

30th July 2018

Towards Trauma Responsive Mental Health Care: A Conference to Launch The Complex Trauma and Resilience Research Unit and The GMMH Psychological Forum

In July 2018, we held our first conference to launch the Complex Trauma and Resilience Research Unit (C-TRU). The conference was a joint effort between our research unit and the GMMH Psychological Forum, which at the time, had also recently been established. The Psychological Forum, led by Stephanie Kennedy, was set up as part of the Trust's strategy for the delivery of psychological services across the organisation. The forum is open to all GMMH staff, though particularly aimed at psychological practitioners, and it will be used to disseminate psychological research, knowledge and good practice in the field of mental health.

The event, supported by the Research & Innovation (R&I) team and hosted at The Curve, presented the latest research into complex trauma, approaches to working with individuals and transforming services. Keynote speaker Thanos Karatzias, from Edinburgh Napier University, delivered an overview of research into complex PTSD highlighting the complexities and need for greater understanding. Presentations also examined therapeutic approaches, including Eye Movement Desensitisation Reprocessing (EMDR) therapy (presented by David Keane), that can be used to help people address the traumas they have encountered and give them the tools to deal with this. Kate Allsopp, Research Associate for C-TRU, spoke about the BPS Power Threat Meaning Framework. Eleanor Longden shared an inspirational survivor perspective, and the importance of asking not what is wrong with a person, but understanding what has happened to them. Jo Hancock and Caroline Logan spoke about innovative work in GMMH, including the Positive and Safe initiative on inpatient wards, and the new GMMH 'Personality Disorder' Framework. To close the day, Warren Larkin, Clinical Lead for the Department of Health's Adverse Childhood Experiences Programme, presented his research around services incorporating routine inquiry about trauma into their practices.

We were pleased to welcome to the event experts by experience (2.6%) and a range of professionals including clinical psychologists (42.1%), trainee psychologists, (3.9%), assistant psychologists (10.5%), psychological practitioners (5.3%) (e.g. health psychologists, psychological wellbeing practitioners), psychiatrists (5.3%), nurses (10.5%), social workers (1.3%), another GMMH health professional (13.2%) as well as those from other professions (2.6%). Professionals were from an array of services including Increasing Access to Psychological Therapies (IAPT), inpatient, Early Intervention in Psychosis Team (EIT), Early Detection and Intervention Team (EDIT), Child and Adolescent Mental Health Service (CAMHS), older adults Community Mental Health Team (CMHT), rehabilitation, learning disability, substance misuse, criminal justice, neuropsychology and other.

Some of the comments made by delegates about what they got out of the conference and how it may help the service they work in included:

“Helped me think about how I can support trauma informed interventions within my role”

“Provided hope for improvement”

“Thought provoking and inspiring survivor perspectives”

“Helpfulness of distinguishing between PTSD and CPTSD”

“Enjoyed the interactional element of the day, specifically role-play and VoxVote”

“Useful update of literature and identification of areas for future research”

“Provided hope for improvement”

“Coming together with like-minded individuals”

“Feel energised to carry on putting service user needs first.”

“Confidence to ask about people’s experiences of trauma.”

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Forum**

Conference Programme

09:00 - 09:30 Coffee and Registration

09:30 - 09:55 *Welcome & Introduction to C-TRU and
GMMH Psychological Forum* Filippo Varese &
Stephanie Kennedy

09:55 - 10:00 Audience Poll (Voxvote)

10:00 – 10:50 Keynote: *Complex Trauma /
Complex PTSD* Thanos Karatzias

10:50 – 11:00 Q&A / Discussion

11:00 - 11:15 Coffee break

Working with Individuals (Chair: Sandra Bucci)

11:15 – 11:20 Audience Poll (Voxvote)

11:20 - 11:50 *Eye Movement Desensitisation and
Reprocessing (EMDR) for Psychosis* David Keane & EMDRp Team

11:50 - 12:20 *The Power Threat Meaning Framework* Kate Allsopp

12:20 – 12:50 *Survivors' Perspectives* Eleanor Longden

12:50 – 13:00 Q&A / Discussion

13:00 – 14:00 Lunch break (and parallel Schwartz Session in Seminar Room 2 at
1:15pm)

Transforming Services (Chair: Stephanie Kennedy)

14:00 – 14:05 Audience Poll (Voxvote)

14:05 – 14:35 *The Positive and Safe Initiative* Joanne Hancock

14:35 – 15:05 *The New GMMH Personality Disorder
Framework* Caroline Logan

15:05 – 15:15 Q&A / Discussion

15:15 – 15:30 Coffee break

The Broader National Picture (Chair: Richard Brown)

15:30 -15:35 Audience Poll (Voxvote)

15:35 - 16:20 Keynote: *Routine Enquiry about Adversity* Warren Larkin
*in Childhood (REACH): How asking the
right questions can change the world!*

16:20 – 16:30 Q&A / Discussion and Close

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A conference to launch the Complex Trauma and Resilience Research Unit and the GMMH Psychological Forum

List of Speakers

External

Thanos Karatzias

David Keane and EMDRp Team (Robin Logie, Debbie Malkin, Gita Bhutani)

Warren Larkin

Internal

Filippo Varese

Stephanie Kennedy

Kate Allsopp

Eleanor Longden

Jo Hancock

Caroline Logan

C-TRU Team Biographies

Filippo Varese (Director of C-TRU)

Filippo Varese is a Senior Lecturer in Clinical Psychology at the University of Manchester, a HCPC registered clinical psychologist and Director of the GMMH Complex Trauma and Resilience Research Unit. His research interests focus primarily on the impact of trauma on the risk of developing severe mental difficulties and the psychological mechanisms that might account for these associations. He is also involved in projects funded by the National Institute of Health Research looking at feasibility of using trauma-focused therapies in people with psychosis and the efficacy of psychological interventions for severe mental health difficulties.

Richard Brown (Co-Director of C-TRU)

Richard J Brown is Senior Lecturer in Clinical Psychology, Programme Director for the Clinical Psychology Doctorate at the University of Manchester and co-Director of the Complex Trauma and Resilience Research Unit (C-TRU). He is also Honorary Consultant Clinical Psychologist with Greater Manchester Mental Health NHS Foundation Trust, where he runs the Functional Neurological Disorders (FuND) service. He conducts teaching and research on the psychological mechanisms and treatment of functional ('medically unexplained') symptoms, dissociation and chronic pain, and has written numerous theoretical, empirical and clinical papers on these and associated topics. He is considered a leading authority on the psychology of functional neurological symptoms in particular, and won the British Psychological Society May Davidson Award for his work in this area. He has a particular interest in Psychodynamic Interpersonal Therapy (PIT) and is a founding member of the PIT Special Interest Group UK.

Sandra Bucci (Co-Director of C-TRU)

Dr Bucci is a Senior Lecturer in Clinical Psychology at the University of Manchester, UK, and an Honorary Consultant Clinical Psychologist at Greater Manchester Mental Health NHS Foundation Trust specialising in psychosis. Dr Bucci has nearly 20 years experience in clinical research investigating the psychological processes involved in the development of psychosis and in the delivery and evaluation of complex psychological interventions to improve outcomes for people with severe mental health problems. Dr Bucci's academic activity is focused on two main themes: i) innovations in healthcare delivery for severe mental health problems, with a focus on developing digital health interventions and examining their interface with clinician-delivered care; and ii) understanding the putative psychological mechanisms involved in the development and maintenance of psychotic experiences. Dr Bucci is Editor of the British Psychological Society journal *Psychology and Psychotherapy, Theory, Research and Practice* and co-Director of the Complex Trauma and Resilience Research Unit (C-TRU), a clinical research unit hosted by Greater Manchester Mental Health NHS Foundation Trust, UK.

Katherine Berry (Co-Director of C-TRU)

Katherine Berry is a senior lecturer and clinical psychologist who is based at the University of Manchester. Her main area of expertise is attachment theory and therapeutic relationships in people with a diagnosis of psychosis. She currently works on the Manchester clinical psychology training programme and as a clinical psychologist in mental health rehabilitation.

Eleanor Longden (Co-Director of C-TRU)

Dr Eleanor Longden is an NIHR Postdoctoral Research Fellow and currently works as a service-user research manager at the Psychosis Research Unit in Greater Manchester Mental Health NHS Foundation Trust. Dr Longden draws on her own experiences of recovery from trauma and psychosis to promote person-centred approaches to complex mental health problems that emphasise the lived experience and expertise of individuals more fully and has been commended for this work with a Deputy Prime Minister's Mental Health Hero Award. Her specialist research interests are the associations between voice hearing, trauma, and dissociation and she has published and lectured internationally on these issues, including events for the World Health Organisation, the Edinburgh International Book Festival, the American Psychological Association, the Royal College of Psychiatrists, and the British Psychological Society. Her TED talk on voice hearing was named by the Guardian newspaper as one of the '20 Online Talks That Could Change Your Life' and has since been viewed over 4m times and translated into 37 languages. She is the author of *Learning from the Voices in my Head* (TED Books, New York: 2013).

Kate Allsopp (Research Associate for C-TRU)

Kate Allsopp is a post-doctoral researcher with the Complex Trauma & Resilience Research Unit and the Manchester Resilience Hub. Her PhD focused on critical approaches to psychiatric diagnosis, and she was a research collaborator for the British Psychological Society's 'Power Threat Meaning Framework' project, which looks at the identification of patterns in emotional distress, unusual experiences and troubled or troubling behaviour, as an alternative to functional psychiatric diagnosis. Her current work focuses on the evaluation of psychological interventions for trauma.

Kim Cartwright (Research Associate for C-TRU)

Kim Cartwright is a postdoctoral researcher with the Complex Trauma and Resilience Research Unit (CTRU) at Greater Manchester Mental Health NHS Foundation Trust (GMMH). Her research interests are in the aetiology and treatment of post-traumatic stress reactions in children and young people. She is particularly interested in the role of the family environment in resilience to trauma and the treatment of post-traumatic stress reactions in children affected by armed conflict. She has managed randomised controlled trials of parenting interventions aimed at improving the mental health of children and / or parents with mental health difficulties and worked on developing and evaluating parenting interventions specifically targeted at reducing post-traumatic stress, emotional and behavioural difficulties in children who are living through or have lived

through armed conflict. Kim and her colleagues were winners of the Outstanding Public Engagement Initiative Award and were highly commended for Outstanding Benefit to Society Research at the University of Manchester's *Making a Difference Awards* in 2017 for their research addressing the psychological needs of refugee families in war zones. In her current and previous roles she has coordinated patient and public involvement to ensure that lived experiences are embedded in research.

GMMH Psychological Forum

Stephanie Kennedy

Stephanie is a clinical psychologist and has worked in the NHS throughout her career. Having worked across the spectrum of clinical services from primary care to specialist psychiatric rehabilitation, she currently works clinically in an adult community mental health service in Bolton. Stephanie took up post as GMMH Lead for Psychological Services in 2017. In this post she has responsibility for overseeing the delivery and development of psychological services at a strategic level within the organisation, of ensuring robust governance in relation to the delivery of psychological services across the Trust footprint and for providing senior leadership to the psychological workforce. Stephanie is a member of the Trust's senior leadership team.

Stephanie has a particular interest in organisational development, in staff health and wellbeing and compassionate leadership. She is part of the Trust's Schwartz Round Steering Group and a Schwartz Round facilitator. As part of the Trust's psychological services strategy Stephanie has recently established the Trust's Psychological Forum. The forum aims to promote psychological knowledge and practice within GMMH and to enhance the knowledge and skills of psychological practitioners and staff interested in the application of psychological knowledge.

Speaker Biographies (in order of who will present on the day)

Thanos Karatzias

Professor Karatzias, is the Director of Research in the School of Health & Social Care at Edinburgh Napier University, UK and Clinical & Health Psychologist at the Rivers Centre for Traumatic Stress, Edinburgh, UK. He is the former Chair of the British Psychological Society Scotland Working Party for Adult Survivors of Sexual Abuse (BPSSS) and he is a current member of the Committee of the British Psychological Society (BPS) Crisis, Disaster & Trauma Section and UK Psychological Trauma Society (UKPTS) Board. He has spent his entire clinical and academic career working in the field of psychological trauma, particularly on interpersonal psychological trauma. In collaboration with national and international research partners he has developed a special interest in the effects and treatment of psychological trauma on physical and mental health; on prison populations;

and on people with learning disabilities. Prof. Karatzias, has published widely in these areas.

In 2016, Prof. Karatzias published the first study in the world providing evidence on Complex Post Traumatic Stress Disorder (CPTSD), a new condition to be included in the forthcoming ICD-11 which predominantly associated with childhood, interpersonal and multiple traumatisation. In the same year he published the first study on the standardisation of the International Trauma Questionnaire (ITQ), a new scale that assesses PTSD and CPTSD as per ICD-11 criteria. With over 35 international peer reviewed journal articles dedicated to the area of CPTSD area alone, the work of Prof. Karatzias made a significant contribution to understanding the concept of complex trauma. His current work is utilising this knowledge to better understand recognition and treatment of this debilitating and prevalent disorder in the absence of any definitive guidelines from health related bodies.

David Keane

David Keane is a BABCP Accredited Cognitive Therapist and EMDR Europe accredited Consultant. David works at the Lancashire Traumatic Stress Service as a Senior Cognitive Therapist, and also works within a low and medium secure inpatient care setting at Guild Lodge. Together with colleagues, David developed the intervention protocol which will be used in upcoming research - *Eye Movement Desensitisation and Reprocessing therapy in early psychosis: A feasibility randomised controlled trial*. David has recently co-authored a case series: *TF-CBT and EMDR for young people with trauma and first episode psychosis (using a phasic treatment approach) Two Early Intervention Service Case Studies*, alongside contributing a book chapter to the soon to be published book entitled *Personal Experiences of Psychological Therapy for Psychosis and Related Experiences*.

Robin Logie

Dr Robin Logie is a Clinical Psychologist in Private Practice in Lancashire. He is an EMDR Europe accredited Consultant and Trainer. He was a member of the Board of EMDR Association UK and Ireland for nine years and was President of the Association for three years. Robin has published papers on EMDR and has presented on EMDR topics at international conferences at Edinburgh and The Hague. His particular interests include the use of EMDR for the treatment of OCD and future feared catastrophes (“flashforwards”) and he is a member of a research team looking at the use of EMDR in the treatment of psychosis.

Debra Malkin

Debbie Malkin is a BABCP Accredited Cognitive Therapist, Supervisor and Trainer. She is also an EMDR Europe accredited Consultant. Debbie works at the Lancashire Traumatic Stress Service as a Senior Cognitive Therapist and also works within the Blackpool CMHT. Together with colleagues, Debbie developed the intervention protocol which will be used in upcoming research - *Eye Movement Desensitisation and Reprocessing therapy in early psychosis: A feasibility randomised controlled trial*. She will be responsible with David

Keane for the supervision of therapists involved in the trial. Debbie also has a keen interest in working with trauma-related nightmares and has recently co-authored a case study on combining the use of Prazosin with evidence based psychological approaches for the treatment of nightmares within PTSD.

Gita Bhutani

Gita is a clinical psychologist and has specialised in working with older people and adults in Glasgow, Salford and currently Lancashire. She is a founding member of the Psychological Professions Network and its current chair. Gita's current role is as Associate Director for Psychological Professions at Lancashire Care NHS Foundation Trust. This post combines a governance and leadership role with service management. Gita's current clinical work is within the Lancashire Traumatic Stress Service.

Her current clinical and research interests are in post-traumatic stress and staff health and wellbeing. Gita has developed a well-being training package for staff – Looking After You, Looking After Me (LAMLAY) and has presented at conferences in this area. She is also a member of the New Savoy Conference/BPS/DCP Wellbeing Steering Group working on the annual wellbeing survey and the collaborative learning network.

She also contributes to national and professional bodies including committee work and roles at NICE (PTSD guidelines update, Quality Standards), BPS Division of Clinical Psychology and is joint national Staff Wellbeing lead for Positive Practice in Mental Health. She is also joint lead on a regional Schwartz Rounds project aimed at extending Schwartz Rounds across the North West.

Kate Allsopp (see C-TRU Team Biographies)

Eleanor Longden (see C-TRU Team Biographies)

Joanne Hancock

Jo Hancock is the Lead Nurse for the Positive and Safe strategy for Greater Manchester Mental Health NHS Foundation Trust (GMMH). She works across inpatient services to support least restrictive practice and assists with implementing and maintaining the Safewards intervention which is the restraint reduction strategy used by GMMH. Jo also works with the Positive and Safe trainers to develop Prevention and Management of Violence and Aggression training which has a focus on trauma informed care and least restrictive practice. Jo previously worked as a Practice Development Nurse at the Maudsley Hospital, London, ensuring support systems were in place for staff following incidents and piloting a structure for debriefs to ensure learning is integrated into restraint reduction plans. Jo has experience of nursing in acute mental health settings and brings this outlook to making realistic changes within the corporate team at GMMH.

Caroline Logan

Caroline Logan is the Lead Consultant Forensic Clinical Psychologist in the Specialist Services Network of Greater Manchester West Mental Health NHS Foundation Trust (GMMH). She works across the Personality and Autism Spectrum Disorders Assessment and Liaison Team, the personality disorder treatment unit – the Rivendell Service – at HMP New Hall, which is a women’s prison in West Yorkshire, where she is strategic Lead, and the Insight Team, which is a partnership between GMMH and the National Probation Service to provide psychologically informed risk management to high risk personality disordered offenders in the Greater Manchester area. She is the lead author of the Trust’s *Framework for Working with People with Personality Disorder in GMMH*. Dr Logan is also an Honorary Research Fellow in the Institute of Brain Behaviour and Mental Health at the University of Manchester. She is a co-author of the *Risk for Sexual Violence Protocol*, a structured professional judgement approach to sexual violence risk assessment and management, the British Psychological society’s position paper *Understanding Personality Disorder*, and a co-author of the Department of Health guidelines *Best Practice in Managing Risk in Mental Health Services*. Dr Logan has research interests in the areas of personality disorder, psychopathy, and risk and special interests in gender issues in offending, complex case formulation and management, and forensic clinical interviewing, on which she has published two books and over 50 articles.

Warren Larkin

Dr Warren Larkin is a Consultant Clinical Psychologist and Visiting Professor at Sunderland University. He is also the Clinical Lead for the Department of Health Adverse Childhood Experiences programme and a Director at Warren Larkin Associates Ltd. He has a long-standing interest in the relationships between childhood adversity and outcomes later in life. He has spent most of his career working in specialist early intervention services with individuals and families who are experiencing psychosis. He has published numerous research articles on the topic of trauma and mental health and published the first book exploring the subject of trauma and psychosis in 2006. This edited book is now commissioned for a second edition. Warren spent the last 5 years an NHS Network Clinical Director leading systems change in the North West of England. He led one of the two national IAPT (increasing access to psychological therapies) demonstration sites for Psychosis and was a member of the Children and Young People’s Mental Health Services National Task Force. Warren also developed the REACH approach (Routine Enquiry about Adversity in Childhood) as a way of assisting organisations to become more trauma-informed and to support professionals to ask routinely about adversity in their everyday practice.

Quote, “Waiting until people are sick, mentally unwell or in crisis before we try to help them is not working.

I want to see a world where childhood adversity is a thing of the past and prevention rather than cure is the new status quo.”