

FROM TRAUMA TO TRANSFORMATION: HOW PEOPLE CHANGE

(schools, communities, families, groups and individuals)

How does deep and lasting change happen after traumatic life experiences?

What enables people to move from survival mode, suffering the fallout in physical/ mental ill-health and relationship problems, to go on to enjoy mind in peace not mind in torment?

This conference will address these questions with deeply moving case studies to illustrate transformational change. Presenters and practitioners will explore how emotional processing in a healing relational context shapes the pathways from trauma to healing. Real-life examples will show how enduring change is possible even in contexts of extreme adversity, deprivation, and deep distress.

The conference brings together world-leading experts and exceptional trauma-informed practitioners, whose work with children, teenagers and adults have significantly impacted the field of mental health and trauma recovery. Featuring Dan Hughes, Leslie Greenberg, Lucy Johnstone, and Margot Sunderland and workshops from frontline practitioners showcasing best practice, the day brings together fascinating cutting-edge theory with inspirational practice.

Designed for educators, therapists, clinicians, and mental health professionals, this conference offers both hope and practical insight into how people and organisations can heal — not in isolation, but through attuned relationships and compassionate systems.

For enquiries:

info@traumainformedschools.co.uk

www.trauma-informed.uk

01752 278477

£129 pp (No VAT)



PRESENTERS:

DR DAN HUGHES

Internationally acclaimed Clinical Psychologist. Founder of Dyadic Developmental Psychotherapy. He is renowned for his work on attachment, developmental trauma, and relational healing, and for helping practitioners create safety, trust, and emotional connection with traumatised children and families. Originator of PACE used by practitioners/parents all over the world. Prolific author, including Building the Bonds of Attachment and Healing Relational Trauma, with decades of groundbreaking work supporting vulnerable children and families.

PROFESSOR LESLIE GREENBERG

Distinguished Research Professor Emeritus of Psychology at York University in Toronto. He conducted groundbreaking evidence-based research on how therapeutic relationships foster recovery from traumatic experiences and is the originator of Emotion-Focused Therapy (EFT). He has received major international awards from the International Society for Psychotherapy Research, the American Psychological Association, and the Canadian Psychological Association, and is a Past President of the Society for Psychotherapy Research.

DR MARGOT SUNDERLAND

Director of Innovation and Research at Trauma Informed Schools and Communities UK. Neuroscience scholar and child, adolescent, and adult psychotherapist with over 30 years' experience, including intensive work with traumatised teenagers in residential care. She is the author of more than 20 books on child mental health, including The Science of Parenting (First Prize winner, British Medical Association Book Awards) and Conversations That Matter. She is also Director of Education and Training at the Centre for Child Mental Health and a founding director of the Institute for Arts in Therapy and Education.

DR LUCY JOHNSTONE

Consultant clinical psychologist and internationally acclaimed critical voice in mental health. She co-developed the evidence-based Power Threat Meaning Framework (PTMF), a globally recognised alternative to psychiatric diagnosis that understands emotional distress as meaningful responses to trauma, abuse, injustice, and inequality. She is the author of several influential books, including Users and Abusers of Psychiatry, Formulation in Psychology and Psychotherapy, and A Straight-Talking Introduction to Psychiatric Diagnosis, as well as key texts on neurodiversity.