



VIRTUAL
**TRAUMA
RECOVERY
SUMMIT**
2021



Schedule

21 - 23 June 2021

Hosted from Titanic Belfast

Virtual Trauma Recovery Summit 2021

On 21st through to 23rd June, the Virtual Trauma Recovery Summit will be hosted from Titanic Belfast.

The Virtual Trauma Recovery Summit brings together the world's leading experts in the field of trauma and trauma recovery to present their latest research and understanding of trauma and how it effects both individuals, families and communities. The Summit will examine a range of treatment modalities to heal trauma and how delegates can incorporate these into their own professional practice.

Sources of trauma such as childhood adversity, social injustice and environmental stressors are linked to poor mental health. There is a strong link between addictions, self-harm and suicide. The subject of trauma is relevant to a large audience of health, education and social care professionals.

Trauma is a universal pandemic, but together we can Be the Change and work collectively to bring hope, recovery, resilience and healing to a world that is hurting.

HOST: Nuala McKeever

Nuala McKeever is a professional comedy writer and performer and an amateur student of the human condition.

After having her own show on television, she has written five plays, the most recent of which, In The Window, toured to Edinburgh, the USA and India.

Nuala is a regular occasional presenter on BBC Radio Ulster.

After the death of her partner in 2013, she became interested in the practice of Zen Buddhism, taking lay vows in 2017.

During lockdown she managed to finish her first novel (writing, not reading!) stay sane and put on weight. She lives in Belfast with her cat Lolli and an addiction to potato crisps that she has just wrestled into submission.

Nuala is currently writing a new stand up comedy show for the Open House in Bangor this August.



Monday 21 June

12:00 Clive Corry Welcome - Founder of Action Trauma

12:10 Robin Swann Opening Remarks - Health Minister

12:15 Peter Levine

Presentation One

The Somatic Experiencing Approach

The Somatic Experiencing® method is a mind and body-oriented approach to the healing of trauma and other stress disorders. It is the life's work of Peter A. Levine, PhD, resulting from his multidisciplinary study of stress physiology, ethology, biology, neuroscience, psychology, and indigenous healing practices, together with over 50 years of successful clinical application. The SE™ approach releases traumatic shock and restores connection, which is key to transforming PTSD and the wounds of emotional and early developmental attachment trauma.

13:30 Vivian McKinnon,
Stephen Hughes,
Alex Bunting &
Margaret Bateson

Live Panel Discussion

"Trauma is perhaps the most avoided, ignored, belittled, denied, misunderstood and untreated cause of human suffering" - Peter A Levine PhD

Exploring trauma in young people/communities/vulnerable adults and how as a society we can break the cycle and bring about healing.

13:45

LUNCH BREAK

Monday 21 June *(Continued...)*

14:15 Deb Dana

Presentation Two

Reaching out in Challenging Times: A Polyvagal Guide

The global pandemic has not only disrupted our daily living but has brought an abrupt change to the way many of us practice. Rather than being nourished by connecting with our clients, we now welcome them to a session on a screen or, if we're lucky, greet them in-person behind a mask, six feet apart. Therapists and clients alike are feeling the profound impact of disconnection. Learning to navigate the world of tele-therapy and experimenting with ways to safely return to in-person work is an ongoing challenge. Finding our way to regulation and bringing that regulating presence to our work with clients who are now even more frequently and intensely dysregulated is a challenging responsibility. The pandemic has taught us new lessons about the incredible adaptability of the human nervous system. During this presentation we will explore the lessons from tele-therapy - the challenges and the silver linings and how to incorporate them into our clinical work. We will look at ways to offer connection and co-regulation to our clients during a pandemic and beyond.

15:30 Deb Dana

Q & A Session

15:45 Derek Farrell

Presentation Three

Overcoming the effects of Trauma with EMDR

EMDR stands for Eye Movement Desensitisation and Reprocessing. It is a unique, powerful therapy that helps people recover from problems triggered by traumatic events in their lives. It stops difficult memories causing so much distress by helping the brain to reprocess them properly. EMDR is best known for treating post-traumatic stress disorder (PTSD) and it can also help with a range of mental health conditions in people of all ages. EMDR aims to help the brain "unstick" and reprocess the memory properly so that it is no longer so intense.

17:00 Vivian McKinnon,
Stephen Hughes,
Alex Bunting &
Margaret Bateson

Live Panel Discussion

What are the main challenges faced by educators, community staff and those dealing directly with traumatised individuals? What can we do to bring about change? What is happening on the ground and highlight the success stories.

17:20

SHORT BREAK

17:35 Dan Siegel

Presentation Four

Interpersonal Neurobiology

Dr. Siegel's mindsight approach applies the emerging principles of interpersonal neurobiology to promote compassion, kindness, resilience, and well-being in our personal lives, our relationships, and our communities. At the heart of both interpersonal neurobiology and the mindsight approach is the concept of "integration". Integration is seen as the essential mechanism of health as it promotes a flexible and adaptive way of being that is filled with vitality and creativity. The ultimate outcome of integration is harmony. The absence of integration leads to chaos and rigidity a finding that enables us to re-envision our understanding of mental disorders and how we can work together in the fields of mental health, education, and other disciplines, to create a healthier, more integrated world.

18:50 Dan Siegel

Q & A Session

19:05

Closing Remarks

Monday Workshops

Caroline Welch

12:15

Workshop One

Mindfulness Workshop - Moving from Chaos to Calm

In this workshop Caroline will provide a pathway for living more peacefully and with less chaos in our lives. Caroline's work will inspire us to develop a deep and enduring appreciation for ourselves and all that we hold together in our families, workplaces and communities.

Angela Findlay

14:15

Workshop Two

Artistic Therapy - Colour is the language of the soul - Experiential Workshop - Materials required

This one hour workshop will be divided into two parts. The first part will be a practical introduction to the three primary colours - yellow, blue and red - whereby participants are invited to explore their individual qualities. In a further guided exercise, they will begin to work with all three to produce their own unique image. These simple exercises can be both profound and fun. No previous experience is required. Just some blank paper and red yellow and blue paints, coloured crayons, pens or pastels. In the second part, Angela will present some examples from her workshops to demonstrate how this approach can be developed and used in different situations.

Monday Workshops *(Continued...)*

Efu Nyaki

15:45

Workshop Three

Trauma Healing on the Spiritual Path

When real, physical threats arise, human instincts take over and can create extraordinary feats of focused attention and action. The “awe-full” qualities of horror and terror we can experience at such times share essential roots with profoundly transformative states such as flow, awe, presence, timelessness, and ecstasy as they reach far beyond the limiting mind. The bridging of these states with everyday awareness can be a key feature of spiritual growth and expansion. As we bring awareness to our wounds and gradually access and integrate this energy into our nervous system and psychic structures, we begin to experience greater freedom, expansion and connection to our true self. As we integrate those wounds, the instinctual survival response embedded within trauma can catalyse authentic spiritual transformation. This workshop will help you to understand the relationship between trauma healing and various spiritual states. Discover how to work with altered states in dealing with the residue of deep trauma.

Tuesday 22 June

11:00	Clive Corry & Siobhan O'Neill	Opening Remarks
11:10	Siobhan O'Neill	Presentation Embedding trauma informed practice across policies and practices in NI
11:30	Dr Kenneth V. Hardy	Presentation One Healing the Hidden Wounds of Racial Trauma A disproportionate number of children and youth of colour fail in school and become trapped in the pipelines of treatment, social service, and justice systems. This presentation examines racial trauma and highlights strategies for healing and transformation. Racial oppression is a traumatic form of interpersonal violence which can lacerate the spirit, scar the soul, and puncture the psyche. Without a clear and descriptive language to describe this experience, those who suffer cannot coherently convey their pain, let alone heal. The source of their hurt is often confused with distracting secondary symptoms. As with other forms of trauma, we ask the wrong question about struggling youth of colour. Instead of asking “What is wrong with them?” we need to ask the trauma-informed question, “What has happened to them?”.
12:45	Dr Kenneth V. Hardy	Q & A Session
13:00	Jade Irwin, Rachel Gibbs & Siobhan O'Neill	Live Panel Discussion The Impact of Childhood Trauma, looking at treatments, programmes and support to help pave a road to recovery. What is ACEs and the views on the long term impact of this on families?
13:30		LUNCH BREAK
14:00	Bessel van der Kolk	Presentation Two Can Drugs Help with Trauma Processing? Bessel will present an overview of some trauma treatments, including psychedelics. Bessel is one of the world's foremost experts on trauma and was the principal investigator in a rigorous 15-site, phase III, clinical trial. The object was to evaluate the effectiveness of MDMA-assisted psychotherapy in patients suffering from extreme Post Traumatic Stress Disorder (PTSD). The results from those sessions are striking. Two months after participating in the study, more than two-thirds of those who took MDMA, no longer had diagnosable PTSD, investigators report in an article expected to be published in the prestigious journal Nature Medicine. The subject must be handled sensitively, given the harm that drug misuse can bring, but the early signs of clinically approved and monitored use are encouraging.
15:00	Bessel van der Kolk	Q & A Session
15:15		SHORT BREAK
15:30		VIDEO: Learn how to stop PTSD nightmares

Tuesday 22 June *(Continued...)*

- 15:45** Janina Fisher **Presentation Three**
Transforming the Living Legacy of Trauma
Traumatic experiences leave a “living legacy” of effects that often persist for years and decades after the events are over. Historically, it has always been assumed that re-telling the story of what happened would resolve these effects. However, survivors report a different experience; Telling and re-telling the story of what happened to them often reactivates their trauma responses, overwhelming them rather than resolving the trauma. To transform traumatic experiences, survivors need to understand their symptoms and reactions as normal responses to abnormal events. They need ways to work with the symptoms that intrude on their daily activities, preventing a life beyond trauma. Through this presentation Janina will show how the legacy of symptoms helped with survival and offers step-by-step strategies that can be used on their own or in collaboration with a therapist.
- 16:45** Janina Fisher, Siobhan O’Neill, Rachel Gibbs & Jade Irwin **Live Panel Discussion**
Discuss transforming the living legacy of trauma based on questions from delegates
- 17:15** Sebern Fisher **Presentation Four**
Neurofeedback in the treatment of developmental trauma - Calming the fear driven brain
Neurofeedback is a powerful modality for retraining the brain within psychotherapy, specifically in the treatment of developmental trauma and attachment disorder. During this presentation. Sebern will show the possibilities of using neurofeedback in a psychotherapy practice.
- 18:15** Sebern Fisher **Q & A Session**
18:30 Action Trauma **Closing Remarks**

Tuesday Workshops

- Sue Carter **Workshop One**
11:30 **The Deep Biology of Love - Oxytocin Unpacked**
Love is not a soft feeling, it is “deep biology.” Oxytocin research pioneer Dr. Sue Carter unravels the mystery of Sue’s favourite neuropeptide. You may have heard of oxytocin, it is often called the “love drug”, however it is more than just that. Oxytocin also protects and defends from intruders and heals our body physically. Sue will explain the intricate molecular dances of oxytocin and vasopressin, these work together to fine tune social activities such as parental care and protection. They also help heal from trauma and are a powerful medicine
- Patricia Gerbarg & Richard Brown **Workshop Two**
13:45 **The Healing Power of the Breath**
Simple techniques to reduce stress and anxiety, enhance concentration and balance your emotions. Many people suffer from mood problems and stress-related issues like anxiety, depression, insomnia, and PTSD. Far too many of them are taking medications that have troublesome side effects, withdrawal symptoms, and disappointing success rates. This workshop will provide a different way to treat stress. Drawn from yoga Buddhist meditation, the Chinese practice of qigong, and other sources, their science-backed methods activate communication pathways between the mind and body to positively impact the brain and calm the stress response.
- Judith Rees & Amanda McIntyre **Workshop Three**
15:45 **Video Interaction Guidance: Breaking cycles of domestic abuse and giving babies the best start**
This workshop will share lessons from For Baby’s Sake, a programme working with both parents, whether together as a couple or not, from pregnancy until the baby is aged two. An evaluation, led by King’s College London and published in 2020, found that the programme was the first to address existing limitations of whole-family responses to domestic violence and abuse (DVA), stating that ‘other interventions do not target the impacts of DVA in utero, or combine trauma-informed DVA support with attachment-focused parenting support for both parents; key gaps that For Baby’s Sake is addressing within this programme’. This workshop will explain how For Baby’s Sake works therapeutically and safely, focusing on the key change mechanisms, with a focus on the use of Video Interactive Guidance to support mentalisation and attuned interaction between parents and babies and explaining how this is complemented by Inner Child work within a trauma-informed recovery framework.

Tuesday Workshops *(Continued...)*

Ros Townsend
17:15

Workshop Four

Human Givens: an holistic approach to treating trauma

It is now widely recognised that all human beings share a set of innate emotional needs that have to be met well in order for them to thrive and live emotionally healthy lives. Trauma, when it becomes a problematic post-traumatic stress response, can seriously impact on a person's ability to get their needs met in healthy ways. This further exacerbates the individual's distress which effects their ability to function healthily and within relationships and society. The human givens therapeutic approach is extremely effective in helping people recover quality of life, even in cases of complex trauma. Using examples drawn from case histories, this workshop will give an overview of the approach; explore the underlying mechanisms at play when trauma occurs and how this understanding can be passed on to clients in a way that addresses the issues of stigma and confusion. Ros also explains how the Rewind technique can be helpful for many clients, when set within the context of a holistic approach

Wednesday 23 June

11:00 Clive Corry

Short Welcome

11:05 Naomi Long

Opening Remarks - Minister of Justice

11:15 Richard Schwartz

Presentation One

Introduction to Internal Family Systems Model (IFS)

IFS is a transformative, evidence-based psychotherapy that helps people heal by accessing and loving their protective and wounded inner parts. We believe the mind is naturally multiple and that is a good thing. Just like members of a family, inner parts are forced from their valuable states into extreme roles within us. We also all have a core Self, Self is in everyone. It can't be damaged, it knows how to heal. By helping first access their Self and, from that core, come to understand and heal their parts, IFS creates inner and outer connectedness. Richard is the Founder of IFS and will present on how IFS can heal and bring relaxation to help treat inner traumas.

12:30 Richard Schwartz

Q & A Session

12:45 Stephen Porges

Presentation Two

SAFE AND SOUND PROTOCOL

The Safe and Sound Protocol (SSP), a non-invasive application of Polyvagal Theory, is an auditory intervention designed to reduce stress and auditory sensitivity while enhancing social engagement and resilience. By calming the physiological and emotional state, SSP can open the door to improved communication and more successful therapy. SSP can be incorporated into a variety of mental health practices, including occupational therapy and psychotherapy, to benefit clients with the following challenges: social and emotional difficulties, anxiety and trauma-related challenges, stressors that impact social engagement, difficulties in regulating physiological and emotional state, chronic pain and fatigue, depression and low resilience.

14:00

LUNCH BREAK

14:30 Elaine Miller-Karas

Presentation Three

The Trauma Resiliency Model (TRM®) Approach

The Trauma Resiliency Model (TRM®) is a body-centered approach which explores the biology of fear and threat and the autonomic, natural defensive responses that occur when faced with a life-threatening and/or dangerous situation. TRM focuses on resiliency and how to restore balance to the body and the mind after traumatic experiences. This model teaches skills to help clients to connect with their inner resources and facilitate development of new resilient neural circuits. TRM addresses trauma gently in an invitational manner using both a bottom up as well as top down focus. TRM uses nine skills to teach clients self-regulation. Many of these skills can be used by client's outside of the therapy room. Clients learn to nonjudgmentally observe "body sensations" (tracking); resourcing, a skill to change feeling states by bringing to mind a memory connected with calmness or joy while noticing associated sensations; and grounding, in which clients learn to focus on their feet touching the floor and the body connection to the chair while observing and naming what is in the room, in order to bring clients into the present moment.

Wednesday 23 June *(Continued...)*

- 15:45** Dr Laurence Heller **Presentation Four**
Healing Developmental Trauma - The NeuroAffective Relationship Model (NARM®)
Dr. Laurence Heller will be presenting an introduction to the NARM® approach to working with developmental trauma, that he developed and first presented in his best-selling book *Healing Developmental Trauma*, currently published in 15 languages. NARM is a method of psychotherapy specifically aimed at treating attachment, relational and developmental trauma, otherwise referred to as “complex trauma” (Complex-PTSD or C-PTSD). NARM focuses on the adaptive survival strategies that people use to cope with trauma. As the link for understanding the symptoms that people experience in the aftermath of traumas such as neglect, abuse, and chronic misattunement. This approach has proven to be very effective and transformational. This developmentally-oriented, attachment-based, neuroscientifically-informed model draws from psychotherapeutic orientations including Psychodynamic, Attachment Theory, as well as a long tradition of somatic psychotherapy approaches.
- 16:45** Dr Laurence Heller **Q & A Session**
- 17:00** **SHORT BREAK**
- 17:15** Holly Perreault **Lived Experience Story**
Holly Perreault is a survivor of childhood sexual and emotional abuse. She first advocated for others at just fourteen years old after suffering years of her own sexual abuse. At the heart of Holly's story is the message that breaking the silence is the key to breaking intergenerational cycles of sexual abuse and trauma. Holly shares several personal examples of her own trauma and recovery and what drove her to speak up, choose forgiveness and finally, heal the wounds through a variety of recovery opportunities. Holly's hope is that by sharing her story of resilience will empower and inspire those who are suffering in silence. Her belief is finding your voice is the first step to breaking the cycles of abuse and living a life you love.
- 17:45** Gabor Maté **Interview**
What is Compassionate Inquiry®
Compassionate Inquiry® is a psychotherapeutic approach developed by Dr. Gabor Maté that reveals what lies beneath the appearance we present to the world. Using Compassionate Inquiry, both the individual and therapist unveil the level of consciousness, mental climate, hidden assumptions, implicit memories and body states which form the real message that words both express and conceal.
- 18:45** Action Trauma **Closing Remarks**

Wednesday Workshops

- Lisa Schwarz
11:15 **Workshop One**
The Comprehensive Resource Model (CRM)®
The Comprehensive Resource Model® provides the neurobiological scaffolding that allows the brain to establish a physiological state of sufficient safety for fear responses to be recognized as relevant to the past but not the present: it allows the client to be fully present in the moment whilst orienting to the reality that pertained in the past. There are 7 primary resources and 5 secondary resources utilized throughout treatment using CRM all of which are sourced internally WITHIN the client and which impact the functioning of the mid brain. It is the combination, sequencing, flow, and nested use of these resources that allows clients to safely experience the ascents and descents in the builders' scaffolding of the massive and complex construction housing the mind/brain in order to heal fully.
- Jeffrey Mitchell
12:45 **Workshop Two**
Introduction to Critical Incident Stress Management (CISM)
Critical incident stress management is an adaptive, short-term psychological helping-process that focuses solely on an immediate and identifiable problem. It can include pre-incident preparedness to acute crisis management to post-crisis follow-up. Its purpose is to enable people to return to their daily routine more quickly and with less likelihood of experiencing post-traumatic stress disorder.