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| **Time** | **Session** | **Presenter** |
| **8.30am - 9.00am** | **Registration and refreshments** | |
| **9.00am - 9.30am** | Welcome and introductions | BACP Healthcare |
| **9.30am -10.15am** | Understanding complex grief and suicide bereavement | Anne Embury |
| **10.15am – 11.00am** | The impact of working with trauma and the use of supervision and self care | Lee-Anne Brooke and Andy Malone |
| **11.00am - 11.30am** | **Refreshment break** | |
| **11.30am -12.15pm** | Trauma – from a Person-Centred perspective | Anne Smith |
| **12.15pm - 1.00pm** | Self care – necessary but insufficient when working with trauma | Elise Duncan |
| **1.00pm - 2.00pm** | **Lunch** | |
| **2.00pm - 2.45pm** | To be confirmed | Stephen Queen |
| **2.45pm – 3.30pm** | Potentially traumatized by the work environment: Pressing Issues Understood | Elaine Davies |
| **3.30pm - 4.00pm** | **Refreshment break** | |
| **4.00pm – 4.45pm** | Question and Answer session | Panel |
| **4.45pm** | Event Close | BACP Healthcare |

**Self care – necessary but insufficient when working with trauma**

Elise Marshall

**Session aims:** This session will start by defining vicarious traumatisation, using a systemic model to consider the different contextual factors which affect practitioners experience of VT. You’ll consider how we may be affected on physical, psychological, social and spiritual levels and the sneaky, unexpected ways in which VT can manifest in our lives, whether as supervisors or supervisees.

The session will look at how we balance the impact of our work in our relationships with supervisees and in our own lives, and some models which we could use to do this. This session will include PowerPoint presentation as well as participative methods.

**Potentially traumatized by the work environment: Pressing Issues Understood**

Elaine Davies

**Session aims:** The threat of trauma due to toxic work environments is starting to become a concern. These can come in the form of bullying, caseloads and harassment and lack of good supervision. Can psychological practitioners suffer the same symptoms as those who have been to war or been raped? The pressure is on for practitioners, especially those who work in the NHS. Practitioners are expected to do more with less pay - targets, performance management and micromanagement are becoming the norm. By the end of the forty-five minutes my aim is to put the practitioner at the center of our work in psychological therapies, no matter what the orientation of the practitioner at the centre of a changing world. This session is an opportunity to become the community that offers care and compassion for the practitioner recognizing signs and symptoms of trauma related illness.

**The impact of working with trauma and the use of supervision and self care**

Lee-Anne Brooke & Andy Malone

**Session aims:** This presentation will give insight into aspects of working with trauma in an NHS service. Using two case studies, we’ll explore the impact of working with trauma on the therapist. We’ll also discuss the use of supervision and how we can help support the therapist working in trauma, as well as exploring self care.

**Trauma - from a Person-Centred perspective**

Anne Smith

**Session aims:** This session aims to explore working with trauma using a relational approach. The fit in supervision and client work when working within a setting where a treatment model is central. Finding a common ground.