

**Making Connections, Belfast**  
**Wednesday 24 October 2018**

10:00 - 10:30	<b>Registration</b>
10:30 - 10:45	<p><b>Welcome</b> Natalie Bailey and Caryl Sibbett - BACP Governors</p>
10:45 - 11:30	<p><b>Nicola Nugent and Karen Morgan - The Victims and Survivors Service: The impact of talking therapies with victims and survivors of the troubles/conflict</b></p> <p>This presentation intends to provide an overview of the context and the role of the Victims and Survivors Service and our overall aims and objectives in supporting those impacted by troubles/conflict related incidents. This will include a comprehensive outline of the VSS Service Delivery Model and how this aligns with the Stepped Care Model. Furthermore, we aim to demonstrate how a combination of talking therapies with other stabilising supports can aid clients with a recovery model.</p> <p>Nicola Nugent is currently one of five Regional Health and Wellbeing Case Managers employed by the Victims and Survivors Service. Nicola is a qualified counsellor and a registered social worker.</p> <p>Karen Morgan is also a Regional Health and Wellbeing Case Manager employed by the Victims and Survivors Service. Karen is a qualified accredited counsellor and EMDR therapist.</p>
11:30 - 12:15	<p><b>Janice Thomas - Considering the ethical principles of self-care and fitness to practice when working with trauma</b></p> <p>Imagine the scene: you're on a plane taxiing to the runway and the flight attendants are demonstrating how to put on your oxygen mask. He/she says "in the case of the unlikely event of a loss of cabin pressure..... (say it with me) "remember to put your own oxygen mask on first before assisting children or others."</p> <p>I wonder what comes up for you when you say or hear those words?</p> <p>Come and participate together looking at the concept and practice of self-care. We will take time to explore how it's a vital part of our ethical character as practitioners, journeying with individuals who have lived through traumatic experiences.</p> <p>Come prepared to learn, grow, be challenged, be encouraged and most of all, take space to be you.</p> <p>Janice Thomas BSSc MSc. Janice's journey to training and working as a psychotherapist, trainer, supervisor and clinical lead at the WAVE Trauma Centre, Belfast, began as a child. For as long as she can remember Janice has had a passion to help people find their voice, to be a voice for those others put down and to understand how people overcome the most difficult of situations and often transform their lives. Janice loves life stories and what we can learn from each other. Janice is passionate that people matter and that whatever</p>

	model of practice we adopt, at the heart of all we do, is a person, who is in a professional relationship with us.
<b>12:15 - 12:50</b>	<p><b>Local member two-minute platforms</b></p> <ol style="list-style-type: none"> <li>1. Phyllis Coulter - The need to be professional</li> <li>2. Linda Cowan - New Life Community Counselling Ltd Derry/Londonderry</li> <li>3. Philip O’Keeffe - ‘What’s complex about suicide’</li> <li>4. CPD &amp; online resources team - CPD Hub</li> <li>5. Charlie Duncan - Research</li> </ol>
<b>12:50 - 13:00</b>	<b>Introduction of ‘Connecting together’</b>
<b>13:00 - 14:00</b>	<b>Light lunch</b>
<b>14:00 - 14:45</b>	<p><b>Connecting together</b></p> <p>The room will be divided into different areas of interest, by table, to offer the opportunity for more focused and structured networking. Delegates are encouraged to move around the room and engage with colleagues, volunteers and BACP staff to network, share ideas and meet new people with similar interests. If your area of interest is not represented, there will be the opportunity to add a new table.</p>
<b>14:30 - 14:45</b>	<b>Refreshments will be available during this time</b>
<b>14:45 - 15:45</b>	<p><b>Michael Duffy - Evidence-based psychological treatments for trauma - a cognitive approach to PTSD and complex grief</b></p> <p>Currently NICE guidelines for PTSD are being updated. The presentation will consider current recommendations for the treatment of PTSD and specifically focus on one of the recommended therapies for PTSD, Trauma Focussed Cognitive Therapy, with a special emphasis on trauma linked to conflict and terrorism. This session will draw upon the Michael’s extensive clinical practice and empirical evidence from our clinical trials and other studies to support. The format will include: Powerpoint slides outlining the cognitive model for PTSD, clinical video material demonstrating the application of the model, case examples, research and clinical outcomes. In anticipation of a new category for Prolonged Grief Disorder (PGD) in ICD11 Michael will introduce an emerging cognitive conceptualisation for PGD, drawing on reflections from many years of treatment for PTSD and traumatic grief reactions.</p> <p>Director of the Specialist MSc in TFCBT at QUB &amp; Senior Cognitive Psychotherapist. Leads QUB Trauma Research Network; Fellow of the Centre for Evidence and Social Innovation; Assoc. Fellow of the George J Mitchell Institute for Global Peace Security &amp; Justice; Fellow of the British Association for Behavioural and Cognitive Psychotherapy; Research and training advisor to the Northern Ireland Trauma clinical network. Team Leader of trauma teams after the Omagh bombing in 1998 and later at Northern Ireland Centre for Trauma and Transformation (NICTT). Invited to provide workshops on PTSD after tragedies such as; 9/11 attack New York, 2004; 7/11 London bombings, 2005; Oslo and Utoya Island bomb and shootings, 2012; Manchester Concert bomb 2017.</p>

---

15:45

Event close