

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

10% card payments discount\*  
15% Group booking discount\*\*

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



## Speakers Include:

### Joy Hibbins

*Founder and CEO of Suicide Crisis*

A charity which runs a Suicide Crisis and Trauma Centre

### Professor Anke Ehlers

*Chair NICE PTSD Guideline committee, Co-Director*

*Oxford Centre for Anxiety Disorders and Trauma*

*Professor of Experimental Psychopathology and Wellcome Trust*

*Principal Research Fellow University of Oxford*

Supporting Organisation



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

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

## **Benefits of attending**

This conference will enable you to:

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

## 10.00 Chair's introduction

**Paul Scates** *Senior Peer Specialist Campaigner and Ambassador*

## 10.10 The Lived Experience: Surviving Trauma

### Joy Hibbins

*Founder and CEO of Suicide Crisis*

A charity which runs a Suicide Crisis and Trauma Centre

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

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

### Professor Anke Ehlers

*Chair NICE PTSD Guideline committee*

*Co-Director*

*Oxford Centre for Anxiety Disorders and Trauma*

*Professor of Experimental Psychopathology  
and Wellcome Trust Principal Research Fellow  
University of Oxford*

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

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

## 11.30 EXTENDED SESSION: Assessment and diagnosis of PTSD

### Dr Mathew Hoskins

*Psychiatrist & Clinical Lecturer in Adult Psychiatry*

*Cardiff University School of Medicine*

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

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

### Speaker to be announced

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

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

## 14.00 EXTENDED SESSION: Trauma Focused CBT Learning from working with refugees that have experienced trauma

### Dr Hannah Murray

*Research Clinical Psychologist*

*Oxford Centre for Anxiety Disorders and Trauma, University of Oxford*

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

## 14.45 Medically Unexplained Symptoms and Trauma

### Dr Tony Downes

*General Medical Practitioner*

*North Wales*

*Honorary Research Fellow*

*Cardiff University*

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

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

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

### Dr Mike Peirce MBE

*CEO*

*Southmead Project*

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

## 16.15 Working with complex trauma and dissociative disorders

### Speaker to be announced

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

16.50 Question and answers, followed by close at 17.00

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# Mental Health Trauma

## Friday 8 December 2017

### De Vere West One Conference Centre, London

Download

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Department

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Please write your address clearly as confirmation will be sent by email, if you prefer confirmation by post please tick this box, ☐  
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Please specify any special dietary or access requirements

**This form must be signed by the delegate or an authorised person before we can accept the booking**

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#### Conference Documentation

☐ I cannot attend the conference but would like to receive a PDF containing the conference handbook material, which includes speaker slides, at £49 each.

The PDF will be emailed out after the conference, please fill in the 'Your Details' section above, ensuring your email address is clear and the 'Payment' section..

For more information contact Healthcare Conferences UK on **01932 429933** or email **jayne@hc-uk.org.uk**

#### Venue

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

**Date** Friday 8 December 2017

#### Conference Fee

- ☐ £365 + VAT (£438.00) for NHS, Social care, private healthcare organisations and universities.  
☐ £300 + VAT (£360.00) for voluntary sector / charities.  
☐ £495 + VAT (£594.00) for commercial organisations.

The fee includes lunch, refreshments and a copy of the conference handbook. VAT at 20%.

#### \*Credit card Discount

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#### \*\*Group Rates

A discount of 15% is available to all but the first delegate from the same organisation, booked at the same time, for the same conference.

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#### Accommodation

On confirmation of your booking you will receive information for booking accommodation should you require it.

#### Confirmation of Booking

All bookings will be confirmed by email, unless stated otherwise. Please contact us if you have not received confirmation 7-10 days after submitting your booking.

#### Exhibition

If you are interested in exhibiting at this event, please contact Carolyn Goodbody on 01932 429933, or email carolyn@hc-uk.org.uk

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