways, exercises, and even affirmations to facilitate the journey, this workshop can be immensely helpful to anyone struggling with trauma, isolation, disconnection in the context of work, family, communities, or cultures, and facilitates growth and transformation.

Dr. Edith Shiro is a clinical psychologist in private practice in Miami, Florida. She specializes in trauma and posttraumatic growth, holding space and guiding her patients to achieve greater potential and higher consciousness. Dr. Shiro is co-founder of the Trauma and Resilience Center, board member of the World Happiness Foundation, and an active member of Cadena International, and HIAS, providing humanitarian aid, refugee mental health, and disaster prevention worldwide. She has worked at the Clinic for Survivors of Torture at Bellevue Hospital, the Cambodian refugee clinic at Montefiore Medical Center, and the Human Rights Clinical Support Network at REFUGE, among others. Dr. Shiro offers workshops on trauma-based therapy for mental health professionals and is a frequent guest on various TV shows, podcasts, and radio programs. She is also the bestselling author of her most recent book, *The Unexpected Gift of Trauma: The Path to Posttraumatic Growth*.



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For more information on Dr. Shiro or to see clips of her interviews and presentations, please visit her website at <https://dredithshiro.com/>.

23. Nina Parker, Integrative Counsellor, Supervisor and Trainer, MBACP (United Kingdom) - pre-recorded presentation (also available as recording after 5th Sep 24):

Title: Polyvagal Theory for Dummies

An introduction to how you and your clients can use tools and insights from polyvagal theory to enhance therapy right now. These tools give clients understanding of their own pattern of survival responses and demystify the different levels and nuances of dissociation that clients live with and are often not fully aware of. Simple, body-based techniques are presented that integrate with all approaches and can markedly increase the client's ability to engage positively with therapy. Using these techniques clients learn ways to change their nervous system is operating in and can gain the ability to have more control over their trauma responses in day to day life.

Nina Parker is an Integrative Counsellor, Supervisor and Trainer in private practice based in Blackpool. She draws on a variety of modalities including systemic therapy, internal family systems theory, neurolinguistic programming, person centred therapy, and a range of energy psychotherapy approaches including EFT (Emotional Freedom Technique), TAT (Tapas Acupressure Technique) and A&R (Ask and Receive). She provides training for therapists in Polyvagal Theory and EFT (Emotional Freedom Technique also known as Tapping).

24. Rachel Bilski, Yoga Therapist, Manager of PTSD UK charity and Lecturer & Supervisor at The Minded Institute (United Kingdom), prerecorded (available as recording after 5th Sep)

Title: C-PTSD, Emotional Flashbacks & a Somatic Approach to Healing

Rachel Bilski is a qualified yoga therapist, manager of the UK's national PTSD charity, supervisor to yoga therapists in training and philosophy lecturer for The Minded Institute, one of the leading Yoga Therapy institutions worldwide.

In this talk, Rachel will delve into the profound importance of somatic approaches to C-PTSD, drawing on her own experience in both personal and professional realms. In sharing her own



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journey through C-PTSD and the various shifts in her therapeutic approach, Rachel will explore a path to healing that embraces acceptance and integration rather than eradication of traumatic experience.

Rachel will also discuss the crucial role that somatic practices play in addressing the physical manifestations of trauma—often overlooked in conventional therapeutic approaches—and the potential of yoga therapy and dance as powerful pathways to healing. By exploring the complex nature of emotional flashbacks, Rachel will also provide insight as to how traditional talking therapies may fall short, and how therapists might explore the somatic sphere in their clinical work. By offering hope and practical strategies, Rachel aims to shed light on the transformative potential of somatic therapies, and the importance of learning how to speak the language of the nervous system for those suffering from C-PTSD.

25. **Olena Parfeniuk, Psychologist, MSc (Ukraine) - prerecorded** (available as recording after 5th Sep)

Title: POLYVAGAL THEORY AND THE TRAFFIC LIGHTS MODEL AS A HELPFUL PROFESSIONAL CONCEPT FOR PSYCHOLOGICAL SUPPORT

Doctoral Student at the G. S. Kostiuk Institute of Psychology, National Academy of Pedagogical Sciences of Ukraine. Master's degree from Taras Shevchenko National University of Kyiv.

This presentation presents the traffic light concept of the polyvagal theory as a helpful professional utility for psychological support. The concept uses three colors to represent different states of the nervous system. The approach provides both clients and specialists with a descriptive explanation of their nervous system response, and provides practical means to use this concept as a support for their emotional well-being.

26. **Dr Kateryna Myronchak,** Ukrainian Psychologist, TF-therapist **(United Kingdom/Ukraine)**

Title: Dissociation as a response to traumatic events during wartime: the experience of Ukrainians.

Dr Myronchak (PhD, TF-therapist) is a Ukrainian Psychologist currently based at the University of Birmingham as an Honorary Research Fellow in the School of Psychology (IMH). Her work has been responsive to difficult social contexts in Ukraine (war, pandemic). Her research in Ukraine has focused on the topics of traumatic loss and death including fear of death, losses during the war, and social and psychological support during the experience of loss. She is currently working

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on the dissociative experience of Ukrainians during the war. As a volunteer, she conducts counselling and provides socio-psychological support for families of missing soldiers.

The Post Traumatic Model is the one I work with, which suggests that dissociative disorder develops as a defence mechanism in response to a traumatic experience. During times of war, people may experience dissociative episodes as a coping mechanism to shield their psyche from traumatic experiences. This phenomenon is described as a way of detaching oneself from a distressing situation, allowing time for rest, reflection, and preparation to face the harsh reality. From my experience working with many Ukrainians, I have noticed that the dissociative experience which was directly manifested during the war in Ukraine is more related to derealization. Derealization involves a feeling of detachment from the environment, rather than one's own body, thoughts, or feelings. During this experience, the world may seem lifeless, muffled, and objects or people may appear "wrong"; The sounds are distorted, and time may speed up, slow down, or stop. People seek to establish a distinction between the reality of war and themselves in this way. In this presentation, we will explore the types and features of non- clinical dissociative experiences of Ukrainians during the war. Additionally, we will examine the impact of mindfulness practices on the psychological health of war victims with dissociative symptoms.