

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>