

**27th Annual International Trauma Conference
Psychological Trauma: Neuroscience, Self-Identity and
Therapeutic Interventions**

Conference Director:
Bessel A. van der Kolk, MD

Keynote Speakers:
Martin Teicher, MD, PhD
Georg Northoff, MD, PhD
Laurel Parnell, PhD
Paul Frewen, PhD, C.Psych
Paula Thomson, PsyD
Phyllis Booth, MA
Peter Levine, PhD
Norman Doidge, MD

June 1– 4, 2016

First of all I would like to express my deep gratitude and appreciation to Foundation PTA for enabling me to attend the 27th INTERNATIONAL PSYCHOLOGICAL TRAUMA CONFERENCE - Neuroscience, Self-Identity and Therapeutic Interventions – in Boston USA.

I am a Counselling Psychologist specialising in developmental trauma disorder. I am employed through NHS for the Social Services and as such I am surrender by non-clinician colleagues. My responsibility is to hold clinical, therapeutic thinking and offer mental health consultation and training within the 'sea of social work'.

The findings of the past three decades informed how trauma affects psychological and biological processes, and how the damage caused by overwhelming life experiences can be reversed. This year we explored new frontiers in this work, frontiers that transcend old paradigms of talking, analyzing and administering drugs.

The study of psychological trauma has been accompanied by an explosion of knowledge about how experience shapes the central nervous system and the formation of the self. Developments in the neurosciences, developmental psychopathology and information processing have contributed to our understanding of how brain function is shaped by experience and that life itself continually transforms perception and biology.

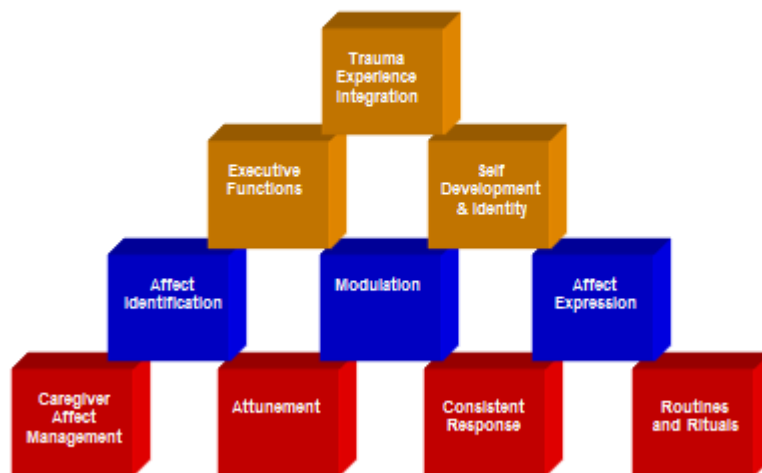
The study of trauma has probably been the single most fertile area in helping to develop a deeper understanding of the relationship among the emotional, cognitive, social and biological forces that shape human development.

We have learned that most experience is automatically processed on a subcortical level, i.e., by “unconscious” interpretations that take place outside of awareness. Insight and understanding have only a limited influence on the operation of these subcortical processes. When addressing the problems of traumatized people who, in a myriad of ways, continue to react to current experience as a replay of the past, there is a need for therapeutic methods that do not depend exclusively on understanding and cognition.

This year conference consisted of 2 days pre-conference teaching, workshops and events and 2 days of the main conference events.

The first day of the conference was dedicated towards ARC (Attachment, Self-Regulation and Competency) model.

ARC Model – Attachment, Self-Regulation, Competency



This model was developed by Margret Bluestein and Kristine Kinniburgh (2012) of the Boston Trauma Centre USA and provides an accessible and flexible framework for working with children and adolescents whose development has been seriously affected by repeated trauma. The model builds on our understanding of attachment theory and the impact of trauma to provide an approach that allows networks and carers to intervene to support recovery and development in a thoughtful and targeted manner.

The ARC Training focuses first at our shared understanding of attachment theory and secondly at what is understood as “developmental trauma”. The last three training sessions focus on the three tiers of the theory itself, understanding approaches and interventions crucial to supporting children’s *attachments*, ways of teaching and supporting *self-regulation*, before helping children and young people develop the mastery they need to be *competent* in essential areas of human functioning.

I am employed within ARC Services where our therapeutic thinking is based on the ARC Model. It has been very inspiring to learn of the wide application of the ARC Model within many states of North America.

This model is a response to a diagnosis of Developmental Trauma Disorder by world renowned Trauma Specialist Dr Bassel Van der Kolk. It is a profoundly important and ethical diagnosis.

Specialising in Trauma Work I particularly appreciated the SOMATIC EXPERIENCING® (SE) psychobiological trauma resolution which is a potent method for resolving trauma symptoms and relieving chronic stress. It is the life’s work of Dr. Peter A. Levine, resulting from his multidisciplinary study of stress physiology, psychology, ethology, biology, neuroscience, indigenous healing practices, and medical biophysics, *together with* over 45 years of successful clinical application. The SE approach releases traumatic shock, which is key to transforming PTSD and the wounds of emotional and early developmental attachment trauma.

The SE approach offers a framework to assess where a person is “stuck” in the fight, flight or freeze responses and provides clinical tools to resolve these fixated physiological states.

It provides effective skills appropriate to a variety of healing professions including *mental health, medicine, physical and occupational therapies, bodywork, addiction treatment, first response, education, and others*.

I have been truly inspired by Dr Levine’s work and wish to deepen my knowledge and skills following this year Trauma Conference.

One more time please accept my deep gratitude for enabling me to access all this learning and now being able to bring my knowledge to 500+ professionals.