



DAY ONE - 19TH JANUARY

KEYNOTE PRESENTATIONS

- 12:00** Welcome by Clive Corry - Director & Founder of Action Trauma
- 12.15 - 13.15** Keynote One - Peter McBride
Intergenerational Trauma, Wisdom & Resilience - Exploring Trauma Affected Communities
Examining Collective, Cultural & Historical Abuse and how it can be avoided for future generations. Exploring their multiple functions and complex effects. Understanding the health and social challenges this brings. This keynote will bring a greater understanding of how to break the cycle within communities for the benefit of future generations.
- 13.15 - 13.30** Question & Answer Session - Peter McBride
- 13.30 - 15.00** Keynote Two - Jaz Ampaw-Farr
The Power of Everyday Heroes
Jaz shares her powerful journey of how a child survives when the system fails. Jaz's resilience drove her from appalling abuse at the hands of her parents to running away from foster care and life as a teen on the streets, to advising governments and speaking internationally. Jaz has a disarming ability to share her story with humour and humility and without anger or bitterness. Jaz will share how healing can span generations. Jaz lives out her words around risk taking and resilience as her career (all while raising three children) are testament to. Jaz gives you the feeling you can do the impossible so that the next time you face adversity and challenge, you'll be ready.
- 15.00 - 15.15** Question & Answer Session - Jaz Ampaw-Farr
- 15.15 - 15.30** Short break with optional breathing & mindful exercises
- 15.30 - 16.30** Keynote Three - Rachel Yehuda
Epigenetics - How Trauma and Resilience Cross Generations
The new field of epigenetics shows that genes can be turned on and off and expressed differently through changes in environment and behavior. Rachel Yehuda is a pioneer in understanding how the effects of stress and trauma can transmit biologically, beyond cataclysmic events, to future generations.
- 16.30 - 16.45** Question & Answer Session - Rachel Yehuda
- 16.45 - 17.00** Short break with optional breathing & mindful exercises
- 17.00 - 18.05** Keynote Four - Dr Kenneth V Hardy
Race Matters - How to Talk Effectively about Race and Trauma
Examining racial trauma and exploring strategies for healing and transformation. Racial oppression is a traumatic form of interpersonal violence which can lacerate the spirit, scar the soul, and puncture the psyche. Without a clear and descriptive language to describe this experience, those who suffer cannot coherently convey their pain, let alone heal. The source of their hurt is often confused with distracting, secondary symptoms ranging from hopelessness to 'acting out' behaviours. As with other forms of trauma, we ask the wrong question about struggling youths of colour. Instead of asking "What is wrong with them?" we need to ask the trauma-informed question, "What has happened to them?"
- 18.05 - 18.20** Question & Answer Session - Dr Kenneth V Hardy
- 18.20 - 19.05** Panel Discussion - Jaz Ampaw-Farr / Peter McBride / Rachel Yehuda

Continued...

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DAY ONE CONTINUED

19.05 - 20.05

Keynote Five - Peter Levine

Making the Invisible, Visible: A Trauma Healing Journey from Hauntings to Wholeness, an exploration of Transgenerational Trauma

We tend to believe in free will. That it is we who ultimately determines our fate; that we are the captains of our own ships. When working with healing trauma, this belief is often challenged, as we become aware of repetitive patterns of suffering and unhappiness that can span generations. This pattern is grounded in an energetic presence of unresolved trauma responses that were once activated for protection and have now passed on from generation to generation. These lingering "ghosts" can still have powerful influences on our emotions, reactions, behaviors, and choices.

Dr. Levine will lead us through how, unbeknown to us, we may be influenced by events and circumstances that our ancestors (and their ancestors in turn) have experienced during their lifetimes. These influences are often far out of conscious awareness. By exploring our unconscious connection to our lineage, that neither time nor distance alters, we can be capable of connecting to the complexities of our family line with healing reverence.

DAY TWO - 20TH JANUARY

KEYNOTE PRESENTATIONS

11:55

Welcome by Clive Corry - Director & Founder of Action Trauma

12.00 - 12.40

Keynote One - Richard Moore

Freedom in Forgiveness

A story that started as a tragedy and ended as a triumph of the human spirit in overcoming adversity. A unique perspective on trauma, resilience, reconciliation and forgiveness, Richard's story looks at the purpose of forgiveness and how sometimes people get justice, but they are no happier at the end of it.

12.40 - 13.00

Question & Answer Session - Richard Moore

13.00 - 14.25

Keynote Two - Dr Felicity De Zulueta

Born to love, driven to destroy: The current human tragedy

Author of a book on the traumatic origins of violence due to damage to our attachment system, Dr Felicity de Zulueta will focus on making sense of our current inability to cooperate within countries and across countries to deal with the challenge we face due to the climate and environmental crises linked with its associated Covid pandemic.

She will show how cultures born of violence are intrinsic to our current civilisation and how they also lead to high numbers of individuals developing insecure attachments due to adverse childhood experiences and a resulting propensity for competitive and destructive behaviour.

Just as we need a different way of living to save our environment, so do our brains need a safer and more loving early environment if we are to survive. She will show us that we now have the knowledge to do this and how we can set about doing it, as is already happening in some parts of the world.

14.25 - 14.45

Question & Answer Session - Dr Felicity De Zulueta

14.45 - 15.00

Short break with optional breathing & mindful exercises

Continued...

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DAY TWO CONTINUED

- 15.00 - 16.00** Keynote Three - Valerie Mason-John
Breaking the Intergenerational trauma cycle
Drawing on her own experiences with abuse and addiction, Valerie Mason-John uses well-grounded meditations that transform anger, hatred, and fear to heal emotional trauma. Look at how to deal with toxic emotions and how to release them. After years of abuse and struggles with addiction, Valerie Mason-John was mired in anger, resentment, and fear. But through and willingness to forge a new path, she learned how to disarm such toxins and find peace.
- 16.00 - 16.15** Question & Answer Session - Valerie Mason-John
- 16.15 - 16.30** Short break with optional breathing & mindful exercises
- 16.30 - 17.30** Keynote Four - Mark Wolynn
Do We Inherit Trauma?
Can the traumas of our parents, grandparents and even great grandparents live on in us - particularly if they are unresolved? If you are triggered by something and don't know why, the answer may lie in your family history. Understand the tools to help people to get to the root of difficult or bewildering issues and Mark's strategies for freeing yourself from harmful patterns.
- 17.30 - 17.45** Question & Answer Session - Mark Wolynn
- 17.45 - 19.25** Keynote Five - Stephen Porges
Intergenerational trauma through the lens of the Polyvagal Theory
This keynote will discuss how features of intergenerational trauma can be explained through the lens of the Polyvagal Theory. The theory emphasises the role that the autonomic nervous system has in mediating the valence and intensity of our reactions to events and individuals. The theory helps explain the transgenerational features in our environment, often shaped by family and cultural institutions, that personalize and redefine the cues that trigger states of safety and threat across generations. The process promotes consistent intergenerational defensive and aggressive strategies instead of feelings of trust and connectedness with others. Healing the intergenerational trauma starts by understanding the cultural programming of cues that shift autonomic state and promote defense. Through an understanding of how our nervous system detects risk and embraces feelings of safety (i.e. neuroception), interventions can retune autonomic state to enable spontaneous social engagement and trust.
- 19.25 - 19.40** Question & Answer Session - Stephen Porges
- 19.40 - 19:50** Closing Remarks - Clive Corry & Stephen Porges

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WORKSHOPS

Workshop One - Dawn Harris

Neurofeedback

Neurofeedback therapy offers an alternative form of treatment for symptoms of childhood abuse, complex trauma and PTSD. It supplies information to the brain that helps to regulate the body's autonomic stress response. One of the common threads amongst these conditions is chronic Autonomic Nervous System (ANS) dysregulation.

Neurofeedback therapy works at a deep subconscious level, breaking the cycle of trauma and post-traumatic symptoms. By identifying and training the areas of concern, neurofeedback can help you shift out of these patterns and back into a natural, neutral state of calm

Workshop Two - Judith Prager

Introduction to Verbal First Aid™

"Verbal First Aid" uses words and images to set a course for recovery and resilience. Judith Simon Prager, PhD, has been teaching the protocol of Verbal First Aid from 2001 - What to say in medical emergencies to calm, relieve pain, promote healing and save lives. The protocol is taught to firefighters, emergency medical personnel, doctors, nurses, and police officers around the world.

This workshop will explain how the right words said in the right way at the scene of an emergency or crisis, or in times of pain and fear, could shift the perception and interpretation to one that allows healing and short-circuits the impulse toward a traumatic memory.

Workshop Three - Richard Schwartz

Evolution of the Internal Family Systems model(IFS)

IFS is a comprehensive approach which includes guidelines for working with individuals, couples, and families. The IFS Model represents a new synthesis of two already-existing paradigms: systems thinking and the multiplicity of the mind. It brings concepts and methods from the structural, strategic, narrative, and Bowenian schools of family therapy to the world of subpersonalities.

Workshop Four - Kerry McWilliams

An invitation to 'Try This'

'Try This' is a ten week programme designed to impact the escalating crisis in the mental health of young people. Designed for delivery in classrooms, the programme delivers measured outcomes in the social and emotional health of young people, improved cognitive and academic performance and improved relationships. The approach is practical, playful and innovative, based on the latest research in behaviour change, self-regulation and trauma recovery.

Created by Kerry McWilliams with qualitative research, underpinning evidence and logic, the model was developed in collaboration with Aideen Gildea from Queens University Centre for Evidence and Social Innovation.

After two and a half years of research, focus groups, testing, evaluation and trials, adjusting in response to feedback from almost 3000 young people, and hundreds of teachers and parents, we're ready to tell you the story and present the programme.

To quote some year 12 (15/16-year-old) students... "I didn't think this would work, but it totally does - I use it every day", "It's a game changer." and even "makes me melt inside and gives me goosebumps"

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