

11th Annual UKPTS Conference, York

Trauma, Attachment & Compassion

28th February and 1st March 2019

UK
Psychological
Trauma
Society



Planned to be a truly enjoyable and memorable experience, our two-day UKPTS 2019 Conference will bring together clinicians, academics, experts by experience and policy makers to discuss the latest developments in Psychological Trauma.

Presentations, workshops, the Arts and Theatre will address our conference themes of Attachment & Compassion. Facilitators include Deborah Lee, Vittoria Ardeno, Chris Holman, Dominic Murphy, Kirsty Cunningham and Andy Watson, among others.

Deborah Lee (author of the bestselling *The Compassionate Mind Approach to Recovering from Trauma*) will present her keynote: *Developing compassionate resilience in those who have been hurt and harmed by others*. Deborah will also facilitate a three-hour workshop on *The Compassionate Mind Approach to Recovering from Complex PTSD*.

Vittoria Ardino (President of the Società Italiana per lo Studio dello Stress Traumatico) will present a keynote exploring trauma-informed care for people in forensic services who have been traumatised by their own actions: *Retraumatizing the Self: dysregulation of affect and the re-enactment of trauma across the lifespan*.

Chris Holman (Chair of the third sector provider Re-Shape, former chair of the Royal College of Psychiatrists Therapeutic Community Accreditation Panel, and former Medical Director of the Retreat, York) will discuss the central nature of trauma in his presentation *Attachment and the mirroring function in the development of affective stability and the sense of self*.



Award-winning Filmmaker **Kirsty Cunningham** and childcare consultant **Shelagh Beckett** will be talking about working together on the critically acclaimed documentary, *A Killing in My Family* (2017), a film that brought attention to the experience of children coming to terms with bereavement.

This year we have additional engaging creative elements. You will be able to watch **Tom Bailey**, our conference artist, capturing the content of presentations in image form for you to take away.

To enhance cohesiveness of the conference content, several of our presenters will address aspects of the (fictitious) life and experiences of a traumatised individual we will come to know as "Rick". The rich theatrical talents of **Andy Watson** MBE, (CEO & Artistic Director of Geese Theatre Company) will bring Rick alive as we begin our challenging and engaging therapeutic relationship with him.

And if this wasn't sufficient to interest you, there will be excellent lunches, Yorkshire-themed snacks, break time refreshments and a complimentary drinks reception at our beautiful conference venue, the Principal Hotel York.

And did we mention, our 2019 UKPTS conference is in central York? Cross the road from the venue and walk the Roman city walls, or storm the Micklegate Bar gate and wind your way down the cobbled street of restaurants and bars towards York's rivers.



Booking: <http://buytickets.at/ukpsychologicaltraumasociety/206867>

Note: the conference registration fee includes two workshops, all break refreshments and nibbly bits, lunch each day and a York-themed drinks reception to be held in the lounge of the Principal York, Thurs 28th February 2019 @ 6.15pm.

Enquiries: admin@ukpts.co.uk

Further information: www.ukpts.co.uk

Our conference venue is in central York adjacent to the railway station, making this the ideal form of transport to the conference. The nearest airport is Leeds Bradford. Car parking is also available at the venue (for a fee). A wide range of accommodation is available within walking distance.

Please note, this Conference may contain Gin and Chocolate.

Draft Conference Programme (further development in progress)

Thursday 28th February 2019

8.30 - 9.15 Registration and Morning coffee

9.15 - 9.30 Welcome & Conference introduction
Cherie Armour, UKPTS President &
Mark McFetridge, Conference Lead

9.30 - 10.20 Behind the Mask – a theatrical illustration of “Rick’s” journey and an exploration of the therapeutic benefits of using theatre.
Andy Watson (MBE), CEO & Artistic Director, Geese Theatre Company.

10:20 - 11.00 (Keynote) Attachment and the mirroring function in the development of affective stability and the sense of self.
Chris Holman, Group Analyst, Chair of the third sector provider Re-Shape, and former Medical Director of the Retreat York.

11:00 - 11:30 Morning break & **Poster session** / Bookstall

11:30 - 13:00 Workshops 1-3 (Choose one)

Workshop 1 - An introduction to Post-Traumatic Stress; Dominic Murphy, Research lead, Combat Stress.

Workshop 2 - (TBC) What every clinician needs to know; Expert perspectives from Experience. Kay & Ellie (Experts by experience)

Workshop 3 - (TBC) *Autism and Trauma interface?*; the Autism & ADHD team, the Tuke Centre at the Retreat, York

13.00 - 14:00 Lunch Break & **Poster session** / Bookstall

14:00 - 15:30 Workshop 1,2 & 3 continued

15:30 - 16:00 - Break & **Poster session** / Bookstall

16:00 (Keynote) The making of *A Killing in My Family*.
Kirsty Cunningham, Filmmaker & Shelagh Beckett, Childcare consultant.

18.15 Complimentary Drinks Reception; the Lounge Bar.

Friday 1st March 2019

8.30 - 9.00 Morning coffee

9.15 - 9.30 A visual recap of Yesterday’s conference.
Tom Bailey, Conference Artist

9.30 - 10.20 (Keynote) Retraumatizing the Self: dysregulation of affect and the re-enactment of trauma across the lifespan.
Vittoria Ardino, President of the Italian Trauma Society; Società Italiana per lo Studio dello Stress Traumatico

10:20 - 11.00 (presentation) TBC

11:00 - 11:30 Morning break & **Poster session** / Bookstall

11:30 - 13:00 Workshops 4-6 (Choose one)

Workshop 4 - The Compassionate Mind Approach to Recovering from Complex PTSD
Deborah Lee, Consultant Clinical Psychologist.

Workshop 5 - Expert by experience workshop together with the Bridging the Gap team, York.

Workshop 6 - (TBC)

13.00 - 14:00 Lunch Break & **Poster session** / Bookstall

13.30 - 1400 UKPTS Annual General Meeting; Poster Prize

14:00 - 15:30 Workshop 4, 5 & 6 continued

15:30 - 16:00 - Break & **Poster session** / Bookstall

16:00 - 16.50 (Keynote) Developing compassionate resilience in those who have been hurt and harmed by others: Using compassion focused therapy to help change the emotional context of traumatised lives.
Deborah Lee, Consultant Clinical Psychologist.

16.50 - 17.00 Concluding discussion and future plans.

Delegate Fees & Accommodation

UKPTS members - **£265** (early Bird rate available until 31/1/19) / then £295

Non-UKPTS members - **£295** (early Bird rate available until 31/1/19) / then £325

Accommodation: The Principal York, Station Road, York
<https://www.phcompany.com/principal/york-hotel>

The Doubletree Hilton, York <https://secure3.hilton.com>

Travelodge, York <https://www.travelodge.co.uk>