

## Thursday 28<sup>th</sup> February 2019

**8:30 - 9:15** Registration and Morning coffee

**9:15 - 9:30** *Welcome & Conference introduction*  
Cherie Armour, UKPTS President &  
Mark McFetridge, UKPTS Conference Lead 2019.

**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** *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 & former Medical Director of the Retreat York.

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** - *What every clinician needs to know; Expert perspectives from Experience.*  
Kay Garbett & Ellie Wildbore, Experts by experience.

**Workshop 3** - *Trauma and Compassion in the context of Autism Spectrum Disorders.*  
Fionnuala Larkin & Stephanie Petty, Clinical Psychologists, the Autism & ADHD team, the Retreat, York.

**13:00 - 14:00** Lunch Break & Poster session / Bookstall

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

Break & **Poster session** / Bookstall

**16:00 - 16:50** *The making of A Killing in My Family.*  
Kirsty Cunningham, Filmmaker & Shelagh Beckett, Childcare consultant.

**18:15** Complimentary Drinks Reception; the Lounge Bar.

## Friday 1<sup>st</sup> March 2019

**8:30 - 9:00** Morning coffee

**9:00 - 9:20** *A visual recap of Yesterday's conference*  
Tom Bailey, Conference Artist.

**9:20 - 10:10** *Retraumatizing the Self: dysregulation of affect and the re-enactment of trauma across the lifespan.*  
Vittoria Ardino, President, the Italian Trauma Society; Società Italiana per lo Studio dello Stress Traumatico.

**10:10 - 11:00** National Responses to Trauma; Developments in Scotland and Wales.  
*Transforming Psychological Trauma; The National Trauma Training Plan for the Scottish workforce*  
Sandra Ferguson, Associate Director Psychology, Lead for Supervision and Trauma, NHS Education for Scotland.  
*The development of an All Wales Traumatic Stress Initiative.* Clare Crole-Rees, Counselling Psychologist, Project Manager, the All Wales Traumatic Stress Service Quality Improvement Initiative.

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** - *Surviving Prison through Meaningful Relationships.* Expert by experience workshop with the Bridging the Gap team, York.

**Workshop 6** - *Attachment, Trauma, Compassion: Working in the Middle East and South America: some perspectives and considerations relevant to interventions and clinical practice when dealing with trauma;* Derek Indoe, Consultant Clinical and Forensic Psychologist.

**13:00 - 14:00** Lunch Break & **Poster session** / Bookstall

**13:30 - 14:00** UKPTS AGM & Poster Prize

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

Break & **Poster session** / Bookstall

**16:00 - 16:50** *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.