

Agenda

17 August 2025

12:30 pm - 6:00 pm
Registration

Registration - Main Foyer 2 & 3

17 August 2025

3:30 pm - 4:30 pm
Conversation Hour - Cathy Malchiodi

Conversation Hours - Plenary 3

Cathy Malchiodi in conversation with Janise Mitchell

3:30 pm
[Cathy Malchiodi in conversation with Janise Mitchell](#)
[Cathy Malchiodi PhD, Janise Mitchell](#)
Cathy Malchiodi in conversation with Janise Mitchell

17 August 2025

4:30 pm - 5:00 pm
Break

Break - Main Foyer 2 & 3

17 August 2025

5:00 pm - 6:00 pm
Conversation Hour - Paul Gilbert

Conversation Hours - Plenary 3

5:00 pm
[Paul Gilbert in conversation with Janise Mitchell](#)
[Paul Gilbert, Janise Mitchell](#)
Paul Gilbert in conversation with Janise Mitchell

17 August 2025

6:00 pm - 7:30 pm
Welcome Drinks

Social - Main Foyer 2 & 3

18 August 2025

9:00 am - 9:20 am
Welcome to Country

Plenary

18 August 2025

9:20 am - 11:00 am
Opening Plenary

Plenary - Plenary 2

This opening plenary session will include a welcome from Conference Convenor Janise Mitchell, as well as presentations from Emeritus Professor Judy Atkinson and Professor Paul Gilbert.

9:20 am
[Opening plenary](#)
[Janise Mitchell](#)
Opening plenary

9:40 am
[Opening plenary](#)
[Judy Atkinson](#)
Opening plenary

10:20 am
[Compassion and Joe's Dream](#)
[Paul Gilbert](#)
Compassion and Joe's Dream

18 August 2025

11:00 am - 11:30 am
Morning Tea

Break

18 August 2025

11:30 am - 1:00 pm
Keynote: Applying trauma transformative practice using a developmental lens

Keynote - [ICTC](#) - Plenary 3

[Applying trauma transformative practice using a developmental lens](#)
[Janise Mitchell](#)
Applying trauma transformative practice using a developmental lens

11:30 am - 1:00 pm
Keynote: Finding solid ground: Transforming treatment for complex trauma and dissociation

Keynote - [ICTC](#) - Room 219 & 220

[Finding Solid Ground: Transforming Treatment for Complex Trauma and Dissociation](#)
[Bethany Brand, Ruth Lanius](#)

Join us for an exciting and interactive session where Dr. Ruth Lanius and Bethany Brand will introduce Finding Solid Ground (FSG)—the first evidence-based program proven to benefit dissociative, complex trauma clients. Backed by a rigorous randomized controlled study, this groundbreaking approach is reshaping how we treat some of the most challenging trauma cases. In this dynamic talk, we'll dive into the science behind FSG and bring the strategies to life through engaging role plays—taking turns as particularly difficult complex trauma clients. Witness how to apply these innovative techniques in real-world scenarios, and leave inspired to transform your practice with actionable insights.

11:30 am - 1:00 pm
Keynote: Living with a constant feeling of dread: Providing DDP interventions with parents who have experienced trauma. (not recorded)

Keynote - [ICTC](#) - Room 203 & 204

[Living with a constant feeling of dread. Providing DDP interventions with parents who have experienced trauma.](#)
[Kim Golding](#)

Dyadic Developmental Psychotherapy (DDP) is a model of intervention developed by Dan Hughes to help children who have experienced developmental trauma. Within DDP, parents are an integral part of the therapy with their children. They join the therapy sessions and provide a DDP-informed parenting approach at home. This draws on the parents' capacity for emotional regulation and mentalisation so that they can adopt the attitude of PACE (playfulness, acceptance, curiosity and empathy) as described by Dan Hughes. Therapists need to work with the parents in order to prepare them for this collaboration. Parent and therapist make a therapeutic alliance built upon mutual trust and respect. The therapist prepares the parent for engaging in the child's sessions and provides parenting support and guidance. An important part of this work is exploring the parents' attachment history. This helps the parent to understand when they find staying open and engaged to their child most difficult and to be supported to find ways out of the defensive parenting that they can move into. This work can be extended when parents carry their own significant trauma histories. The therapist helps the parents to know their own vulnerability so that they can be available to the child when most needed. This can help them to stay compassionate to themselves and more available for their child. With the kind permission of one adoptive father, I will show examples of the work we did together to illustrate the importance and significance of this trauma work.
(This session will not be recorded)

11:30 am - 1:00 pm
Keynote: Resilience and post-traumatic growth

Keynote - [ICTC](#) - Plenary 1

[Resilience and Post-Traumatic Growth](#)
[Arielle Schwartz](#)

Resilience and post-traumatic growth rely upon the opportunity to work through difficult life experiences. The deep, inner work of healing from trauma eventually can help clients to realize that they are stronger than they previously believed. In turn, they are more likely to accept themselves as they are, have an increased appreciation of life, develop new interests or passions, or discover new spiritual frameworks for their lives. As they feel stronger, they are more likely to see themselves as able to bring their gifts and contributions to the world. As therapists, we foster post traumatic growth when we invite clients to take personal responsibility for the narrative that defines their lives. If their voices are full of disappointment and resignation, we can assist them to revise their stories until they arrive at satisfactory conclusions that support growth after trauma. This does not mean that they can change what happened in the past. However, they can work through the pain of the past until they find resolutions in the here and now.

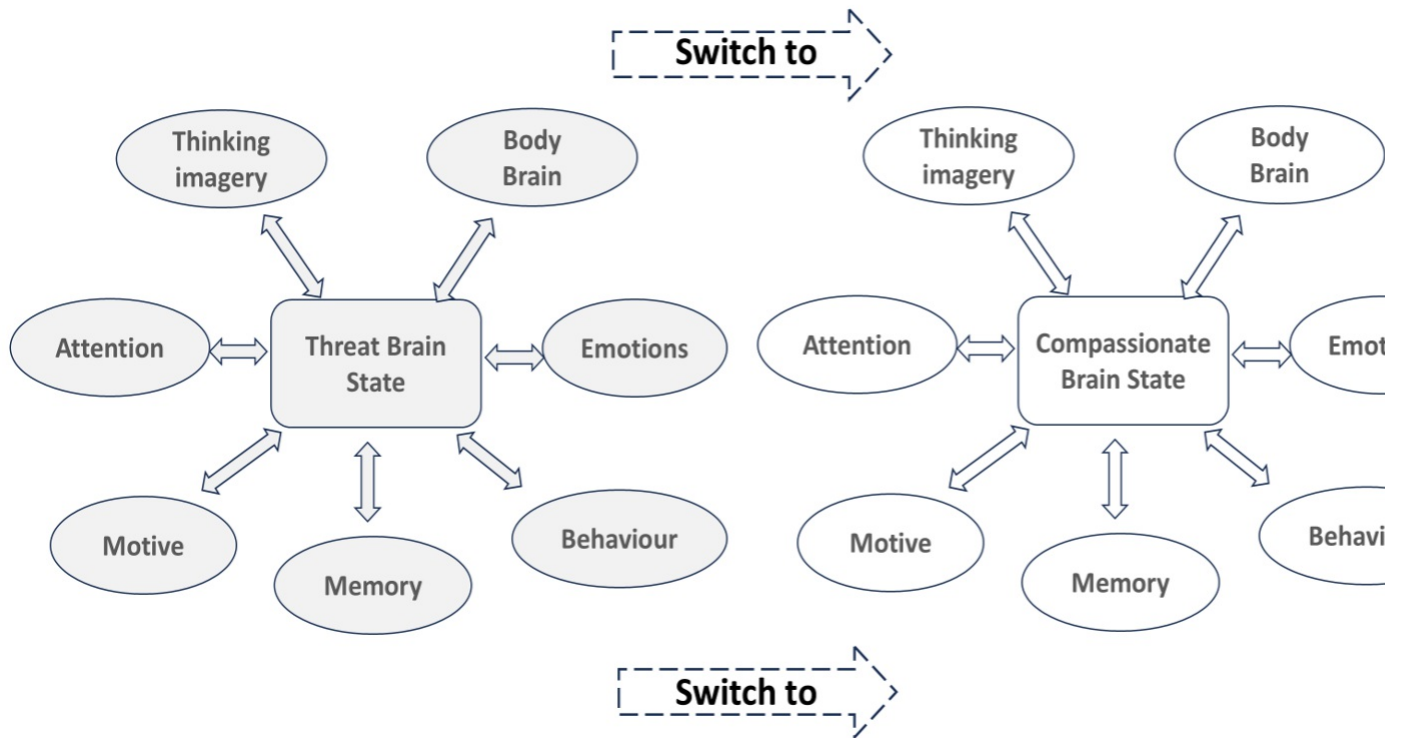
11:30 am - 1:00 pm
Keynote: The nature and process of compassion focused therapy for the traumatised mind

Keynote - [ICTC](#) - Room 210 & 211

[The nature and process of compassion focussed therapy for the traumatised mind](#)
[Paul Gilbert](#)

This talk will explore the evolutionary and biopsychosocial basis for compassion. Understanding its roots in evolved function enable insight into the physiological regulators or our minds an offer important insight into how compassion can interact with the physiological scars left by trauma. The talk will explore different aspects of motivation- based brain state theory and how we can develop the multiple dimensions of compassion to address more complex states of mind like threat based minds.

Mindful awareness



The talk will then explore threat brain states, using techniques such as dialoguing, guided discovery and mind mapping to help individuals recognise trauma as a multi textured experience. Clarification of the different textures of trauma facilitate specific compassion directed interventions to those textures

11:30 am - 1:00 pm

Symposium: A symposium exploring the intersection of neurodivergence and childhood trauma

Symposium - [ICTC](#) - Plenary 2

This panel discussion will be hosted by Noel Macnamara.

[A symposium exploring the intersection of neurodivergence and childhood trauma.](#)

[Anita Gibbs, Cathy Malchiodi PhD, Noel Macnamara, Wenn Lawson, Rebecca Challoner, Christina Keeble, Naomi Rutten, Siobhan Wilson](#)

A symposium exploring the intersection of neurodivergence and childhood trauma.

11:30 am - 1:00 pm

Workshop: Comforting the uncomfortable: the heart of trauma-informed care

Workshop - [ICTC](#) - Room 212 & 213

[Comforting the uncomfortable: the heart of trauma-informed care](#)

[Johanna Lynch](#)

This workshop will reflect on the fundamental interpersonal experience of being comforted. It will also allow those of us who are professional or personal carers to reflect on the macro and micro skills required of those who offer comfort to others. We will reflect on how we give comfort when we haven't been comforted ourselves, and how tuning into others can be impacted by our own life story. In the trauma field that often advocates for individualised and professional therapy this session will draw attention to the ordinary communal capacity to offer comfort. It will shift the conversation towards social responsiveness and communal responsibility to those who have been harmed. It will focus our hearts and minds on the wider issues of engaging with injustice where we live, learn, and work. Led by family physician (general practitioner) researcher Dr Johanna Lynch, this session is about a wide whole person vision for health grounded in awareness of the physiological impact of not being alone. It will be a chance to reflect on both the attuned sensitivity of giving comfort, and the whole person physiological relief of receiving comfort that are part of whole person, whole family, and whole community health.

At the end of this session, participants will be able to:

- 1/ Describe the personal impact of being comforted.
- 2/ Name the potential barriers to offering comfort to others.
- 3/ Reflect on the tensions inherent in communal responsibility towards those who have been harmed.

18 August 2025

1:00 pm - 2:00 pm

Lunch

Break - [Break](#)

18 August 2025

2:00 pm - 3:30 pm

Keynote: FASD at the nexus of disability and neuro-divergence, the impacts of trauma, risk and protective factors and the journey to enable a good life for individuals and their whānau

Keynote - [ICTC](#) - Plenary 2

FASD is a complex lifelong neuro-disability impacting body and brain domains as a consequence of pre-natal alcohol exposure. The internationally accepted definition of FASD is Fetal Alcohol Spectrum Disorder (FASD) is a diagnostic term used to describe impacts on the brain and body of individuals prenatally exposed to alcohol. FASD is a lifelong disability. Individuals with FASD will experience some degree of challenges in their daily living, and need support with motor skills, physical health, learning, memory, attention, communication, emotional regulation, and social skills to reach their full potential. Each individual with FASD is unique and has areas of both strengths and challenges. (<https://canfasd.ca/topics/basic-information/>)

FASD almost always co-occurs with a range of mental health conditions, trauma or adverse childhood experiences and other neuro-disabilities, or neuro-divergent identities, as these terms are often used interchangeably. In my first presentation, I will unpack key terms like FASD, neuro-disability, neuro-diversity, neuro-divergence, neuro-informed, neuro-typicality and neuro-typical humility, as a way to understand the impacts of having FASD on the person, and their whānau (families), as they traverse lifecourse experiences which misdiagnose them, misunderstand them, mismanage them and malign them as deviant. I will also explore FASD screening, diagnosis, primary features and secondary conditions, protective and risk factors. I will consider the importance of the intersections of trauma, colonisation, stigma and systemic abuse on the complexity of understanding FASD, and therefore intervening positively to enable people with FASD, alongside their families, to live their best lives. I will conclude my first presentation with an overview of helping models, interventions and strategies.

[FASD at the nexus of disability and neuro-divergence, the impacts of trauma, risk and protective factors and the journey to enable a good life for individuals and their whānau.](#)
[Anita Gibbs](#)

FASD at the nexus of disability and neuro-divergence, the impacts of trauma, risk and protective factors and the journey to enable a good life for individuals and their whānau.

2:00 pm - 3:30 pm

Keynote: From crisis to stability: Assessment and stabilisation for complex, dissociative clients

Keynote - [ICTC](#) - Plenary 3

How do you effectively assess and stabilize clients who are grappling with self-harm, suicidality, and dissociation? In this session, Bethany Brand will share evidence-based strategies for addressing these critical challenges.

Drawing from the insights in her latest book on assessing trauma-related dissociation, we'll explore how to:

- Accurately assess dissociation and its impact on clients' lives
- Develop stabilization plans tailored to clients struggling with high-risk behaviors
- Empower clients to move from crisis toward resilience and recovery.

This session will equip you with practical tools to deepen your understanding and enhance your therapeutic impact

[From Crisis to Stability: Assessment and Stabilization for Complex, Dissociative Clients](#)
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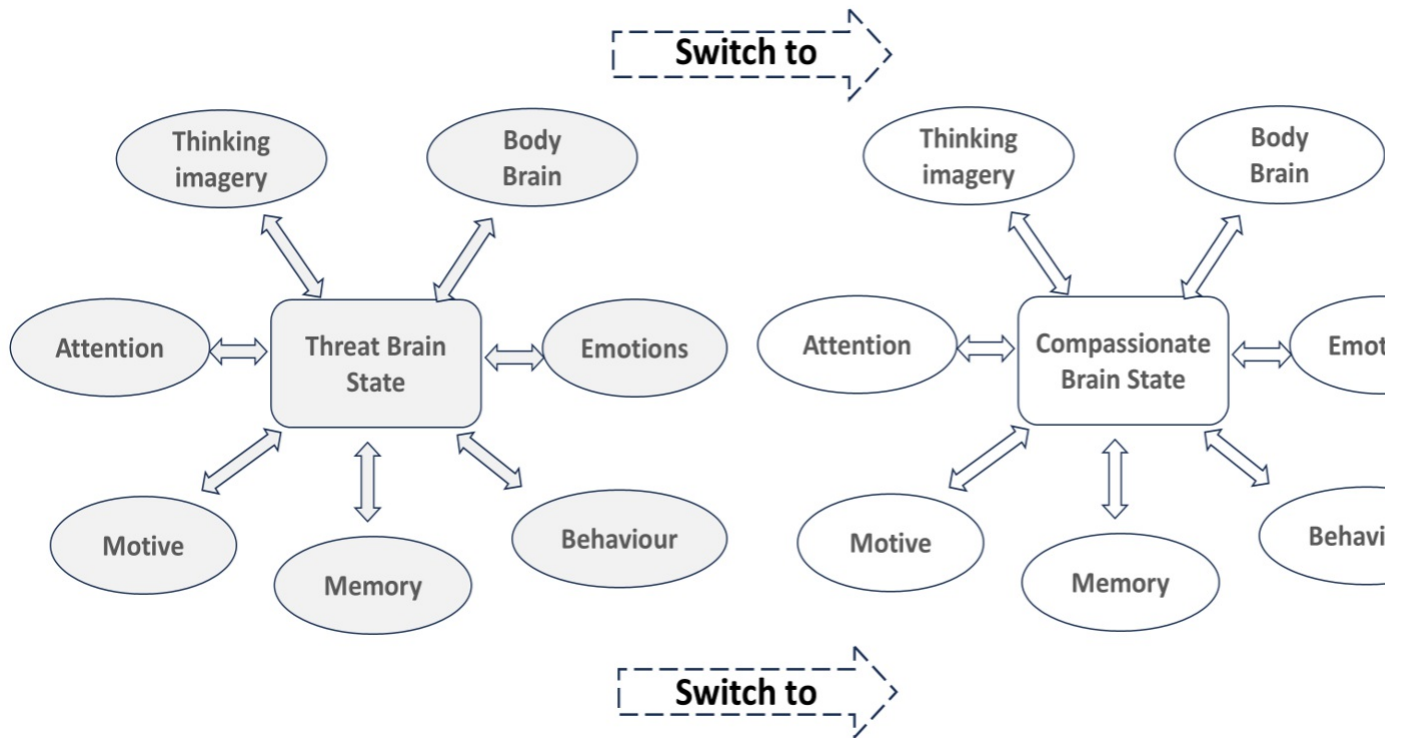
2:00 pm - 3:30 pm

Keynote: The nature and process of compassion focussed therapy for the traumatised mind

Keynote - [ICTC](#) - Plenary 1

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Mindful awareness



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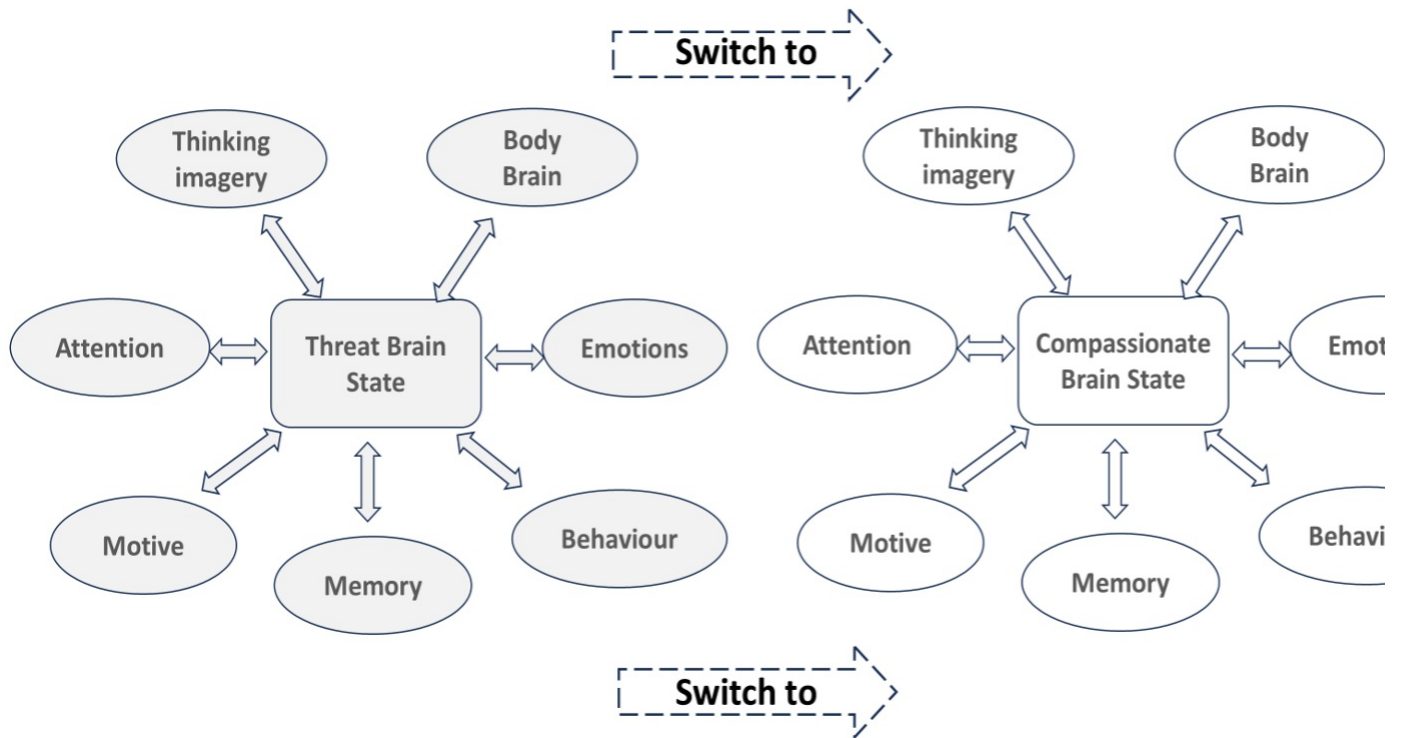
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2:00 pm - 5:30 pm
Masterclass Part 1: Applied polyvagal theory as an embodied approach to psychotherapy

Masterclass - ICTC - Room 210 & 211

The brain cannot think its way out of the symptoms of stress or trauma. It needs a way to work with the body to maximize healing. Polyvagal theory provides us with a transdiagnostic approach to therapy. We are addressing the physiological roots that underlie a wide range of physical and mental health conditions. This approach allows therapists and clients to compassionately understand and treat the imbalances within the autonomic nervous system that form the basis of most mood, anxiety, or traumatic stress related disorders. Traditionally, talk therapy focuses on the narratives of specific life events or losses. While interventions that focus on telling the story about distressing or traumatic experiences can be beneficial, they are often insufficient to facilitate a rebalancing of the autonomic nervous system. Join Arielle Schwartz, PhD, CCTP-II, E-RYT, internationally sought-out teacher and therapeutic yoga instructor, as she guides you through applied polyvagal theory as an embodied approach to psychotherapy. Within this program you will:

- Discover how to fine-tune the nervous system moment-by-moment to help clients come out of chronic stress
- Discover the power of positive neuroplasticity
- Address client's health with simple breath, movement, and awareness practices
- Learn the fastest ways to reduce stress and regulate the nervous system
- Teach clients to naturally stimulate their vagus nerve to enhance their physical and emotional health

[Applied Polyvagal Theory as an Embodied Approach to Psychotherapy](#)
[Arielle Schwartz](#)

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2:00 pm - 3:30 pm
Masterclass Part 1: Restorative attachment with children and caregivers: Expressive arts and sensory processing approaches to repair and restoration

Masterclass - ICTC - Room 203 & 204

This masterclass emphasizes sensory-based and capacity-building practices through expressive arts therapy and sensory integration that can be applied to restoring and building foundations of attachment. Restorative Attachment highlights strategies to support connection and attunement between caregivers and children through sensory-based, curiosity-driven approaches rather than talk alone. Neuro-affirming models that complement P.A.C.E. are explained in this hands-on learning experience, including:

the MSSS Model (Movement, Sound, Storytelling, and Silence); S.A.G.E (Synchrony, Attunement, Grounding, and Engagement); and the Circle of Capacity Model (expanding empowerment, enlivenment, and creativity through expressive arts therapy). Practices and interventions are not only appropriate with children and young people and caregivers, but also adult attachment issues that result from traumatic stress or other challenges.

[Restorative Attachment with Children and Caregivers: Expressive Arts and Sensory Processing Approaches to Repair and Restoration](#)
[Cathy Malchiodi PhD](#)

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2:00 pm - 3:30 pm
Masterclass Part 1: Unlocking the Power of Traumatic Brain Adaptations: Breaking New Ground in Trauma Recovery

Masterclass - [ICTC](#) - Room 212 & 213

In this masterclass, we will dive deep into the powerful world of traumatic brain adaptations and their pivotal role in shaping the course of treatment for traumatic stress. You will discover how the brain's response to trauma creates unique pathways that dictate the most effective therapeutic approaches. We will explore how these adaptations act as keys to unlocking personalized entry points for therapy, helping us tailor treatment to the individual at every stage of recovery. From understanding the science behind trauma's effects on the brain to learning how to strategically apply the right therapeutic interventions, this session will provide you with actionable insights that could transform healing of the traumatized self.

[Unlocking the Power of Traumatic Brain Adaptations: Breaking New Ground in Trauma Recovery](#)
[Ruth Lanius](#)

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2:00 pm - 3:30 pm
Workshop: First Nations

Workshop - [ICTC](#) - Room 219 & 220

18 August 2025

3:30 pm - 4:00 pm
Afternoon Tea

Break

18 August 2025

4:00 pm - 5:30 pm
Keynote - Glenda Kickett

Keynote - [ICTC](#) - Plenary 1

4:00 pm
[Keynote - Glenda Kickett](#)
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4:00 pm - 5:30 pm
Keynote: Autism: Intersectionality and the trauma that comes from being different

Keynote - [ICTC](#) - Plenary 3

Belonging, fitting in and feeling connected are important human rights and needs. Being autistic predisposes us to being monotropic. Monotropism means our attention, when captured, occupies us totally and there is no spare attention for 'generalising concepts, thinking beyond the literal, joining the dots to the bigger picture, having timely recognition of information from our external and internal senses, comprehending the two sides of Object Permanence and much more. This can negatively impact social connecting and human interaction. It can heighten feelings of 'being stuck' in porn, feelings of inadequacy, poor mental health and suicidality. For Autistic individuals trauma is an ongoing experience because it feels like we are in a desert without any signposts. This talk explains the concepts above with helpful examples and important strategies to heighten self-compassion and lower trauma.

[Autism: Intersectionality & the trauma that comes from being different](#)
[Wenn Lawson](#)

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4:00 pm - 5:30 pm
Keynote: From crisis to stability: Assessment and stabilisation for complex, dissociative clients

Keynote - [ICTC](#) - Plenary 2

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4:00 pm - 5:30 pm
Masterclass Part 2: Applied Polyvagal Theory as an Embodied Approach to Psychotherapy

Masterclass - [ICTC](#)

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4:00 pm
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4:00 pm - 5:30 pm
Masterclass Part 2: Restorative attachment with children and caregivers: Expressive arts and sensory processing approaches to repair and restoration

Masterclass - [ICTC](#) - Room 203 & 204

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[Restorative attachment with children and caregivers: Expressive arts and sensory processing approaches to repair and restoration](#)
[Cathy Malchiodi PhD](#)

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19 August 2025

8:00 am - 8:30 am
Morning Movement and Wellbeing: Breathwork with Caroline Brunne – The Survivor Coach

Morning Movement - [ICTC](#) - Room 212 & 213

Join Caroline for a short breathwork experience focused on stress relief and deep relaxation. Be guided through an exploration of your breath, focusing on a long, slow and deep (LSD) breathwork technique combined with breath retentions. This session is open to all and is an inclusive and welcoming space, participants will be provided with a yoga mat and bolsters or cushions but can participate seated if needed. Participants are encouraged to bring a water bottle and a journal or notepad with a pen if they wish.

8:00 am
[Breathwork with Caroline Brunne – The Survivor Coach](#)
[Caroline Brunne](#)

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8:00 am - 8:30 am
Morning Movement and Wellbeing: Morning Yoga with Tina and Briar

Morning Movement - [ICTC](#) - Room 210 & 211

This session is for delegates, aiming to help you find space each morning through the middle of the conference week, to ground and regulate your nervous system, with a focus on achieving a relaxed state and embodiment.

8:00 am
[Morning Yoga with Tina and Briar](#)
[Tina Icaro, Briar Arnel](#)

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8:00 am - 8:30 am
Morning Movement and Wellbeing: Playful moves: Moving with self, moving with others, moving in groups

Morning Movement - [ICTC](#) - Room 203 & 204

Join Dance Movement Therapist Sally Denning as she guides you through short trauma informed playful movements that can also be implemented with children.

8:00 am
[Playful moves: Moving with self, moving with others, moving in groups](#)
[Sally Denning](#)

Join Dance Movement Therapist Sally Denning as she guides you through short trauma informed playful movements that can also be implemented with children.

19 August 2025

9:00 am - 11:00 am
Plenary

Plenary - [ICTC](#) - Plenary 2

Insights from the Cave: A Teen's Path of Trauma and Neurodiversity -**Siobhan Wilson**

Somatic Therapies in Trauma Recovery - **Arielle Schwartz**

9:00 am
[Insights from the cave: A teen's path of trauma and neurodiversity](#)
[Siobhan Wilson](#)

In this plenary session, Siobhan Wilson, a 15-year-old youth advocate with lived experience of Generalised Anxiety Disorder, PTSD, depression and Non-Verbal Learning Disorder (NVLD), shares valuable insights into the strategies that supported her at different stages of her development, as well as those that proved unhelpful.

Structured across four developmental stages: infancy (0 - 2); early childhood (2 - 5); middle childhood (5 - 10) and adolescence (10 - 15), this workshop explores how her experiences and needs evolved over time. Siobhan's reflections provide an honest perspective, offering participants ideas to consider when supporting children facing similar challenges.

In addition to practical strategies, attendees will gain a deeper understanding of the complex neurodiverse world of NVLD, a condition that overlaps with aspects of ASD and ADHD while presenting unique deficits in visual-spatial awareness and understanding abstract concepts.

While these insights are drawn from Siobhan's lived experience and may not suit every child, they can guide professionals and caregivers in tailoring their approaches to traumatised and neurodiverse children.

By the end of the session, participants will walk away with:

- Practical strategies to better support children through various developmental stages.
- Greater awareness of the challenges faced by children with NVLD and other types of neurodiversity and the need for multidisciplinary approaches.
- Inspiration and tools to foster resilience, connection, and healing in children navigating trauma and neurodiversity.

This workshop invites reflection, understanding, and action, empowering participants to make a meaningful impact in the lives of the children they support.

10:00 am
[Somatic therapies in trauma recovery](#)
[Arielle Schwartz](#)

An emergence of respect for somatic psychology has helped therapists and clients understand the impact of traumatic events on the body. The body has been said to "keep the score" (van der Kolk, 2015) and "bear the burden" (Scaer, 2014) of trauma. As a result, the therapeutic community is increasingly recognizing that stressful and traumatic events need to be processed with embodied awareness, movement, and breath. Within psychotherapy, clients often remain disconnected from the body unless the therapist has the training and skills to integrate embodied awareness and movement into treatment. The interventions in this experiential presentation aim to enhance the embodiment of the therapist as a foundation for somatic interventions you can bring into your work with others.

19 August 2025

Break

19 August 2025

11:30 am - 1:00 pm

Keynote: Building sense of safety: A transdisciplinary framework for trauma-informed and healing-oriented care in health, education, and public policy. 210&211

Keynote - [ICTC](#) - Room 219 & 220

This session will draw attention to the integrative miracle that is sensing that we are safe. It will answer questions such as: What do all humans need when we are distressed? How widely do we need to see to be able to understand and respond? What patterns will help us to discern the next steps towards healing? and What practitioner skills and attitudes are fundamental to facilitate healing from trauma? This conversation will focus on the ordinary phrase 'sense of safety' and the transdisciplinary evidence for its usefulness in practice. It is about a big wide vision for community wellbeing relevant across the disciplines. It is about health across the whole person in their culture and context, and about microskills of developing shared language and therapeutic goals centred on building sense of safety. This paradigm shifting work is grounded in generalist whole person ways of seeing, and influenced by First Nations understanding of connections to country, community, and spirit. It is unifying vision emerging from fifteen years of clinical work as a family physician (general practitioner) offering trauma specific care and ten years of transdisciplinary doctoral and post-doctoral research searching for ways to integrate trauma-informed care into everyday health, education, and public policy.

At the end of this session, participants will be able to:

- 1/ Describe the transdisciplinary value of the ordinary English phrase 'sense of safety'.
- 2/ Name the seven Sense of Safety Whole Person Domains relevant to whole person wellbeing
- 3/ Describe five dynamics that build sense of safety.
- 4/ Name five practitioner skills and attitudes that facilitate a sense of safety.

11:30 am

[Building sense of safety: A transdisciplinary framework for trauma-informed and healing-oriented care in health, education, and public policy.](#)

[Johanna Lynch](#)

This session will draw attention to the integrative miracle that is sensing that we are safe. It will answer questions such as: What do all humans need when we are distressed? How widely do we need to see to be able to understand and respond? What patterns will help us to discern the next steps towards healing? and What practitioner skills and attitudes are fundamental to facilitate healing from trauma? This conversation will focus on the ordinary phrase 'sense of safety' and the transdisciplinary evidence for its usefulness in practice. It is about a big wide vision for community wellbeing relevant across the disciplines. It is about health across the whole person in their culture and context, and about microskills of developing shared language and therapeutic goals centred on building sense of safety. This paradigm shifting work is grounded in generalist whole person ways of seeing, and influenced by First Nations understanding of connections to country, community, and spirit. It is unifying vision emerging from fifteen years of clinical work as a family physician (general practitioner) offering trauma specific care and ten years of transdisciplinary doctoral and post-doctoral research searching for ways to integrate trauma-informed care into everyday health, education, and public policy.

At the end of this session, participants will be able to:

1. Describe the transdisciplinary value of the ordinary English phrase 'sense of safety'.
2. Name the seven Sense of Safety Whole Person Domains relevant to whole person wellbeing
3. Describe five dynamics that build sense of safety.
4. Name five practitioner skills and attitudes that facilitate a sense of safety.

11:30 am - 1:00 pm

Keynote: Intergenerational Trauma

- Plenary 2

When the wounds of one generation remain unresolved, they can be passed on as a legacy. In this engaging and experiential presentation, you will be introduced to an integrative, mind-body approach to working with collective and generational wounds. We will discuss intergenerational traumas in the context of developmental attachment wounds as well as the collective, historical contexts that held within the psyche and somatic experience. You will gain tools to unwind the impact of these events and discover sources of ancestral resilience as resources within therapy.

11:30 am

[Intergenerational trauma](#)

[Arielle Schwartz](#)

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11:30 am - 1:00 pm

Keynote: Neurodivergence intersecting with justice, care, education and mental health systems: lessons to learn for better life course outcomes for those living with FASD.

Keynote - [ICTC](#) - Room 203 & 204

In this keynote, Anita will focus on the systemic experiences and impacts for children, youth and adults primarily living with FASD, but also other neuro-divergent identities like ADHD and autism. Systems impacts and failures to accommodate neuro-divergence across health, welfare, education, justice, disability and mental health systems have led to catastrophic and abusive outcomes for people who are neuro-divergent. We will explore these systems and identify common issues across the systems, as well as, how professionals can be better trained and supported to accommodate neuro-divergent children, young people and adults. To realise healthy outcomes and wellbeing for people living with neuro-divergence we need to address the systemic factors that promote ableism, criminalisation, and racism towards vulnerable and disadvantaged populations. It is only in recent times that those belonging to neuro-minorities have been recognised, and have their own voices and needs understood. This presentation will ensure the living experience of people from neuro-minorities is prioritised.

11:30 am

[Neurodivergence intersecting with justice, care, education and mental health systems: lessons to learn for better life course outcomes for those living with FASD.](#)

[Anita Gibbs](#)

In this keynote, Anita will focus on the systemic experiences and impacts for children, youth and adults primarily living with FASD, but also other neuro-divergent identities like ADHD and autism. Systems impacts and failures to accommodate neuro-divergence across health, welfare, education, justice, disability and mental health systems have led to catastrophic and abusive outcomes for people who are neuro-divergent. We will explore these systems and identify common issues across the systems, as well as, how professionals can be better trained and supported to accommodate neuro-divergent children, young people and adults. To realise healthy outcomes and wellbeing for people living with neuro-divergence we need to address the systemic factors that promote ableism, criminalisation, and racism towards vulnerable and disadvantaged populations. It is only in recent times that those belonging to neuro-minorities have been recognised, and have their own voices and needs understood. This presentation will ensure the living experience of people from neuro-minorities is prioritised.

11:30 am - 1:00 pm

Keynote: Neurodiversity Affirming Practices and Expressive Arts Therapy

Keynote - [ICTC](#) - Room 210 & 211

When we cannot “name it to tame it,” we need strategies to help children, young people, and neurodivergent individuals of all ages “express it to address it.” Expressive arts therapy provides action-oriented practices that bypass language, giving children and youth restorative ways to communicate their lived experiences in “neuro-affirming” ways. These approaches also support capacity-- moments of resiliency, mastery, confidence, curiosity, self-compassion, joy, and self-agency. They are essential experiences for those who may not necessarily feel comfortable with or respond to neurotypical ways of expressing, relating, learning, or interacting. This keynote will also introduce the presenter’s own lived experiences with neurodiversity and how this personal narrative supported a restorative life journey to develop and research arts and sensory-based neuro-affirming interventions and programming.

11:30 am
[Neurodiversity affirming practices and expressive arts therapy](#)
[Cathy Malchiodi PhD](#)

When we cannot “name it to tame it,” we need strategies to help children, young people, and neurodivergent individuals of all ages “express it to address it.” Expressive arts therapy provides action-oriented practices that bypass language, giving children and youth restorative ways to communicate their lived experiences in “neuro-affirming” ways. These approaches also support capacity-- moments of resiliency, mastery, confidence, curiosity, self-compassion, joy, and self-agency. They are essential experiences for those who may not necessarily feel comfortable with or respond to neurotypical ways of expressing, relating, learning, or interacting. This keynote will also introduce the presenter’s own lived experiences with neurodiversity and how this personal narrative supported a restorative life journey to develop and research arts and sensory-based neuro-affirming interventions and programming.

11:30 am - 1:00 pm
Keynote: Whole again: Reconnecting brain and body after trauma

- Plenary 3

This lecture will describe the clinical and neurobiological manifestations of the brain-body disconnect after trauma and how to overcome this rift using an integrative approach, consisting of bottom-up and top-down therapeutic techniques. Case examples and practical skills will be discussed throughout the lecture.

11:30 am
[Whole again: Reconnecting brain and body after trauma](#)
[Ruth Lanius](#)

This lecture will describe the clinical and neurobiological manifestations of the brain-body disconnect after trauma and how to overcome this rift using an integrative approach, consisting of bottom-up and top-down therapeutic techniques. Case examples and practical skills will be discussed throughout the lecture.

11:30 am - 1:00 pm
Symposium: A symposium on therapeutic Out of Home Care

Symposium - [ICTC](#) - Plenary 1

This panel discussion will be hosted by Kelly Royds.

11:30 am
[A symposium on therapeutic out-of-home care](#)
[Jon Baylin](#), [Kim Golding](#), [Dan Hughes](#), [Kelly Royds](#), [Noel Macnamara](#), [Lynne McPherson](#), [Jordan Brown](#)
A symposium on therapeutic out-of-home care

11:30 am - 1:00 pm
Workshop: "a Place To Talk Peacefully" Children And Young People's Experience Of Receiving Support To Heal From Family Violence And Sexual Violence In Aotearoa New Zealand. What Helps And What Gets In The Way.

Workshop - [Working with traumatised children and young people](#) - Room 212 & 213

From May to July 2024, Mana Mokopuna—the Aotearoa New Zealand Children and Young People’s Commission—led a series of engagements to capture the voices of 41 children and young people, 24 family members, and 46 practitioners from 14 organisations across Aotearoa New Zealand. Our goal was to understand "what good looks like" when engaging with services and supports aimed at helping individuals heal from family violence and/or sexual violence. We published a report in October 2024 called “A place to talk peacefully”: what helps and what gets in the way - Mokopuna voices on healing from family and sexual violence in Aotearoa New Zealand.

Through these engagements, we heard powerful stories of bravery, hurt, resilience, and persistence. Children and young people shared their preferences for support—who they want to be supported by and how. They also shared their thoughts on what needs to change and provided holistic, innovative ideas for how the sector can better care for those seeking help, reflecting the diverse voices we engaged with.

In this presentation, we will share the voices, stories and experiences of the children and young people we engaged with. Key themes and findings will be introduced along with our call to action. We will also discuss our methodology for ensuring we conducted this work ethically, safely and authentically. Deep consideration and care with the support of an external ethics committee of experts has allowed us to genuinely hear and amplify the views shared with us.

11:30 am
["A Place To Talk Peacefully" Children And Young People'S Experience Of Receiving Support To Heal From Family Violence And Sexual Violence In Aotearoa New Zealand. What Helps And What Gets In The Way.](#)
[Hannah McCaleb](#), [Peter-Clinton Foaese](#), [Isabel Lemanutau](#)

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19 August 2025

1:00 pm - 2:00 pm
Lunch

Break

19 August 2025

2:00 pm - 3:30 pm
Keynote: Neurodiversity Affirming Practices and Expressive Arts Therapy

Keynote - [ICTC](#) - Room 210 & 211

When we cannot “name it to tame it,” we need strategies to help children, young people, and neurodivergent individuals of all ages “express it to address it.” Expressive arts therapy provides action-oriented practices that bypass language, giving children and youth restorative ways to communicate their lived experiences in “neuro-affirming” ways. These approaches also support capacity-- moments of resiliency, mastery, confidence, curiosity, self-compassion, joy, and self-agency. They are essential experiences for those who may not necessarily feel comfortable with or respond to neurotypical ways of expressing, relating, learning, or interacting. This keynote will also introduce the presenter’s own lived experiences with neurodiversity and how this personal narrative supported a restorative life journey to develop and research arts and sensory-based neuro-affirming interventions and programming.

2:00 pm
[Neurodiversity affirming practices and expressive arts therapy](#)
[Cathy Malchiodi PhD](#)

When we cannot “name it to tame it,” we need strategies to help children, young people, and neurodivergent individuals of all ages “express it to address it.” Expressive arts therapy provides action-oriented practices that bypass language, giving children and youth restorative ways to communicate their lived experiences in “neuro-affirming” ways. These approaches also support capacity-- moments of resiliency, mastery, confidence, curiosity, self-compassion, joy, and self-agency. They are essential experiences for those who may not necessarily feel comfortable with or respond to neurotypical ways of expressing, relating, learning, or interacting. This keynote will also introduce the presenter’s own lived experiences with neurodiversity and how this personal narrative supported a restorative life journey to develop and research arts and sensory-based neuro-affirming interventions and programming.

2:00 pm - 3:30 pm
Keynote: Resilience and post-traumatic growth

Keynote - [ICTC](#) - Plenary 3

[Resilience and Post-Traumatic Growth](#)
[Arielle Schwartz](#)

Resilience and post-traumatic growth rely upon the opportunity to work through difficult life experiences. The deep, inner work of healing from trauma eventually can help clients to realize that they are stronger than they previously believed. In turn, they are more likely to accept themselves as they are, have an increased appreciation of life, develop new interests or passions, or discover new spiritual frameworks for their lives. As they feel stronger, they are more likely to see themselves as able to bring their gifts and contributions to the world. As therapists, we foster post traumatic growth when we invite clients to take personal responsibility for the narrative that defines their lives. If their voices are full of disappointment and resignation, we can assist them to revise their stories until they arrive at satisfactory conclusions that support growth after trauma. This does not mean that they can change what happened in the past. However, they can work through the pain of the past until they find resolutions in the here and now.

2:00 pm - 3:30 pm
Keynote: Whole again: Reconnecting brain and body after trauma

- Plenary 2

This lecture will describe the clinical and neurobiological manifestations of the brain-body disconnect after trauma and how to overcome this rift using an integrative approach, consisting of bottom-up and top-down therapeutic techniques. Case examples and practical skills will be discussed throughout the lecture.

2:00 pm
[Whole again: Reconnecting brain and body after trauma](#)
[Ruth Lanius](#)

Join us for a keynote delving into the aftermath of trauma, focusing on the disconnect between the brain and body, and exploring pioneering methods to mend this division. Therapists will learn to seamlessly blend bottom-up and top-down therapeutic approaches. Participants will gain practical strategies and real-life case examples to enhance their therapeutic practice and foster healing and integration.

2:00 pm - 3:30 pm
Masterclass Part 1: Cultivating compassion: Four essential practices that will increase your ability to be open to the suffering of others, and in ourselves, and act to alleviate that suffering.

Masterclass - [ICTC](#) - Room 212 & 213

This workshop will guide participant through 4:00 practises that are designed to cultivate the biopsychosocial properties of compassion.

- Using the body to support the mind
- compassion focused mindfulness
- compassion focused imagery
- compassion focused behaviour

2:00 pm
[Cultivating compassion: Four essential practices that will increase your ability to be open to the suffering of others, and in ourselves, and act to alleviate that suffering.](#)
[Paul Gilbert](#)

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- Using the body to support the mind
- compassion focused mindfulness
- compassion focused imagery
- compassion focused behaviour

2:00 pm - 3:30 pm
Masterclass Part 1: Dan Hughes

Masterclass - [ICTC](#) - Plenary 1

2:00 pm
[Masterclass - Dan Hughes](#)
[Dan Hughes](#)
Masterclass - Dan Hughes

2:00 pm - 3:30 pm
Masterclass Part 1: Unmasking Dissociation: Mastering Diagnosis in a Complex Landscape

Dissociation is often “hidden in plain sight,” with its diverse and confusing presentations frequently leading to misdiagnosis and ineffective treatment. Many highly dissociative clients report hearing voices, often resulting in a misdiagnosis of psychosis, while others are misdiagnosed with bipolar disorder, borderline personality disorder, or even malingering. These missteps can demoralize clients and clinicians alike. Adding to the complexity, record numbers of youth are now self-diagnosing with “dissociative identity disorder” after exposure to social media portrayals. Clinicians face the difficult task of distinguishing genuine dissociative disorders from malingered, factitious, imitative, or mixed presentations. In this interactive master class, Dr. Bethany Brand will provide the evidence-based training clinicians urgently need to differentiate trauma-related dissociation from other disorders and challenges. Attendees will learn how to use key assessment tools, explore critical diagnostic distinctions, and navigate therapeutic approaches to discussing assessment results with clients—including those whose self-diagnosis isn't confirmed by clinical evaluation. Fictionalized case studies will illustrate practical strategies for assessment, diagnosis, and treatment planning, equipping you to untangle the complexities of dissociation and provide more effective, compassionate care.

2:00 pm

[Unmasking dissociation: Mastering diagnosis in a complex landscape](#)

[Bethany Brand](#)

Dissociation is often “hidden in plain sight,” with its diverse and confusing presentations frequently leading to misdiagnosis and ineffective treatment. Many highly dissociative clients report hearing voices, often resulting in a misdiagnosis of psychosis, while others are misdiagnosed with bipolar disorder, borderline personality disorder, or even malingering. These missteps can demoralize clients and clinicians alike. Adding to the complexity, record numbers of youth are now self-diagnosing with “dissociative identity disorder” after exposure to social media portrayals. Clinicians face the difficult task of distinguishing genuine dissociative disorders from malingered, factitious, imitative, or mixed presentations. In this interactive master class, Dr. Bethany Brand will provide the evidence-based training clinicians urgently need to differentiate trauma-related dissociation from other disorders and challenges. Attendees will learn how to use key assessment tools, explore critical diagnostic distinctions, and navigate therapeutic approaches to discussing assessment results with clients—including those whose self-diagnosis isn't confirmed by clinical evaluation. Fictionalized case studies will illustrate practical strategies for assessment, diagnosis, and treatment planning, equipping you to untangle the complexities of dissociation and provide more effective, compassionate care.

19 August 2025

3:30 pm - 4:00 pm
Afternoon Tea

Break

19 August 2025

4:00 pm - 5:30 pm
Exciting speaker to be announced here soon

Session - [ICTC](#) - Room 210 & 211

4:00 pm - 5:30 pm
Keynote: Jon Baylin

- Plenary 3

4:00 pm
[Keynote: Jon Baylin](#)
[Jon Baylin](#)
Keynote: Jon Baylin

4:00 pm - 5:30 pm
Keynote: Rebecca Challenor and Christina Keeble

Keynote - [ICTC](#) - Plenary 2

In this 90 minute co-presented session, Rebecca Challoner and Christina Keeble will successively present their lived experience insights and professional expertise on the intersection of Autism, ADHD and Trauma – a must see presentation for those working with children and young people with dual diagnoses/experiences looking to learn more. Rebecca's presentation 'ADHD and Generational Trauma' will explore how the generational experience of ADHD and the associated impact of anger and dysregulated emotion can lead to family violence.

Following Rebecca, Christina will be speaking on 'Autism and trauma - the importance of accurate diagnosis'. Using insights from her own story, she will explore the importance of understanding your own neurotype, strengths and challenges, showing how this impacts on the wellbeing, understanding of self for survivors and leads to increased self-advocacy and facilitates more effectively taught protective behaviours.

4:00 pm
[ADHD and Generational Trauma](#)
[Rebecca Challoner](#)
ADHD and Generational Trauma

4:45 pm
[Autism and trauma - the importance of accurate diagnosis](#)
[Christina Keeble](#)
Autism and trauma - the importance of accurate diagnosis

4:00 pm - 5:30 pm
Masterclass Part 2: Cultivating Compassion – four essential practices that will increase your ability to be open to the suffering of others, and in ourselves, and act to alleviate that suffering.

Masterclass - [ICTC](#) - Room 212 & 213

This workshop will guide participant through 4:00 practises that are designed to cultivate the biopsychosocial properties of compassion.

- Using the body to support the mind
- compassion focused mindfulness
- compassion focused imagery
- compassion focused behaviour

[Cultivating Compassion – four essential practices that will increase your ability to be open to the suffering of others, and in ourselves, and act to alleviate that suffering.](#)
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- Using the body to support the mind
- compassion focused mindfulness
- compassion focused imagery
- compassion focused behaviour

4:00 pm - 5:30 pm
Masterclass Part 2: Dan Hughes

Masterclass - [ICTC](#) - Plenary 1

4:00 pm
[Masterclass: Dan Hughes](#)
[Dan Hughes](#)
Masterclass: Dan Hughes

4:00 pm - 5:30 pm
Masterclass Part 2: Unmasking Dissociation: Mastering Diagnosis in a Complex Landscape

Masterclass - [ICTC](#) - Room 203 & 204

Dissociation is often “hidden in plain sight,” with its diverse and confusing presentations frequently leading to misdiagnosis and ineffective treatment. Many highly dissociative clients report hearing voices, often resulting in a misdiagnosis of psychosis, while others are misdiagnosed with bipolar disorder, borderline personality disorder, or even malingering. These missteps can demoralize clients and clinicians alike. Adding to the complexity, record numbers of youth are now self-diagnosing with “dissociative identity disorder” after exposure to social media portrayals. Clinicians face the difficult task of distinguishing genuine dissociative disorders from malingered, factitious, imitative, or mixed presentations. In this interactive master class, Dr. Bethany Brand will provide the evidence-based training clinicians urgently need to differentiate trauma-related dissociation from other disorders and challenges. Attendees will learn how to use key assessment tools, explore critical diagnostic distinctions, and navigate therapeutic approaches to discussing assessment results with clients—including those whose self-diagnosis isn’t confirmed by clinical evaluation. Fictionalized case studies will illustrate practical strategies for assessment, diagnosis, and treatment planning, equipping you to untangle the complexities of dissociation and provide more effective, compassionate care.

4:00 pm
[Unmasking Dissociation: Mastering Diagnosis in a Complex Landscape](#)
[Bethany Brand](#)

Dissociation is often “hidden in plain sight,” with its diverse and confusing presentations frequently leading to misdiagnosis and ineffective treatment. Many highly dissociative clients report hearing voices, often resulting in a misdiagnosis of psychosis, while others are misdiagnosed with bipolar disorder, borderline personality disorder, or even malingering. These missteps can demoralize clients and clinicians alike. Adding to the complexity, record numbers of youth are now self-diagnosing with “dissociative identity disorder” after exposure to social media portrayals. Clinicians face the difficult task of distinguishing genuine dissociative disorders from malingered, factitious, imitative, or mixed presentations. In this interactive master class, Dr. Bethany Brand will provide the evidence-based training clinicians urgently need to differentiate trauma-related dissociation from other disorders and challenges. Attendees will learn how to use key assessment tools, explore critical diagnostic distinctions, and navigate therapeutic approaches to discussing assessment results with clients—including those whose self-diagnosis isn’t confirmed by clinical evaluation. Fictionalized case studies will illustrate practical strategies for assessment, diagnosis, and treatment planning, equipping you to untangle the complexities of dissociation and provide more effective, compassionate care.

19 August 2025

6:00 pm - 8:30 pm
Left Write Hook film screening & Panel presentation

Session - [ICTC](#) - Plenary 1

6:00 pm
[Left Write Hook film screening & Panel presentation](#)
[Donna Lyon](#), [Julie](#)., [Lauren](#)., [Nikki](#)., [Shannon Owen](#), [Janise Mitchell](#)
Left Write Hook film screening & Panel presentation

20 August 2025

8:00 am - 8:30 am
Morning Movement and Wellbeing: Breathwork with Caroline Brunne – The Survivor Coach

Morning Movement - [ICTC](#) - Room 212 & 213

Join Caroline for a short breathwork experience focused on stress relief and deep relaxation. Be guided through an exploration of your breath, focusing on a long, slow and deep (LSD) breathwork technique combined with breath retentions. This session is open to all and is an inclusive and welcoming space, participants will be provided with a yoga mat and bolsters or cushions but can participate seated if needed. Participants are encouraged to bring a water bottle and a journal or notepad with a pen if they wish.

8:00 am
[Breathwork with Caroline Brunne – The Survivor Coach](#)
[Caroline Brunne](#)

Join Caroline for a short breathwork experience focused on stress relief and deep relaxation. Be guided through an exploration of your breath, focusing on a long, slow and deep (LSD) breathwork technique combined with breath retentions. This session is open to all and is an inclusive and welcoming space, participants will be provided with a yoga mat and bolsters or cushions but can participate seated if needed. Participants are encouraged to bring a water bottle and a journal or notepad with a pen if they wish.

8:00 am - 8:30 am
Morning Movement and Wellbeing: Morning Yoga with Tina and Briar

Morning Movement - [ICTC](#) - Room 210 & 211

This session is for delegates, aiming to help you find space each morning through the middle of the conference week, to ground and regulate your nervous system, with a focus on achieving a relaxed state and embodiment.

8:00 am

[Morning Yoga with Tina and Briar](#)
[Tina Icaro, Briar Arnel](#)

This session is for delegates, aiming to help you find space each morning through the middle of the conference week, to ground and regulate your nervous system, with a focus on achieving a relaxed state and embodiment.

8:00 am - 8:30 am
Morning Movement and Wellbeing: Playful moves: Moving with self, moving with others, moving in groups

Morning Movement - [ICTC](#) - Room 203 & 204

Join Dance Movement Therapist Sally Denning as she guides you through short trauma informed playful movements that can also be implemented with children.

8:00 am
[Playful moves: Moving with self, moving with others, moving in groups](#)
[Sally Denning](#)

Join Dance Movement Therapist Sally Denning as she guides you through short trauma informed playful movements that can also be implemented with children.

20 August 2025

9:00 am - 11:00 am
Plenary - [Conor Pall](#) and [Sue-Anne Hunter](#)

Plenary - [ICTC](#) - Plenary 2

9:00 am
[Plenary - Conor Pall](#)
[Conor Pall](#)
Plenary - Conor Pall

10:00 am
[Plenary - Sue-Anne Hunter](#)
[Sue-Anne Hunter](#)
Plenary - Sue-Anne Hunter

20 August 2025

11:00 am - 11:30 am
Morning Tea

Break

20 August 2025

11:30 am - 1:00 pm
Abstracts

Session - [Working in schools](#) - Room 210 & 211

11:30 am
[Kimberley Space: Exploring Social And Emotional Learning With Primary School Students In Remote Locations](#)
[Jennifer Knoll](#)
Kimberley Space: Exploring Social And Emotional Learning With Primary School Students In Remote Locations

12:00 pm
["Loog Afdaimbud Dem Propuwai" - Teaching Community Hands-On Trauma Informed Care](#)
[Delvene Green, Roisin McGuire, Danielle McKivett, Deeta Kimber](#)
"Loog Afdaimbud Dem Propuwai" - Teaching Community Hands-On Trauma Informed Care

12:30 pm
[School Communities, Creative Arts Therapy And The Materiality Of Working Alongside Trauma](#)
[Eliza Gibbons](#)
School Communities, Creative Arts Therapy And The Materiality Of Working Alongside Trauma

11:30 am - 1:00 pm
Abstracts

Session - [Working with families](#) - Plenary 2

11:30 am
[Bringing Home In Focus: How Can We Work With All Members Of The Family Where There Is Violence In The Family?](#)
[Allison Wainwright, Tony Johannsen](#)
Bringing Home In Focus: How Can We Work With All Members Of The Family Where There Is Violence In The Family?

12:00 pm
[Understanding And Overcoming Silencing Mechanism: Seeking Social, Interpersonal And Sub-Cortical Connections For Transformation \(With Yoga As An Example\)](#)
[Lynn Romeo](#)
Understanding And Overcoming Silencing Mechanism: Seeking Social, Interpersonal And Sub-Cortical Connections For Transformation (With Yoga As An Example)

12:30 pm
[Secondary Traumatic Stress: Challenges Of Working With High Needs Families](#)
[Jing Fang Clara Woon, Fion Teo, Charmain Tan](#)
Secondary Traumatic Stress: Challenges Of Working With High Needs Families

11:30 am - 1:00 pm

Abstracts

Session - [Working with traumatised children and young people](#) - Room 209

11:30 am

[Exploring Life Story Work Done Therapeutically Across The Lifespan: Understanding "This Is Me, This Is You, This Is Us" Therapeutic Life Story Work Australia, Amy Payne](#)

Exploring Life Story Work Done Therapeutically Across The Lifespan: Understanding "This Is Me, This Is You, This Is Us"

12:00 pm

[Pathway To Healing Through Connection And A Sense Of Belonging John Cardamone](#)

Pathway To Healing Through Connection And A Sense Of Belonging

12:30 pm

[Stoy-Based And Bottom-Up Accountability With Children Who Have Experienced Trauma: Practices That Focus On Response Daniel Moss](#)

Stoy-Based And Bottom-Up Accountability With Children Who Have Experienced Trauma: Practices That Focus On Response

11:30 am - 1:00 pm
Abstracts

Session - [Working in schools](#) - Room 208

11:30 am

[Finding The Path Forward Adolescent Group Tamara Wolan, Laura Clements, Alice Lieshout](#)

Finding The Path Forward Adolescent Group

12:00 pm

[Liminal Spaces: Trauma, Counselling, And Education Amanda Martinez](#)

Liminal Spaces: Trauma, Counselling, And Education

12:30 pm

[Regulate, Relate, Reason - Practical Strategies To Support Co- And Self-Regulation In Students Stephanie Curtis](#)

Regulate, Relate, Reason - Practical Strategies To Support Co- And Self-Regulation In Students

11:30 am - 1:00 pm
Abstracts

Session - [Neurodivergence and trauma](#) - Plenary 3

11:30 am

[The Protective Role Of Parent And Child Autistic And Adhd Identification, Identity, And Connection In Reducing The Impact Of Social Trauma Sarah Harrower, Liam Spicer](#)

The Protective Role Of Parent And Child Autistic And Adhd Identification, Identity, And Connection In Reducing The Impact Of Social Trauma

12:00 pm

[Understanding And Supporting Defiance Using A Whole Person, Trauma Informed, Interpersonal Approach Utilising The Internal Family Systems Model. Naomi Rutten](#)

Understanding And Supporting Defiance Using A Whole Person, Trauma Informed, Interpersonal Approach Utilising The Internal Family Systems Model.

12:30 pm

[Who I Am: The Intersectionality Between Precognitive Trauma, Neurodiversity, And Practitioner Experience. Kimberley Bates](#)

Who I Am: The Intersectionality Between Precognitive Trauma, Neurodiversity, And Practitioner Experience.

11:30 am - 1:00 pm
Abstracts

Session - [Working with families](#) - Room 219 & 220

11:30 am

[Did I Leave Myself Behind? The Impact Of Immigration On Intergenerational Traumatized Children. Moara Prado](#)

Did I Leave Myself Behind? The Impact Of Immigration On Intergenerational Traumatized Children.

12:00 pm

[Strengthening Outcomes For Adopted Children And Families By Being Able To Stay Present And Open In Challenging Conversations: Lived Expertise Learnings From An Adoptive Parent And Adoptee Kayla Curtis, Linda Cooke](#)

Strengthening Outcomes For Adopted Children And Families By Being Able To Stay Present And Open In Challenging Conversations: Lived Expertise Learnings From An Adoptive Parent And Adoptee

11:30 am - 1:00 pm
Abstracts

Session - [Working in out-of-home care](#) - Room 205

11:30 am

[Caring Conversations: An Innovative Small Group Learning Approach For Kinship Carers Adela Holmes](#)

Caring Conversations: An Innovative Small Group Learning Approach For Kinship Carers

12:00 pm

[Young People's Lived Experience Of Relational Practices In Therapeutic Residential Care In Australia Lynne McPherson](#)

Young People's Lived Experience Of Relational Practices In Therapeutic Residential Care In Australia

12:30 pm

[Therapeutic Foster Care In Wa- Delivering A Therapeutic Foster Care Service To Carers And Children In Out Of Home Care Using Evidence-Based Frameworks And Innovative Approaches.](#)
[Clare Allen](#)

Therapeutic Foster Care In Wa- Delivering A Therapeutic Foster Care Service To Carers And Children In Out Of Home Care Using Evidence-Based Frameworks And Innovative Approaches.

11:30 am - 1:00 pm
Abstracts

Session - [Working in out-of-home care](#) - Room 206

11:30 am

[Relationship Stability, Why Relationships Matter For Young People In Care](#)

[Jennifer Gay](#)

Relationship Stability, Why Relationships Matter For Young People In Care

12:00 pm

[Be The Village, Thrive Together. Drawing On The Strengths Of Families To Offer Meaningful Foster Carer Peer Support.](#)

[Tessa Joppich, Natalie Costello](#)

Be The Village, Thrive Together. Drawing On The Strengths Of Families To Offer Meaningful Foster Carer Peer Support.

12:30 pm

[Relational Webs Not Silos - Considering Relational Healing And Connection For Children In Out Of Home Care](#)

[Jessica Wright, Chrissy Gordon](#)

Relational Webs Not Silos - Considering Relational Healing And Connection For Children In Out Of Home Care

11:30 am - 1:00 pm
Abstracts

Session - [Culture and healing](#) - Room 218

11:30 am

[Ganydjarr'Mirriyam Yuta'Ny Miyalk Nha – Empowering Young Girls To Lead Strong Lives. We Will Explore How Connection To Culture Can Start The Pathway To Healing And The Challenges Our Team Experiences When Walking Alongside Young Girls Who Are Healing From The Pain And Trauma Of Sexual Abuse.](#)

[Annie Cain, Litisha Baker, Jasmine Yunupingu](#)

Ganydjarr'Mirriyam Yuta'Ny Miyalk Nha – Empowering Young Girls To Lead Strong Lives. We Will Explore How Connection To Culture Can Start The Pathway To Healing And The Challenges Our Team Experiences When Walking Alongside Young Girls Who Are Healing From The Pain And Trauma Of Sexual Abuse.

12:00 pm

[A Journey To Deliver Culturally Responsive And Appropriate Care In A Tertiary Level Mental Health Services – Development Of The Several Ets Aboriginal And Torres Strait Islander Social And Emotional Wellbeing Resources.](#)

[Warren Bergh](#)

A Journey To Deliver Culturally Responsive And Appropriate Care In A Tertiary Level Mental Health Services – Development Of The Several Ets Aboriginal And Torres Strait Islander Social And Emotional Wellbeing Resources.

12:30 pm

[From Behaviour Management To Cultural Healing - A Collaborative Work With Burrun Dalai Aboriginal Corporation Using D D P To Shift The Narrative And Focus Of Interventions For Aboriginal And Torres Strait Islander Families And Their Children Who Are Engaged In The Care System.](#)

[Alberto Veloso, Lorren Arezio](#)

From Behaviour Management To Cultural Healing - A Collaborative Work With Burrun Dalai Aboriginal Corporation Using D D P To Shift The Narrative And Focus Of Interventions For Aboriginal And Torres Strait Islander Families And Their Children Who Are Engaged In The Care System.

11:30 am - 1:00 pm
Abstracts

Session - [Working with traumatised children and young people](#) - Room 207

11:30 am

[Coercive Control - What Does It Mean For Children?](#)

[Mary-Ann Delaney](#)

Coercive Control - What Does It Mean For Children?

12:00 pm

[Hidden Voices: What Children And Young People Are Telling Us About Their Experiences Of And Exposure To Coercive Control And Domestic Abuse In Western Australia.](#)

[Marilyn Metta](#)

Hidden Voices: What Children And Young People Are Telling Us About Their Experiences Of And Exposure To Coercive Control And Domestic Abuse In Western Australia.

12:30 pm

[A Journey Of A Domestic Violence Survivor In Supporting Her Traumatized Son](#)

[Priscilla Green](#)

A Journey Of A Domestic Violence Survivor In Supporting Her Traumatized Son

11:30 am - 1:00 pm
Abstracts

Session - [Working with traumatised children and young people](#) - Room 212 & 213

11:30 am

[Safe Enough To Sleep](#)

[Noel Macnamara](#)

Safe Enough To Sleep

12:00 pm

[Rethinking Speech Pathology: Beyond Speech Sounds – The Overlooked Role Of Speech Pathologists In Trauma-Informed, Multidisciplinary Care](#)

[Kizzy Searle](#)

Rethinking Speech Pathology: Beyond Speech Sounds – The Overlooked Role Of Speech Pathologists In Trauma-Informed, Multidisciplinary Care

12:30 pm

[Olivia's Journey: As It Was, And As It Can Be](#)

[Olivia Jarvis](#)
Olivia's Journey: As It Was, And As It Can Be

11:30 am - 1:00 pm
Abstracts

Session - [Working with traumatised children and young people](#) - Room 216

11:30 am
[Trauma Responsive Care Model: An Aotearoa New Zealand Research Informed Practice Model For Children Who Have Experienced Trauma](#)
[Andrea Greer](#)
Trauma Responsive Care Model: An Aotearoa New Zealand Research Informed Practice Model For Children Who Have Experienced Trauma

12:00 pm
[Trauma Responsive Early Learning Environments- A Practical Approach](#)
[Amandah Taylor](#)
Trauma Responsive Early Learning Environments- A Practical Approach

11:30 am - 1:00 pm
Abstracts

Session - [Culture and healing](#) - Room 217

11:30 am
[The Inequality In Aboriginal Children'S Cultural Plans Leading To Their Lost Knowledge About Mob And Traditions: Ourspace Aboriginal Therapeutic Specialist Perspectives](#)
[Jen Mitchell](#), [Angel Gould](#)
The Inequality In Aboriginal Children'S Cultural Plans Leading To Their Lost Knowledge About Mob And Traditions: Ourspace Aboriginal Therapeutic Specialist Perspectives

12:00 pm
[Healing Through Connection To Culture And Country: The Kuop Maaman Djinaning-Bo Program In Family And Domestic Violence Prevention](#)
[Alira Kelly](#)
Healing Through Connection To Culture And Country: The Kuop Maaman Djinaning-Bo Program In Family And Domestic Violence Prevention

12:30 pm
[Walking Together](#)
[Sophie Varvel](#), [Danielle Campbell](#), [Stacey Dellow](#)
Walking Together

11:30 am - 1:00 pm
Keynote: Sue-Anne Hunter

- Plenary 1

11:30 am
[Keynote - Sue-Anne Hunter](#)
[Sue-Anne Hunter](#)
Keynote - Sue-Anne Hunter

11:30 am - 1:00 pm
Workshop: [Emerging from the Cave: Strategies to Support Traumatized and Neurodiverse Children](#)

Workshop - [ICTC](#) - Room 203 & 204

In this workshop, Siobhan Wilson, a 15-year-old youth advocate with lived experience of Generalised Anxiety Disorder, PTSD, depression and Non-Verbal Learning Disorder (NVLD), shares valuable insights into the strategies that supported her at different stages of her development, as well as those that proved unhelpful. Structured across four developmental stages: infancy (0 - 2); early childhood (2 - 5); middle childhood (5 - 10) and adolescence (10 - 15), this workshop explores how her experiences and needs evolved over time. Siobhan's reflections provide an honest perspective, offering participants ideas to consider when supporting children facing similar challenges. In addition to practical strategies, attendees will gain a deeper understanding of the complex neurodiverse world of NVLD, a condition that overlaps with aspects of ASD and ADHD while presenting unique deficits in visual-spatial awareness and understanding abstract concepts. While these insights are drawn from Siobhan's lived experience and may not suit every child, they can guide professionals and caregivers in tailoring their approaches to traumatised and neurodiverse children. By the end of the session, participants will walk away with: -Practical strategies to better support children through various developmental stages. -Greater awareness of the challenges faced by children with NVLD and other types of neurodiversity and the need for multidisciplinary approaches. -Inspiration and tools to foster resilience, connection, and healing in children navigating trauma and neurodiversity. This workshop invites reflection, understanding, and action, empowering participants to make a meaningful impact in the lives of the children they support.

11:30 am
[Emerging from the cave: Strategies to support traumatised and neurodiverse children](#)
[Siobhan Wilson](#)

In this workshop, Siobhan Wilson, a 15-year-old youth advocate with lived experience of Generalised Anxiety Disorder, PTSD, depression and Non-Verbal Learning Disorder (NVLD), shares valuable insights into the strategies that supported her at different stages of her development, as well as those that proved unhelpful. Structured across four developmental stages: infancy (0 - 2); early childhood (2 - 5); middle childhood (5 - 10) and adolescence (10 - 15), this workshop explores how her experiences and needs evolved over time. Siobhan's reflections provide an honest perspective, offering participants ideas to consider when supporting children facing similar challenges. In addition to practical strategies, attendees will gain a deeper understanding of the complex neurodiverse world of NVLD, a condition that overlaps with aspects of ASD and ADHD while presenting unique deficits in visual-spatial awareness and understanding abstract concepts. While these insights are drawn from Siobhan's lived experience and may not suit every child, they can guide professionals and caregivers in tailoring their approaches to traumatised and neurodiverse children. By the end of the session, participants will walk away with:

- Practical strategies to better support children through various developmental stages.
- Greater awareness of the challenges faced by children with NVLD and other types of neurodiversity and the need for multidisciplinary approaches.
- Inspiration and tools to foster resilience, connection, and healing in children navigating trauma and neurodiversity.

This workshop invites reflection, understanding, and action, empowering participants to make a meaningful impact in the lives of the children they support.

20 August 2025

1:00 pm - 2:00 pm
Lunch

Break

20 August 2025

2:00 pm - 3:30 pm
Abstracts

Session - [Working with traumatised children and young people](#) - Room 206

2:00 pm

[Guiding Professional Reasoning And Embodied Reflection: Enhancing Trauma Interventions Through Individualized, Child-Led, Sensorimotor Play](#)
[Breanne Kearney, Cara Sheekey, Lisa Porter](#)

Guiding Professional Reasoning And Embodied Reflection: Enhancing Trauma Interventions Through Individualized, Child-Led, Sensorimotor Play

2:30 pm

[Keys To Interpersonal Resilience: Reimagining Complex Trauma And Personality Disorders](#)
[David Sholl, Selene Foster-Zuluaga, Maxwell Fraser](#)

Keys To Interpersonal Resilience: Reimagining Complex Trauma And Personality Disorders

3:00 pm

[The Healing Power Of Sport: A Collaborative Approach To Healing Childhood Trauma Through Sport From A First Nations Lens And A Neurodevelopmentally Informed, Biologically Respectful Perspective.](#)
[Timmy Duggan, Kate Thomas](#)

The Healing Power Of Sport: A Collaborative Approach To Healing Childhood Trauma Through Sport From A First Nations Lens And A Neurodevelopmentally Informed, Biologically Respectful Perspective.

2:00 pm - 3:30 pm
Abstracts

Session - [Working with traumatised children and young people](#) - Room 209

2:00 pm

[Global Insights Into Youth-Centred Crisis Responses](#)
[Chelsea Tobin](#)

Global Insights Into Youth-Centred Crisis Responses

2:30 pm

['See What I Made Him Do': A Survivor'S Reflections On The Antecedents, Abyss, And Aftermath Of Near-Miss Filicide/Mass-Murder](#)
[John Woods](#)

'See What I Made Him Do': A Survivor'S Reflections On The Antecedents, Abyss, And Aftermath Of Near-Miss Filicide/Mass-Murder

3:00 pm

[Challenging Our Responses To Children: The Creative Arts In Groupwork With Children Who Have Experienced Family Violence](#)
[Eily Scrine, Michelle Johns](#)

Challenging Our Responses To Children: The Creative Arts In Groupwork With Children Who Have Experienced Family Violence

2:00 pm - 3:30 pm
Abstracts

Session - [Neurodivergence and trauma](#) - Plenary 3

2:00 pm

[Supporting A Neurodiversity-Affirming Childhood](#)
[Claire Britton](#)

Supporting A Neurodiversity-Affirming Childhood

2:30 pm

[Strategy Vs. Practice: Cultivating Reflective Capacity In Supporting Families/Educators At The Intersection Of Trauma And Neurodiversity](#)
[Hanif Reza Jaberipour](#)

Strategy Vs. Practice: Cultivating Reflective Capacity In Supporting Families/Educators At The Intersection Of Trauma And Neurodiversity

3:00 pm

[Breaking Barriers: A Journey Through Generational Trauma And Neurodiversity In Aboriginal Leadership](#)
[Maree Bisby](#)

Title: Breaking Barriers: A Journey Through Generational Trauma And Neurodiversity In Aboriginal Leadership

2:00 pm - 3:30 pm
Abstracts

Session - [Lived experience and trauma](#) - Room 217

2:00 pm

[Resisting And Redefining Narratives: Overcoming Trauma Through Writing, Boxing, And Peer Support](#)
[Donna Lyon](#)

Resisting And Redefining Narratives: Overcoming Trauma Through Writing, Boxing, And Peer Support

2:30 pm

[Truth, Power & Connection - The Value Of Peer Support As A Child Sexual Abuse Survivor](#)
[Caroline Brunne](#)

Truth, Power & Connection - The Value Of Peer Support As A Child Sexual Abuse Survivor

3:00 pm

[Relationships Are Essential To Healing](#)
[Beck Thompson](#)

Relationships Are Essential To Healing

2:00 pm - 3:30 pm
Abstracts

Session - [Working with traumatised adults](#) - Room 208

2:00 pm

[From Survival To Safety And Connection.](#)

[Blythe McAuley](#)

From Survival To Safety And Connection.

2:30 pm

[You Can'T Be What You Can'T See - A Trauma-Informed Need For First Nations Practitioners And Lecturers In Remote Adult Education.](#)

[Rashida Khan](#)

You Can'T Be What You Can'T See - A Trauma-Informed Need For First Nations Practitioners And Lecturers In Remote Adult Education.

2:00 pm - 3:30 pm

Abstracts

Session - [Working in schools](#) - Room 218

2:00 pm - 3:30 pm

Abstracts

Session - [Working with families](#) - Plenary 2

2:00 pm

[Marurra-U Family Camp: A Community-Led, Therapeutic And Capacity-Building Camp For Aboriginal Families And Children With Early Life Trauma Or Complex Needs In The Remote Fitzroy Valley.](#)

[Jadnah Davies, Sue Thomas, Dagney Hopp, Vondella Berringal, Bea Sawers, Melissa Elvery, Anita Pickard, Clare Hickey](#)

Marurra-U Family Camp: A Community-Led, Therapeutic And Capacity-Building Camp For Aboriginal Families And Children With Early Life Trauma Or Complex Needs In The Remote Fitzroy Valley.

2:30 pm

[Connecting With The Community To Build A Collaborative Child And Family Hub: The Story Of A Multi-Modal Co-Design Process At First Steps Count In Taree, Nsw](#)

[Toni Carson, Sophie Nicholls, Rebecca Witchard](#)

Connecting With The Community To Build A Collaborative Child And Family Hub: The Story Of A Multi-Modal Co-Design Process At First Steps Count In Taree, Nsw

2:00 pm - 3:30 pm

Abstracts

Session - [Working in out-of-home care](#) - Room 205

2:00 pm

[Improving Experiences In Care: Fostering Family Connections And Navigating Transitions](#)

[Candice Alusiola, Frieda Bou Diab](#)

Improving Experiences In Care: Fostering Family Connections And Navigating Transitions

2:30 pm

[From F**K You To Thank You: A Clinician And Young Person'S Joint Reflections On A 10-Year Therapeutic Journey](#)

[Barry Morris](#)

From F**K You To Thank You: A Clinician And Young Person'S Joint Reflections On A 10-Year Therapeutic Journey

3:00 pm

[First Nations Children's Lived Experiences Of Therapeutic Residential Care](#)

[Kylie Day, Lynne McPherson](#)

First Nations Children's Lived Experiences Of Therapeutic Residential Care

2:00 pm - 3:30 pm

Abstracts

Session - [Culture and healing](#) - Plenary 1

2:00 pm

[The Anangu Superhero Project](#)

[Alexandra Liddle](#)

The Anangu Superhero Project

2:30 pm

[Transforming Cultural Trauma Through The Process Of Making A Documentary, Using A Decolonised Lens](#)

[Yemi Penn](#)

Transforming Cultural Trauma Through The Process Of Making A Documentary, Using A Decolonised Lens

3:00 pm

[The Bullet That Shook The World, Healing After The Modern-Day Massacre: A Journey Through Trauma And Resilience](#)

[Lukas Williams](#)

The Bullet That Shook The World, Healing After The Modern-Day Massacre: A Journey Through Trauma And Resilience

2:00 pm - 3:30 pm

Advanced Masterclass Part 1: [Carlie \(Caroline\) Atkinson](#)

Advanced Masterclass - [ICTC](#) - Room 219 & 220

2:00 pm

[Advanced Masterclass - Carlie \(Caroline\) Atkinson](#)

[Carlie \(Caroline\) Atkinson](#)

Advanced Masterclass - Carlie (Caroline) Atkinson

2:00 pm - 3:30 pm

Advanced Masterclass Part 1: [Compassion-focussed therapy approaches to shame and self-criticism in children and young people](#)

Advanced Masterclass - [ICTC](#) - Room 212 & 213

This workshop will explore an evolutionary based model of self-criticism. Key is to distinguish criticism that is encouraging and rooted in self-correction versus criticism that's rooted in fear frustration and is harsh linked to anger and at times even hatred of the self. We will explore how to conductor a functional analysis of self-criticism, its link to shame and fear of rejection and consider how to generate compassion brain states to deal with the fear and traumas that sit behind harsh self-criticism.

2:00 pm
[Compassion-focussed therapy approaches to shame and self-criticism in children and young people](#)
[Paul Gilbert](#)

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2:00 pm - 3:30 pm
Advanced Masterclass Part 1: Exploring the contextual aspects of Dyadic Developmental Psychotherapy (DDP) interventions

Advanced Masterclass - [ICTC](#) - Room 203 & 204

How we position people in our relational systems within the brain determines the way we respond to them. Understanding this will inform the way we adapt DDP interventions for the unique child and family we are working with. Within this masterclass we will explore the concept of Location and Re-location of people in our brains as a brain-informed model of shifting from an ""un PACEful"" state of mind towards another person into a ""PACEful, compassionate"" state of mind. Jon will explain what this means in terms of brain networks and ""interstate travel"" and will discuss several ways for therapists and parents and other adults to practice making this core shift in how we hold one another in our brains and minds Dan will deepen our understanding of PACE (an attitude of playfulness, acceptance, curiosity and empathy) in relation to the contextual aspects of DDP interventions. With this way of being, PACE invites the marginalized experiences of the children and families we support in our therapy sessions into our experience. We create a place where we can influence each other intersubjectively as we get a deeper understanding of the other. The context the other brings to the interventions is an important part of informing the way that DDP interventions will be adapted for the child and family's unique needs. Kim will reflect on some of the specific ways DDP interventions can be adapted for and learn from different cultures.

[Exploring the contextual aspects of Dyadic Developmental Psychotherapy \(DDP\) interventions](#)
[Jon Baylin, Kim Golding, Dan Hughes](#)

How we position people in our relational systems within the brain determines the way we respond to them. Understanding this will inform the way we adapt DDP interventions for the unique child and family we are working with. Within this masterclass we will explore the concept of Location and Re-location of people in our brains as a brain-informed model of shifting from an ""un PACEful"" state of mind towards another person into a ""PACEful, compassionate"" state of mind. Jon will explain what this means in terms of brain networks and ""interstate travel"" and will discuss several ways for therapists and parents and other adults to practice making this core shift in how we hold one another in our brains and minds Dan will deepen our understanding of PACE (an attitude of playfulness, acceptance, curiosity and empathy) in relation to the contextual aspects of DDP interventions. With this way of being, PACE invites the marginalized experiences of the children and families we support in our therapy sessions into our experience. We create a place where we can influence each other intersubjectively as we get a deeper understanding of the other. The context the other brings to the interventions is an important part of informing the way that DDP interventions will be adapted for the child and family's unique needs. Kim will reflect on some of the specific ways DDP interventions can be adapted for and learn from different cultures.

2:00 pm - 3:30 pm
Advanced Masterclass Part 1: The effect of trauma on the next generation – intergenerational transmission of trauma and healing.

Advanced Masterclass - [ICTC](#) - Room 210 & 211

In this half day Masterclass, delivered over 3 hours, Dr Yehuda will explore how molecular biology, genomics, and epigenomics, provide paradigms for understanding the long-term effects of stress. Dr Yehuda will incorporate decades of research on trauma and its impacts, incorporating Vietnam veterans, adult children of holocaust survivors, children of other traumas, children born to pregnant women who survived the 9/11 world trade centre attacks predictors of PTSD to show how early environmental experiences-including parenting- contribute to highly conserved molecular and genomic processes. The masterclass will also present Dr Yehuda's work and research exploring effective treatments supporting healing and recovery.

[The effect of trauma on the next generation – intergenerational transmission of trauma and healing](#)
[Rachel Yehuda](#)

In this half day Masterclass, delivered over 3 hours, Dr Yehuda will explore how molecular biology, genomics, and epigenomics, provide paradigms for understanding the long-term effects of stress. Dr Yehuda will incorporate decades of research on trauma and its impacts, incorporating Vietnam veterans, adult children of holocaust survivors, children of other traumas, children born to pregnant women who survived the 9/11 world trade centre attacks predictors of PTSD to show how early environmental experiences-including parenting- contribute to highly conserved molecular and genomic processes. The masterclass will also present Dr Yehuda's work and research exploring effective treatments supporting healing and recovery.

2:00 pm - 3:30 pm
Keynote: Does this feel dignifying? Considering, telling, and sharing more ethical stories for social and systems change.

Keynote - [ICTC](#) - Room 216

Stories shape our imaginations and, therefore, the realities we live in. Some are narratives that are dominant and that dominate. These often serve to perpetuate, reinforce, and entrench stereotypical and stigmatising narratives and norms: that is, the ways we understand social issues and the people experiencing them. There are power dynamics inherent in how stories are told: whose worldviews are being shared, and the frames through which we receive them. If people are the sum of the stories told about them and the stories they then internalise about themselves, whose imaginations are we living in, and what does it take to challenge this?

2:00 pm
[Does this feel dignifying? Considering, telling, and sharing more ethical stories for social and systems change](#)
[Morgan Cataldo](#)

Stories shape our imaginations and, therefore, the realities we live in. Some are narratives that are dominant and that dominate. These often serve to perpetuate, reinforce, and entrench stereotypical and stigmatising narratives and norms: that is, the ways we understand social issues and the people experiencing them. There are power dynamics inherent in how stories are told: whose worldviews are being shared, and the frames through which we receive them. If people are the sum of the stories told about them and the stories they then internalise about themselves, whose imaginations are we living in, and what does it take to challenge this?

20 August 2025

3:30 pm - 4:00 pm
Afternoon Tea

Break

20 August 2025

4:00 pm - 5:30 pm
Abstracts

Session - [Working with young offenders](#) - Room 218

4:00 pm

[A Lived Experience Of Incarceration'S Impact On Identity](#)
[Michelle George](#)

A Lived Experience Of Incarceration'S Impact On Identity

4:30 pm

[Hoofprints On Hearts: Supporting Young People To Change Their Lives Through Equine Assisted Learning, Mentoring, Cultural Support And Employment Opportunities](#)
[Ellie Higgins, Lyn Millett](#)

Hoofprints On Hearts: Supporting Young People To Change Their Lives Through Equine Assisted Learning, Mentoring, Cultural Support And Employment Opportunities

5:00 pm

[Looking Beyond The Behaviour](#)
[Tina Lomax](#)

Looking Beyond The Behaviour

4:00 pm - 5:30 pm
Abstracts

Session - [Lived experience and trauma](#) - Room 207

4:00 pm

[Their Trauma, Our Trauma And Everything In-Between; Reflections On Subjectivity And Objectivity For Professionals And Victim/Survivors In The Reform Of Tasmanian Children'S Services.](#)
[Jack Davenport](#)

Their Trauma, Our Trauma And Everything In-Between; Reflections On Subjectivity And Objectivity For Professionals And Victim/Survivors In The Reform Of Tasmanian Children'S Services.

4:30 pm

[Trauma Informed Supervision And Lived Experience - Developing A Trauma Informed Care Supervisory Approach](#)
[Kristen Pringle](#)

Trauma Informed Supervision And Lived Experience - Developing A Trauma Informed Care Supervisory Approach

5:00 pm

[Navigating The Waves Of Adversity: Emma'S Journey Through Trauma And Resilience.](#)
[Emma NUNAN](#)

Navigating The Waves Of Adversity: Emma'S Journey Through Trauma And Resilience.

4:00 pm - 5:30 pm
Abstracts

Session - [Neurodivergence and trauma](#) - Plenary 3

4:00 pm

[The Cost Of Compliance And Autistic Masking. A Lived Experience Perspective.](#)
[Stephanie Robertson](#)

The Cost Of Compliance And Autistic Masking. A Lived Experience Perspective.

4:30 pm

[Where Trauma And Autism Meet - Co-Development Of New Learning Resources.](#)
[Nikki Peapell, Chris Byrne](#)

Where Trauma And Autism Meet - Co-Development Of New Learning Resources.

5:00 pm

[Creating Safety In The Process Of Neurodivergent Unmasking Following Late Identification: The Importance Of Trauma-Informed Therapeutic Support](#)
[Naomi Malone](#)

Creating Safety In The Process Of Neurodivergent Unmasking Following Late Identification: The Importance Of Trauma-Informed Therapeutic Support

4:00 pm - 5:30 pm
Abstracts

Session - [Working with traumatised adults](#) - Room 205

4:00 pm

[Australians Have Limited Understanding Of The Lifelong Impacts Of Child Sexual Abuse And Complex Trauma: Implications For Practitioners To Address This Issue And Enhance Support For Victim-Survivors Across The Life Course.](#)
[Andrea de Silva, Cathy Stirling](#)

Australians Have Limited Understanding Of The Lifelong Impacts Of Child Sexual Abuse And Complex Trauma: Implications For Practitioners To Address This Issue And Enhance Support For Victim-Survivors Across The Life Course.

4:30 pm

[Psychedelic Assisted Therapy; Healing Through Integration](#)
[Eli Kotler](#)

Psychedelic Assisted Therapy; Healing Through Integration

5:00 pm

[Childhood Trauma & Incarceration - Lived Experience As A Prisoner Advocate & Prison Wife To A Lifer - Canada](#)
[Sherri Gordon](#)

Childhood Trauma & Incarceration - Lived Experience As A Prisoner Advocate & Prison Wife To A Lifer - Canada

4:00 pm - 5:30 pm
Abstracts

Session - [Working with traumatised children and young people](#) - Room 209

4:00 pm

[Interpersonal Neurobiology: How Equine Assisted Therapy Creates A Pathway For Children Who Have Experienced Trauma](#)
[Jane Faulkner, Camilla MOWBRAY](#)

Interpersonal Neurobiology: How Equine Assisted Therapy Creates A Pathway For Children Who Have Experienced Trauma

4:30 pm
[Navigating Trauma- From Parent To Child](#)
[Nicki Brunton](#)
Navigating Trauma- From Parent To Child

5:00 pm
[Beyond Companionship: The Impact Of Therapy Dogs On Family Wellbeing](#)
[Elisha Lamont](#)
Beyond Companionship: The Impact Of Therapy Dogs On Family Wellbeing

4:00 pm - 5:30 pm
Abstracts

Session - [Working in out-of-home care](#) - Room 206

4:00 pm
[When Yes Mean Yes: A Carer'S Guide To Consent Conversations With Young People.](#)
[Belinda Lorek, Austin Bell](#)
When Yes Mean Yes: A Carer'S Guide To Consent Conversations With Young People.

4:30 pm
[Recognising And Supporting The Importance Of Relative/Kinship Care In Oohc In Nsw](#)
[Danielle Campbell](#)
Recognising And Supporting The Importance Of Relative/Kinship Care In Oohc In Nsw

5:00 pm
[Safe and Connected: Supporting online safety for children and young people in care](#)
[Kelly Royds](#)
Safe and Connected: Supporting online safety for children and young people in care

4:00 pm - 5:30 pm
Abstracts

Session - [Working with families](#) - Plenary 2

4:00 pm
[Seen And Heard..](#)
[Emma Podbury](#)
Seen And Heard..

4:30 pm
[Child Protection, The Better Way](#)
[Malarni Gaskell](#)
Child Protection, The Better Way

5:00 pm
[From Lived Experience To Creating Community: Healing Intergenerational Trauma With Connection And Structured, Science-Based Supports That Are Sustainable For Overwhelmed Families](#)
[Suzanne Forbes](#)
From Lived Experience To Creating Community: Healing Intergenerational Trauma With Connection And Structured, Science-Based Supports That Are Sustainable For Overwhelmed Families

4:00 pm - 5:30 pm
Abstracts

Session - [Lived experience and trauma](#) - Room 208

4:00 pm
[When I Am Unable To Speak: Finding Voice Through Art](#)
[Jill Samera](#)
When I Am Unable To Speak: Finding Voice Through Art

4:30 pm
[Carving A New Narrative: Creative Arts For Survivors Of Childhood Trauma \(A Lived Experience Perspective\)](#)
[Rebecca Egan](#)
Carving A New Narrative: Creative Arts For Survivors Of Childhood Trauma (A Lived Experience Perspective)

5:00 pm
[Empowering Children'S Voices Through Therapeutic Storytelling- Introducing Bella'S Story: A Co-Created, Therapeutically Supported Story Written By A Young Person And Her Counsellor. The Young Author Hopes The Story Will Support Other Children To Be "Not So Scared To Tell Their Story."](#)
[Skye Bekaert](#)
Empowering Children'S Voices Through Therapeutic Storytelling- Introducing Bella'S Story: A Co-Created, Therapeutically Supported Story Written By A Young Person And Her Counsellor. The Young Author Hopes The Story Will Support Other Children To Be "Not So Scared To Tell Their Story."

4:00 pm - 5:30 pm
Abstracts

Session - [Working with traumatised children and young people](#) - Room 217

4:00 pm
[Safe Connections In Remote Communities Across The Northern Territory](#)
[Blythe McAuley, Estella Huppatz, Daniel Vicaretti](#)
Safe Connections In Remote Communities Across The Northern Territory

4:30 pm
[Developing The Layered Continuum: A Contemporary Framework For Understanding Sexual Behaviours Displayed By Children And Young People.](#)
[Amanda Paton](#)
Developing The Layered Continuum: A Contemporary Framework For Understanding Sexual Behaviours Displayed By Children And Young People.

5:00 pm

[The Good Way Model: A Trauma-Informed Approach For Young People, Especially Those With Intellectual, Learning Or Neurodiversity Challenges, Who Have Offended, Or Engaged In Harmful Or Concerning Behaviour.](#)

[Lesley Ayland](#)

The Good Way Model: A Trauma-Informed Approach For Young People, Especially Those With Intellectual, Learning Or Neurodiversity Challenges, Who Have Offended, Or Engaged In Harmful Or Concerning Behaviour.

4:00 pm - 5:30 pm

Advanced Masterclass Part 2: [Carlie \(Caroline\) Atkinson](#)

Advanced Masterclass - [ICTC](#) - Room 219 & 220

4:00 pm

[Advanced Masterclass - Carlie \(Caroline\) Atkinson](#)

[Carlie \(Caroline\) Atkinson](#)

Advanced Masterclass - Carlie (Caroline) Atkinson

4:00 pm - 5:30 pm

Advanced Masterclass Part 2: [Compassion Focussed Therapy approaches to shame and self-criticism in children and young people](#)

Session - [ICTC](#) - Room 212 & 213

This workshop will explore an evolutionary based model of self-criticism. Key is to distinguish criticism that is encouraging and rooted in self-correction versus criticism that's rooted in fear frustration and is harsh linked to anger and at times even hatred of the self. We will explore how to conductor a functional analysis of self-criticism, its link to shame and fear of rejection and consider how to generate compassion brain states to deal with the fear and traumas that sit behind harsh self-criticism.

4:00 pm

[Compassion Focussed Therapy approaches to shame and self-criticism in children and young people](#)

[Paul Gilbert](#)

Compassion Focussed Therapy approaches to shame and self-criticism in children and young people

4:00 pm - 5:30 pm

Advanced Masterclass Part 2: [Exploring the contextual aspects of Dyadic Developmental Psychotherapy \(DDP\) interventions](#)

Advanced Masterclass - [ICTC](#) - Room 203 & 204

4:00 pm

[Exploring the contextual aspects of Dyadic Developmental Psychotherapy \(DDP\) interventions](#)

[Jon Baylin](#), [Kim Golding](#), [Dan Hughes](#)

Exploring the contextual aspects of Dyadic Developmental Psychotherapy (DDP) interventions

4:00 pm - 5:30 pm

Advanced Masterclass Part 2: [The effect of trauma on the next generation – intergenerational transmission of trauma and healing.](#)

Session - [ICTC](#) - Room 210 & 211

In this half day Masterclass, delivered over 3 hours, Dr Yehuda will explore how molecular biology, genomics, and epigenomics, provide paradigms for understanding the long-term effects of stress. Dr Yehuda will incorporate decades of research on trauma and its impacts, incorporating Vietnam veterans, adult children of holocaust survivors, children of other traumas, children born to pregnant women who survived the 9/11 world trade centre attacks predictors of PTSD to show how early environmental experiences-including parenting- contribute to highly conserved molecular and genomic processes. The masterclass will also present Dr Yehuda's work and research exploring effective treatments supporting healing and recovery.

4:00 pm

[The effect of trauma on the next generation – intergenerational transmission of trauma and healing](#)

[Rachel Yehuda](#)

The effect of trauma on the next generation – intergenerational transmission of trauma and healing

4:00 pm - 5:30 pm

Interactive Workshop [exploring culture and healing](#)

Workshop - [ICTC](#) - Room 216

4:00 pm - 5:30 pm

Symposium: [A symposium highlighting expert women in the field of trauma](#)

Symposium - [ICTC](#) - Plenary 1

This panel discussion will be hosted by Janise Mitchell.

4:00 pm

[A symposium highlighting expert women in the field of trauma](#)

[Carlie \(Caroline\) Atkinson](#), [Deb Dana](#), [Arielle Schwartz](#), [Cathy Malchiodi PhD](#), [Cathy Kezelman AM](#), [Bethany Brand](#), [Janise Mitchell](#), [Ruth Lanius](#), [Fiona Cornforth](#), [Sue-Anne Hunter](#), [Johanna Lynch](#), [Helen Milroy](#)

A symposium highlighting expert women in the field of trauma

20 August 2025

6:00 pm - 8:00 pm

[Childhood Wonder Event](#)

Social - [Other](#) - Main Foyer 2 & 3

21 August 2025

8:00 am - 8:30 am
Morning Movement and Wellbeing: Breathwork with Caroline Brunne – The Survivor Coach

Morning Movement - [ICTC](#) - Room 212 & 213

Join Caroline for a short breathwork experience focused on stress relief and deep relaxation. Be guided through an exploration of your breath, focusing on a long, slow and deep (LSD) breathwork technique combined with breath retentions. This session is open to all and is an inclusive and welcoming space, participants will be provided with a yoga mat and bolsters or cushions but can participate seated if needed. Participants are encouraged to bring a water bottle and a journal or notepad with a pen if they wish.

8:00 am
[Breathwork with Caroline Brunne – The Survivor Coach](#)
[Caroline Brunne](#)
Breathwork with Caroline Brunne – The Survivor Coach

8:00 am - 8:30 am
Morning Movement and Wellbeing: Morning Yoga with Tina and Briar

Morning Movement - [ICTC](#) - Room 210 & 211

This session is for delegates, aiming to help you find space each morning through the middle of the conference week, to ground and regulate your nervous system, with a focus on achieving a relaxed state and embodiment.

8:00 am
[Morning Yoga with Tina and Briar](#)
[Tina Icaro](#)
Morning Yoga with Tina and Briar

8:00 am - 8:30 am
Morning Movement and Wellbeing: Playful moves: Moving with self, moving with others, moving in groups

Morning Movement - [ICTC](#) - Room 203 & 204

Join Dance Movement Therapist Sally Denning as she guides you through short trauma informed playful movements that can also be implemented with children.

8:00 am
[Playful moves: Moving with self, moving with others, moving in groups](#)
[Sally Denning](#)
Playful moves: Moving with self, moving with others, moving in groups

21 August 2025

9:00 am - 11:00 am
Plenary - Emma Hakansson and David Kessler

Plenary - [ICTC](#) - Plenary 2

The adult view of children as lesser humans: How this erodes autonomy and leads to abuse - Emma Hakansson

As a western adult culture, we deem developing children as ‘contributing’ less and therefore lesser. In turn, we afford children fewer rights, particularly in relation to their autonomy and voice. These conditions permit ongoing childhood sexual abuse in which children believe that to be an acceptable person, they must obey adults even when it deeply wounds them.

Advocate and Chair of the Australian Childhood Foundation’s Lived Experience Advisory Group, Emma Hakansson.

9:00 am
[The adult view of children as lesser humans: How this erodes autonomy and leads to abuse](#)
[Emma Hakansson](#)
The adult view of children as lesser humans: How this erodes autonomy and leads to abuse

10:00 am
[Releasing the pain of grief and finding meaning](#)
[David Kessler](#)
Releasing the pain of grief and finding meaning

21 August 2025

11:00 am - 11:30 am
Morning Tea

Break

21 August 2025

11:30 am - 1:00 pm
Keynote: Befriending the nervous system: A polyvagal guide

Keynote - [ICTC](#) - Plenary 2

The autonomic nervous system is at the heart of daily living and at the center of therapeutic change. Polyvagal Theory, developed by renowned scientist Stephen Porges, defines the role of the autonomic nervous system in creating experiences of risk and protection, safety and connection. Trauma interrupts the development of autonomic regulation and shapes the system away from connection into patterns of protection. For many of our clients, states of fight, flight, and collapse are familiar, frequent, and prolonged while the state of safety and connection is elusive and scary. Using the organizing principles of neuroception, hierarchy, and co-regulation we have a roadmap to help clients safely tune into their autonomic states and rewrite the trauma stories that are carried in their autonomic pathways. In this presentation we will learn the science behind these principles and explore practices to bring them alive in clinical work. *This keynote will introduce the three organizing principles of polyvagal theory to those who haven’t covered it before. It will be a good session for those new to the theory and wanting to learn what it means for their work and the support of children. These fundamentals will be assumed knowledge in Deb’s Masterclass and Advanced Workshop Sessions.

11:30 am

[Befriending the nervous system: A polyvagal guide](#)
[Deb Dana](#)

Befriending the nervous system: A polyvagal guide

11:30 am - 1:00 pm
Keynote: [Caroline \(Carlie\) Atkinson](#)

Keynote - [ICTC](#) - Room 203 & 204

11:30 am
[Keynote - Carlie \(Caroline\) Atkinson](#)
[Carlie \(Caroline\) Atkinson](#)
Keynote - Carlie (Caroline) Atkinson

11:30 am - 1:00 pm
Keynote: [Healing Relational Trauma and the importance of self-reflection by the DDP therapist.](#)

Keynote - [ICTC](#) - Plenary 3

Dan and Kim published the 'Healing Relational Trauma Workbook' in 2024. This provides DDP therapists and practitioners with a comprehensive understanding of Dyadic Developmental Psychotherapy, Parenting, and Practice (DDP). Within the Workbook, there is an important emphasis on reflection and self-understanding by the therapist. In this presentation we will explore how individual differences, often influenced by past relational and attachment experience, can impact on the therapist's practice of DDP. Self-understanding can help the therapist to develop their practice, understanding their own unique strengths and challenges, so that they can 'sit with the uncomfortable' able to offer co-regulation and co-creation of affective-reflective narratives with the children and families they are working with.

11:30 am
[Healing relational trauma and the importance of self-reflection by the DDP therapist](#)
[Kim Golding, Dan Hughes](#)
Healing relational trauma and the importance of self-reflection by the DDP therapist

11:30 am - 1:00 pm
Keynote: [Reframing the Biology of Trauma and intergenerational Implications.](#)

Keynote - [ICTC](#) - Plenary 1

The epigenetics of intergenerational trauma has received a lot of attention with many speculating that epigenetics might offer insights into how trauma is passed through generations. In this talk we'll delve into what these findings can and cannot tell us about the transmission of trauma effects and reflect on what we have learned and how it can be helpful. I'll also suggest that some of the epigenetic changes observed in the context of trauma and intergenerational trauma may be protective, aiding us in coping with challenges, not just compounding their effects. We'll talk about the intergenerational paradox: that parental or ancestral trauma can heighten vulnerability for mental health problems, but that some of the biologic changes may simultaneously facilitate coping mechanisms. We'll discuss studies of Holocaust offspring and babies born to mothers in the months after their exposure to 9/11 to highlight some of these important lessons. I'll show you what I learned so that you can see how I came to some of these conclusions about biology and adaptation. This talk will also focus on how this new understanding can inform treatment, particularly through psychedelic-assisted therapies, which may offer new ways to reframe personal and collective narratives of trauma. Understanding the biological and historical dimensions of trauma can spark positive social change by reshaping how we view mental health, intergenerational healing, and the stories we carry with us. They help inform us about key components of resilience and well-being. While it is undeniable that trauma can damage and wound, we don't need to get stuck in its negative effects.

11:30 am
[Reframing the biology of trauma and intergenerational implications](#)
[Rachel Yehuda](#)
Reframing the biology of trauma and intergenerational implications

11:30 am - 1:00 pm
Keynote: [Triple Trouble: A brain based model of developmental trauma](#)

Keynote - [ICTC](#) - Room 219 & 220

Dr. Baylin will be presenting his "Triple Trouble" brain-based model of developmental trauma describing the effect on the child of damage to core brain networks. "Triple trouble" refers to a child's loss of a sense of safety, fragmentation of sense of self, and suppression of a sense of hope for the future. In this keynote, Dr. Baylin will explain how each of these arises from traumatic damage to developmental processes. He will then shift focus to exploring ways to approach treatment by combining interventions that promote recovery and healing in the child's brain. These include relational processes like social buffering, neuromodulation processes such as low energy neurofeedback, and memory reconsolidation processes that can help to strengthen the "self" system in the brain. Integration of these processes can foster the recovery of a sense of safety, self worth, and hope in children with histories of developmental trauma.

11:30 am
[Triple trouble: A brain based model of developmental trauma](#)
[Jon Baylin](#)
Triple trouble: A brain based model of developmental trauma

11:30 am - 1:00 pm
Workshop: [Embodying Grief: Moving Through Loss and Trauma](#)

Workshop - [ICTC](#) - Room 210 & 211

Paul Denniston leads participants through carefully crafted chair-based easy Grief Yoga® practices that support the processing of healing from the pain of all kinds of heartbreak, trauma and loss through movement. He discusses ways that grief can become stuck in the body and will demonstrate how movement, breath and sound can help clients release accumulated emotions to navigate the complex territory of grief whilst strengthening their capacity for authentic connection with self and others.

Learning Objectives:

1. Demonstrate specific movement practices that help clients process grief and strengthen their resilience
2. Apply understanding of embodied grief work to support clients in maintaining and deepening relationships while honoring their losses
3. Explore and embody how play can help process grief and trauma

11:30 am
[Embodying grief: Moving through loss and trauma](#)
[Paul Denniston](#)

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Learning Objectives:

1. Demonstrate specific movement practices that help clients process grief and strengthen their resilience
2. Apply understanding of embodied grief work to support clients in maintaining and deepening relationships while honoring their losses
3. Explore and embody how play can help process grief and trauma

11:30 am - 1:00 pm
Workshop: Self-Care when Working with Trauma

Workshop - [ICTC](#) - Room 212 & 213

Your own healing is a powerful contribution to the healing of everyone. As practitioners who witness and experience reparation, restoration, and recovery in others, we often forget our own healing in the process. The workshop introduces several expressive arts therapy practices that will take you through “movement, sounding, silence, and storytelling” and enhance your “circle of capacity” in work with challenging children, youth, and adults. We will explore gentle body awareness through several evidence-informed arts-based approaches to support regulation and rejuvenation of body, mind, and spirit. Using the Expressive Arts Therapy Autonomic Wheel, participants will be able to identify two restorative nervous system states of being—Fun and (Creative) Flow and apply hands-on, sensory-based experiences to “reset your nervous system.”

11:30 am
[Self-care when working with trauma](#)
[Cathy Malchiodi PhD](#)
Self-care when working with trauma

21 August 2025

1:00 pm - 2:00 pm
Lunch

Break

21 August 2025

2:00 pm - 3:30 pm
Keynote: Fiona Cornforth

Keynote - [ICTC](#) - Plenary 3

2:00 pm
[Keynote - Fiona Cornforth](#)
[Fiona Cornforth](#)
Keynote - Fiona Cornforth

2:00 pm - 3:30 pm
Keynote: Learning security after trauma – The integrative growth across the lifespan

Keynote - [ICTC](#) - Plenary 1

Being seen, soothed and safe are the fundamental pillars of developing secure attachment. Developmental trauma often is an assault on these foundations of relational integration that then can compromise the growth of inner, neural integration of the individual. This understanding enables us to see how earning security is how we can learn to engage in relational growth—both with other individuals such as therapists and others in close relationships, as well as with inner attunement to become one's own best friend—that are the hallmark of developing secure attachment across the lifespan.

2:00 pm
[Learning security after trauma – The integrative growth across the lifespan](#)
[Dan Siegel](#)
Learning security after trauma – The integrative growth across the lifespan

2:00 pm - 3:30 pm
Keynote: Reframing the Biology of Trauma and intergenerational Implications.

Keynote - [ICTC](#) - Room 219 & 220

The epigenetics of intergenerational trauma has received a lot of attention with many speculating that epigenetics might offer insights into how trauma is passed through generations. In this talk we'll delve into what these findings can and cannot tell us about the transmission of trauma effects and reflect on what we have learned and how it can be helpful. I'll also suggest that some of the epigenetic changes observed in the context of trauma and intergenerational trauma may be protective, aiding us in coping with challenges, not just compounding their effects. We'll talk about the intergenerational paradox: that parental or ancestral trauma can heighten vulnerability for mental health problems, but that some of the biologic changes may simultaneously facilitate coping mechanisms. We'll discuss studies of Holocaust offspring and babies born to mothers in the months after their exposure to 9/11 to highlight some of these important lessons. I'll show you what I learned so that you can see how I came to some of these conclusions about biology and adaptation. This talk will also focus on how this new understanding can inform treatment, particularly through psychedelic-assisted therapies, which may offer new ways to reframe personal and collective narratives of trauma. Understanding the biological and historical dimensions of trauma can spark positive social change by reshaping how we view mental health, intergenerational healing, and the stories we carry with us. They help inform us about key components of resilience and well-being. While it is undeniable that trauma can damage and wound, we don't need to get stuck in its negative effects.

2:00 pm
[Reframing the biology of trauma and intergenerational implications](#)
[Rachel Yehuda](#)
Reframing the biology of trauma and intergenerational implications

2:00 pm - 3:30 pm
Masterclass Part 1: A cascade of PACE. Building dyadic developmental practice (DDP) into the fabric of residential care for children.

Masterclass - [ICTC](#) - Room 203 & 204

Within this master class we will explore the DDP practice model and the context of culture, identity and experience of those working and living within residential homes. We will consider the complexity of supporting these children with histories of developmental trauma and their own unique identity, experience and cultural influences. This will lead us into a consideration of the importance of the key DDP principles of emotional connection, co-regulation and storytelling, and the helpfulness of the attitude of PACE (playfulness, acceptance, curiosity and empathy) to achieve this. We will consider how PACE can be cascaded throughout the residential home, bottom-up; top-down and beyond. This will include supporting and caring for the children, the staff, the practitioners and the managers.

2:00 pm
[A cascade of PACE. Building dyadic developmental practice \(DDP\) into the fabric of residential care for children](#)

[Kim Golding](#)

A cascade of PACE. Building dyadic developmental practice (DDP) into the fabric of residential care for children

2:00 pm - 3:30 pm

Masterclass Part 1: Mind and body tools and techniques for adults and children in grief

Masterclass - [ICTC](#) - Room 210 & 211

2:00 pm

[Mind and body tools and techniques for adults and children in grief](#)

[Paul Denniston, David Kessler](#)

Mind and body tools and techniques for adults and children in grief

2:00 pm - 3:30 pm

Masterclass Part 1: Navigating the quest for connection

Masterclass - [ICTC](#) - Room 212 & 213

The autonomic nervous system is the foundation for our lived experience. What begins with our biology becomes the story that shapes our days. Polyvagal Theory provides a guide to the autonomic circuits that underlie behaviors and beliefs and an understanding of the body to brain pathways that give birth to our clients' stories of safety and survival. With this updated map we have practical ways to effectively help clients identify and interrupt their familiar response patterns and strategies to shape their systems toward safety and connection. When we look to the autonomic nervous system, we find a path to creating new, resourcing patterns of connection and can reliably lead our clients into the autonomically regulated state of safety that is necessary for successful treatment. When we speak the language of the nervous system, we can help clients safely tune into their autonomic states, reshape their nervous systems, and rewrite the trauma stories that are carried in their autonomic pathways.

In this workshop you'll learn ways to bring the science of safety and connection into clinical application as you accompany your clients on their healing journeys.

Through presentation and experiential exercises you will learn:

- the language of the nervous system and how to tune into the autonomic story
- an autonomic mapping process to guide treatment- practices that engage the nervous system's natural pathways to regulation
- ways to help clients identify and interrupt their familiar patterns of protection
- skills to help clients find, and savor, experiences of safety

* This masterclass will build on an understanding of the foundational principles, so if you're not familiar with these please take the opportunity to attend the Keynote in the morning.

2:00 pm

[Navigating the quest for connection](#)

[Deb Dana](#)

Navigating the quest for connection

2:00 pm - 3:30 pm

Symposium: A symposium listening to the wisdom of lived experience in service delivery, design and policy development

Symposium - [ICTC](#) - Plenary 2

This panel discussion will be hosted by Cathy Kezelman.

2:00 pm

[A symposium listening to the wisdom of lived experience in service delivery, design and policy development](#)

[John Cardamone, Conor Pall, Cathy Kezelman AM, Morgan Cataldo, Emma Hakansson](#)

A symposium listening to the wisdom of lived experience in service delivery, design and policy development

21 August 2025

3:30 pm - 4:00 pm

Afternoon Tea

Break

21 August 2025

4:00 pm - 5:30 pm

Keynote: Learning security after trauma – The integrative growth across the lifespan

Keynote - [ICTC](#) - Plenary 3

Being seen, soothed and safe are the fundamental pillars of developing secure attachment. Developmental trauma often is an assault on these foundations of relational integration that then can compromise the growth of inner, neural integration of the individual. This understanding enables us to see how earning security is how we can learn to engage in relational growth—both with other individuals such as therapists and others in close relationships, as well as with inner attunement to become one's own best friend—that are the hallmark of developing secure attachment across the lifespan.

4:00 pm

[Learning security after trauma – The integrative growth across the lifespan](#)

[Dan Siegel](#)

Learning security after trauma – The integrative growth across the lifespan

4:00 pm - 5:30 pm

Keynote: Our Collective Experience: Hear us now, act now: survivors share insights on prevention and intervention of child sexual abuse

Keynote - [ICTC](#) - Room 219 & 220

In this Keynote, adults offer their lived experience of child sexual abuse to emphasise the findings of Australian Childhood Foundation's survey report, which heard from hundreds of survivors about the topics adults must understand in order to prevent further abuse. The survivors you will hear from are a part of our ongoing work to include mandatory child abuse prevention education in Australia's Working With Children Check.

4:00 pm

[Our Collective Experience: Hear us now, act now. Survivors share insights on prevention and intervention of child sexual abuse](#)
[Caroline Brunne](#), [Deb Howarth](#), [Liz Hudson](#), [Tessa Spowart](#), [Tutie Wilmott](#), [Emma Hakansson](#), [Portia Freeman](#), [Harrier Tscherkasky](#)
Our Collective Experience: Hear us now, act now. Survivors share insights on prevention and intervention of child sexual abuse

4:00 pm - 5:30 pm

Keynote: Speaker to be announced soon

Keynote - [ICTC](#) - Plenary 2

Keynote: Speaker to be announced soon

4:00 pm - 5:30 pm

Keynote: Triple Trouble: A brain based model of developmental trauma

Keynote - [ICTC](#) - Plenary 1

Dr. Baylin will be presenting his "Triple Trouble" brain-based model of developmental trauma describing the effect on the child of damage to core brain networks. "Triple trouble" refers to a child's loss of a sense of safety, fragmentation of sense of self, and suppression of a sense of hope for the future. In this keynote, Dr. Baylin will explain how each of these arises from traumatic damage to developmental processes. He will then shift focus to exploring ways to approach treatment by combining interventions that promote recovery and healing in the child's brain. These include relational processes like social buffering, neuromodulation processes such as low energy neurofeedback, and memory reconsolidation processes that can help to strengthen the "self" system in the brain. Integration of these processes can foster the recovery of a sense of safety, self worth, and hope in children with histories of developmental trauma.

4:00 pm

[Triple trouble: A brain based model of developmental trauma](#)
[Jon Baylin](#)

Triple trouble: A brain based model of developmental trauma

4:00 pm - 5:30 pm

Masterclass Part 2: Masterclass: A cascade of PACE. Building dyadic developmental practice (DDP) into the fabric of residential care for children.

Masterclass - [ICTC](#) - Room 203 & 204

Within this master class we will explore the DDP practice model and the context of culture, identity and experience of those working and living within residential homes. We will consider the complexity of supporting these children with histories of developmental trauma and their own unique identity, experience and cultural influences. This will lead us into a consideration of the importance of the key DDP principles of emotional connection, co-regulation and storytelling, and the helpfulness of the attitude of PACE (playfulness, acceptance, curiosity and empathy) to achieve this. We will consider how PACE can be cascaded throughout the residential home, bottom-up; top-down and beyond. This will include supporting and caring for the children, the staff, the practitioners and the managers.

4:00 pm

[A cascade of PACE. Building dyadic developmental practice \(DDP\) into the fabric of residential care for children.](#)
[Kim Golding](#)

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4:00 pm - 5:30 pm

Masterclass Part 2: Mind and body tools and techniques for adults and children in grief

Masterclass - [ICTC](#) - Room 210 & 211

4:00 pm

[Mind and body tools and techniques for adults and children in grief](#)
[Paul Denniston](#), [David Kessler](#)

Mind and body tools and techniques for adults and children in grief

4:00 pm - 5:30 pm

Masterclass Part 2: Navigating the quest for connection

Masterclass - [ICTC](#) - Room 212 & 213

The autonomic nervous system is the foundation for our lived experience. What begins with our biology becomes the story that shapes our days. Polyvagal Theory provides a guide to the autonomic circuits that underlie behaviors and beliefs and an understanding of the body to brain pathways that give birth to our clients' stories of safety and survival. With this updated map we have practical ways to effectively help clients identify and interrupt their familiar response patterns and strategies to shape their systems toward safety and connection. When we look to the autonomic nervous system, we find a path to creating new, resourcing patterns of connection and can reliably lead our clients into the autonomically regulated state of safety that is necessary for successful treatment. When we speak the language of the nervous system, we can help clients safely tune into their autonomic states, reshape their nervous systems, and rewrite the trauma stories that are carried in their autonomic pathways.

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Through presentation and experiential exercises you will learn:

- the language of the nervous system and how to tune into the autonomic story
- an autonomic mapping process to guide treatment
- practices that engage the nervous system's natural pathways to regulation
- ways to help clients identify and interrupt their familiar patterns of protection
- skills to help clients find, and savor, experiences of safety

4:00 pm

[Navigating the quest for connection](#)
[Deb Dana](#)

Navigating the quest for connection

22 August 2025

9:00 am - 11:00 am
Plenary - Graham Gee and Deb Dana

Plenary - [ICTC](#) - Plenary 2

Finding safety in an uncertain world - Deb Dana

Nervous system to nervous system, we are connected around the planet. Our biology is at the heart of our capacity to come into connection, see with compassion, and find our way into safe communication. When the world feels unsafe, cues of danger activate survival responses, and we struggle to hold on to hope. When we are anchored in the safety of a regulated nervous system, pathways of connection come alive, and we can travel those pathways in service of healing. Polyvagal Theory gives us a roadmap to find our way to regulation and offers a way forward in uncertain times. Join Deb Dana to look through the lens of the nervous system and explore ways to listen with curiosity as we answer the essential question, "What does the nervous system need in this moment to find safety in connection?"

9:00 am
[Plenary - Graham Gee](#)
[Graham Gee](#)
Plenary - Graham Gee

10:00 am
[Finding safety in an uncertain world](#)
[Deb Dana](#)

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22 August 2025

11:00 am - 11:30 am
Morning Tea

Break

22 August 2025

11:30 am - 1:00 pm
Advanced Workshop: Deb Dana

Workshop - [ICTC](#) - Plenary 3

Building on a foundational understanding of the organizing principles of Polyvagal Theory, we move into exploration of advanced practices that help clients safely engage with states of dysregulation and gently expand states of regulation. This experiential workshop will offer participants the opportunity to learn the techniques of using continuums to bring awareness to the multiple expressions of a state and reshaping practices to change autonomic patterns. You'll learn how to create continuums with clients, see the clinical application in a live demonstration, and be guided in using image, language, and movement to shape new pathways and write new stories. Explore these practical skills and integrate the organizing principles of Polyvagal Theory into clinical practice.

*This will be a more advanced workshop, for delegates who already have a foundational understanding of PVT is important.

11:30 am
[Engaging the Rhythm of Regulation: Polyvagal Skills to Deepen your Practice](#)
[Deb Dana](#)

Building on a foundational understanding of the organizing principles of Polyvagal Theory, we move into exploration of advanced practices that help clients safely engage with states of dysregulation and gently expand states of regulation. This experiential workshop will offer participants the opportunity to learn the techniques of using continuums to bring awareness to the multiple expressions of a state and reshaping practices to change autonomic patterns. You'll learn how to create continuums with clients, see the clinical application in a live demonstration, and be guided in using image, language, and movement to shape new pathways and write new stories. Explore these practical skills and integrate the organizing principles of Polyvagal Theory into clinical practice.

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11:30 am - 1:00 pm
Keynote: Caroline Welch

Keynote - [ICTC](#) - Room 212 & 213

11:30 am
[Keynote - Caroline Welch](#)
[Caroline Welch](#)
Keynote - Caroline Welch

11:30 am - 1:00 pm
Keynote: Traumatic grief, guilt, transgenerational and collective grief.

Keynote - [ICTC](#) - Plenary 1

11:30 am
[Traumatic grief, guilt, transgenerational and collective grief.](#)
[David Kessler](#)
Traumatic grief, guilt, transgenerational and collective grief.

11:30 am - 1:00 pm
Masterclass Part 1: The role of mindfulness in integrating the brain after developmental trauma

Masterclass - [ICTC](#) - Room 203 & 204

The term, "mindfulness" actually does not have an absolutely fixed definition in the research world. From a clinical point of view, however, the COAL state of being curious, open, accepting, and loving, offers a practical way to describe the key features of what "being mindful" entails. Investigations reveal that three pillars of mind training leads to

this mindfulness state: focusing attention, opening awareness, and developing kind intention or compassion and caring. We will explore how this three pillar mind training leads to five physiological mechanisms of bodily health and an enhancement of neural integration in the brain. Three pillar mind training for traumatized individuals offers a strategy for developing the very aspects of neural integration that have been compromised in developmental trauma: Prefrontal cortex, hippocampus, corpus callosum and the overall connectome are the areas that grow with this therapeutic intervention.

11:30 am
[The role of mindfulness in integrating the brain after developmental trauma](#)
[Dan Siegel](#)

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11:30 am - 1:00 pm
Symposium: A symposium exploring culture and healing

Symposium - [ICTC](#) - Plenary 2

This panel discussion will be hosted by Fiona Cornforth.

11:30 am
[A symposium exploring culture and healing](#)
[Carlie \(Caroline\) Atkinson](#), [Danielle Cameron](#), [Glenda Kickett](#), [Judy Atkinson](#), [Graham Gee](#), [Fiona Cornforth](#), [Sue-Anne Hunter](#)
A symposium exploring culture and healing

11:30 am - 1:00 pm
Workshop Part 1: BEATS

Workshop - [ICTC](#) - Room 219 & 220

[BEATS Workshop/Elliot Gann and team](#)
BEATS Workshop/Elliot Gann and team

11:30 am - 1:00 pm
Workshop: Embodying Grief: Moving Through Loss and Trauma

Workshop - [ICTC](#) - Room 210 & 211

Paul Denniston leads participants through carefully crafted chair-based easy Grief Yoga® practices that support the processing of healing from the pain of all kinds of heartbreak, trauma and loss through movement. He discusses ways that grief can become stuck in the body and will demonstrate how movement, breath and sound can help clients release accumulated emotions to navigate the complex territory of grief whilst strengthening their capacity for authentic connection with self and others.

- Learning Objectives:
1. Demonstrate specific movement practices that help clients process grief and strengthen their resilience
 2. Apply understanding of embodied grief work to support clients in maintaining and deepening relationships while honoring their losses
 3. Explore and embody how play can help process grief and trauma

11:30 am
[Embodying grief: Moving through loss and trauma](#)
[Paul Denniston](#)

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22 August 2025

1:00 pm - 2:00 pm
Lunch

Break

22 August 2025

2:00 pm - 3:30 pm
Advanced Workshop: Deb Dana

Workshop - [ICTC](#) - Plenary 3

Building on a foundational understanding of the organizing principles of Polyvagal Theory, we move into exploration of advanced practices that help clients safely engage with states of dysregulation and gently expand states of regulation. This experiential workshop will offer participants the opportunity to learn the techniques of using continuums to bring awareness to the multiple expressions of a state and reshaping practices to change autonomic patterns. You'll learn how to create continuums with clients, see the clinical application in a live demonstration, and be guided in using image, language, and movement to shape new pathways and write new stories. Explore these practical skills and integrate the organizing principles of Polyvagal Theory into clinical practice.

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2:00 pm
[Engaging the Rhythm of Regulation: Polyvagal Skills to Deepen your Practice](#)
[Deb Dana](#)
Engaging the Rhythm of Regulation: Polyvagal Skills to Deepen your Practice

2:00 pm - 3:30 pm
Keynote: Caroline Welch

Keynote - [ICTC](#) - Room 212 & 213

2:00 pm
[Keynote - Caroline Welch](#)
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2:00 pm - 3:30 pm
Keynote: Traumatic grief, guilt, transgenerational and collective grief.

Keynote - [ICTC](#) - Plenary 1

2:00 pm
[Traumatic grief, guilt, transgenerational and collective grief.](#)
[David Kessler](#)
Traumatic grief, guilt, transgenerational and collective grief.

2:00 pm - 3:30 pm
Masterclass Part 2: The role of mindfulness in integrating the brain after developmental trauma

Masterclass - [ICTC](#) - Room 203 & 204

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2:00 pm
[The role of mindfulness in integrating the brain after developmental trauma](#)
[Dan Siegel](#)

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2:00 pm - 3:30 pm
Symposium: A symposium on integrating whole person care in childhood trauma treatment - hosted by the Australian Society for Psychological Medicine

Symposium - [ICTC](#) - Plenary 2

2:00 pm
[A symposium on integrating whole person care in childhood trauma treatment - hosted by the Australian Society for Psychological Medicine](#)
[Karen McLean](#), [Will McIntosh](#), [Thomas Dickson](#), [Johanna Lynch](#), [Naomi Rutten](#), [Siobhan Wilson](#), [Katherine Watson](#)
A symposium on integrating whole person care in childhood trauma treatment - hosted by the Australian Society for Psychological Medicine

2:00 pm - 3:30 pm
Symposium: Lessons from Survivors: From Prevention to Healing

Symposium - [ICTC](#) - Room 210 & 211

Symposium: Lessons from Survivors: From Prevention to Healing

2:00 pm
[Symposium: Lessons from Survivors: From Prevention to Healing](#)
[Emma Hakansson](#), [Portia Freeman](#)
Symposium: Lessons from Survivors: From Prevention to Healing

2:00 pm - 3:30 pm
Workshop Part 2: BEATS

Workshop - [ICTC](#) - Room 219 & 220

2:00 pm
[BEATS Workshop/Elliot Gann and team](#)
BEATS Workshop/Elliot Gann and team

22 August 2025

3:30 pm - 4:00 pm
Afternoon Tea

Break

22 August 2025

4:00 pm - 5:00 pm
Closing Plenary - Dan Siegel

The seven fundamental needs of a thriving life

By exploring the key needs that we have from birth onward, we can understand how trauma impacts our capacity to thrive. The first core three needs are Agency, Bonding, and Certainty. Sub-cortical neural networks involved in these needs create a “vector” that may underlie how personality emerges from temperament early in life. This view enables us to understand how sub-optimal attachment may intensify temperament in the pathway toward personality. We can see this in a “PDP” view of our lives: Patterns of Developmental Pathways. Trauma makes these PDPs less integrated and therefore more prone to chaos and rigidity. A second set of three needs developing later are ETC: Esteem, Trust, and Control. These secondary needs are also challenged with trauma and are a focus of therapeutic interventions. A seventh, overall need is for Wholeness: a sense of coherence, being grounded, feeling complete. When the first six needs are fulfilled, a sense of Wholeness begins to emerge. We will explore this exciting new view of how temperament, attachment, and personality intertwine in response to trauma and how to use this PDP framework for the healing of trauma.

4:00 pm

[The seven fundamental needs of a thriving life](#)

[Dan Siegel](#)

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