

# Agenda

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17 August 2025

**12:30 pm - 6:00 pm**  
**Registration**

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Registration - [Registration](#) - Main Foyer 2 &3

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17 August 2025

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

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Conversation Hours - [Australian/New Zealand Guest Speaker](#), [International Guest Speaker](#) - Plenary 3

Cathy Malchiodi in conversation with Janise Mitchell

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17 August 2025

**4:30 pm - 5:00 pm**  
**Break**

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Break - [Break](#) - Main Foyer 2 &3

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17 August 2025

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

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Conversation Hours - [International Guest Speaker](#), [Working with traumatised adults](#), [Working with traumatised children and young people](#) - Plenary 3

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17 August 2025

**6:00 pm - 7:30 pm**  
**Welcome Drinks**

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

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18 August 2025

**9:00 am - 9:20 am**

**Welcome to Country**

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Plenary - [Welcome to Country](#)

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18 August 2025

**9:20 am - 11:00 am**  
**Opening Plenary**

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Plenary - [Australian/New Zealand Guest Speaker](#), [Neurodivergence and trauma](#), [Working with traumatised children and young people](#) - 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

[Janise Mitchell](#)

[Janise Mitchell](#)

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9:40 am

[Judy Atkinson](#)

[Judy Atkinson](#)

▮

10:20 am

[Paul Gilbert](#)

[Paul Gilbert](#)

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18 August 2025

**11:00 am - 11:30 am**  
**Morning Tea**

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Break - [Break](#)

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18 August 2025

**11:30 am - 1:00 pm**  
**Keynote: Arielle Schwartz**

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Keynote - [International Guest Speaker](#), [Body Oriented / Somatic Session](#), [Working with traumatised adults](#) - 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: Glenda Kickett**

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Keynote - [Australian/New Zealand Guest Speaker](#), [Culture and healing](#), [First Nations](#), [Working in Out-Of-Home Care](#) - Plenary 3

**11:30 am - 1:00 pm**

**Keynote: Kim Golding**

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Keynote - [International Guest Speaker](#), [Working with Families](#), [Working with traumatised children and young people](#) - 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: Paul Gilbert**

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Keynote - [International Guest Speaker](#), [Working with traumatised adults](#), [Working with traumatised children and young people](#) - 210&211

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

### [Paul Gilbert](#)

11:30 am - 1:00 pm

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

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Symposium - [Neurodivergence and trauma](#), [International Guest Speaker](#) - Plenary 2

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

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

11:30 am - 1:00 pm

**Workshop: Bethany Brand and Ruth Lanius**

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Keynote - [Current Research](#), [International Guest Speaker](#), [Working with traumatised adults](#) - 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

**Workshop: Johanna Lynch**

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Workshop - [Australian/New Zealand Guest Speaker](#), [Culture and healing](#), [Therapist Self Care](#), [Wellbeing and Longevity](#), [Working with traumatised adults](#), [Philosophy of Care](#) - Room 212&213

[Comforting the uncomforted: 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.
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18 August 2025

**1:00 pm - 2:00 pm**  
**Lunch**

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Break - [Break](#)

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18 August 2025

**2:00 pm - 3:30 pm**  
**Keynote: Anita Gibbs**

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Keynote - [Australian/New Zealand Guest Speaker](#), [Neurodivergence and trauma](#), [Working with traumatised children and young people](#) - Plenary 2

[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](#)

**2:00 pm - 3:30 pm**  
**Keynote: Bethany Brand**

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Keynote - [Diagnosis and Assessment](#), [Current Research](#), [International Guest Speaker](#), [Working with traumatised adults](#) - Plenary 3

[From Crisis to Stability: Assessment and Stabilization for Complex, Dissociative Clients](#)  
[Bethany Brand](#)

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.

**2:00 pm - 3:30 pm**  
**Keynote: Paul Gilbert**

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Keynote - [International Guest Speaker](#), [Working with traumatised adults](#), [Working with traumatised children and young people](#) - Plenary 1

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

**2:00 pm - 5:30 pm**  
**Masterclass: Arielle Schwartz**

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Masterclass - [International Guest Speaker](#), [Body Oriented / Somatic Session](#), [Working with traumatised adults](#) - 210&211

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

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 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, 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

**2:00 pm - 5:30 pm**  
**Masterclass: Cathy Malchiodi**

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Masterclass - [International Guest Speaker](#), [Body Oriented / Somatic Session](#), [Working with traumatised adults](#), [Working with traumatised children and young people](#) - 203&204

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

**2:00 pm - 5:30 pm**  
**Masterclass: Ruth Lanius**

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Masterclass - [International Guest Speaker](#), [Current Research](#), [Working with traumatised adults](#) - Room 212&213

[The Transformative Dialogue between the Conscious and Subconscious in Healing from Trauma](#)  
[Ruth Lanius](#)

This lecture will describe how brain structures at the level of the survival brain help individuals react reflexively to trauma at a subconscious level and therefore provide an ultra-fast means of responding to overwhelming experience. Moreover, these deep brain structures can hijack the conscious level of the brain and can thus have a profound influence on how we view ourselves and the world in the aftermath of trauma. This research has critical implications for treatment of trauma-related disorders since current therapies for these disorders focus predominantly on conscious responses to trauma. It is therefore critical

that treatment strategies for trauma target directly the effects of trauma reminders occurring in everyday life beyond the level of conscious awareness. Here, it will be crucial that mind-body interventions and neurofeedback training will be examined as potentially important adjunctive treatments for trauma-related syndromes since these treatments can target trauma symptoms occurring beyond the level of conscious awareness.

**2:00 pm - 3:30 pm**  
**Workshop: Marilyn Davillier**

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Workshop - [International Guest Speaker](#) - Room 219&220

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18 August 2025

**3:30 pm - 4:00 pm**  
**Afternoon Tea**

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Break - [Break](#)

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18 August 2025

**4:00 pm - 5:30 pm**  
**Keynote: Bethany Brand**

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Keynote - [Diagnosis and Assessment](#), [Current Research](#), [International Guest Speaker](#), [Working with traumatised adults](#) - Plenary 2

[From Crisis to Stability: Assessment and Stabilization for Complex, Dissociative Clients](#)  
[Bethany Brand](#)

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.

**4:00 pm - 5:30 pm**  
**Keynote: Janise Mitchell and Ed Tronick**

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Keynote - [International Guest Speaker](#), [Australian/New Zealand Guest Speaker](#), [Working with traumatised children and young people](#) - Plenary 1

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

4:00 pm - 5:30 pm  
Keynote: Wenn Lawson

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Keynote - [Australian/New Zealand Guest Speaker](#), [Neurodivergence and trauma](#), [Working with traumatised children and young people](#) - Plenary 3

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

4:00 pm - 5:30 pm  
Masterclass: Arielle Schwartz (continued)

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Masterclass - [Body Oriented / Somatic Session](#), [International Guest Speaker](#), [Working with traumatised adults](#) - 210&211

4:00 pm - 5:30 pm  
Masterclass: Cathy Malchiodi (continued)

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Masterclass - [Body Oriented / Somatic Session](#), [International Guest Speaker](#), [Working with traumatised adults](#), [Working with traumatised children and young people](#) - 203&204

4:00 pm - 5:30 pm  
Masterclass: Ruth Lanius (continued)

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Masterclass - [Current Research](#), [International Guest Speaker](#), [Working with traumatised adults](#) - Room 212&213

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19 August 2025

9:00 am - 11:00 am  
Plenary

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- [International Guest Speaker](#) - Plenary 2

### **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.

### **Insights from the Cave: A Teen’s Path of Trauma and Neurodiversity - 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."

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19 August 2025

**11:00 am - 11:30 am**  
**Morning Tea**

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Break - [Break](#)

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19 August 2025

**11:30 am - 1:00 pm**  
**Keynote: Intergenerational Trauma**

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- [International Guest Speaker](#) - 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 - 1:00 pm**  
**Keynote: Johanna Lynch**

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Keynote - [Australian/New Zealand Guest Speaker](#), [Current Research](#), [Diagnosis and Assessment](#), [Philosophy of Care](#), [Therapist Self Care, Wellbeing and Longevity](#) - 210&211

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: Neurodivergence intersecting with justice, care, education and mental health systems.**

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- 203&204

**11:30 am - 1:00 pm**

**Keynote: Neurodiversity Affirming Practices and Expressive Arts Therapy**

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- [International Guest Speaker](#) - Room 219&220

**11:30 am - 1:00 pm**

**Keynote: Whole again: Reconnecting brain and body after trauma**

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- [International Guest Speaker](#) - 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 - 1:00 pm**

**Symposium: A symposium on therapeutic Out of Home Care**

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Symposium - [Working in Out-Of-Home Care](#) - Plenary 1

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19 August 2025

**1:00 pm - 2:00 pm**

**Lunch**

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Break - [Break](#)

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19 August 2025

**2:00 pm - 3:30 pm**

**Keynote: Arielle Schwartz**

---

Keynote - [International Guest Speaker](#), [Body Oriented / Somatic Session](#), [Working with traumatised adults](#) - 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: Janise Mitchell and Ed Tronick**

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Keynote - [International Guest Speaker](#), [Australian/New Zealand Guest Speaker](#), [Working with traumatised children and young people](#) - Plenary 1

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

[Janise Mitchell](#)

**2:00 pm - 3:30 pm**

**Keynote: Neurodiversity Affirming Practices and Expressive Arts Therapy**

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- [International Guest Speaker](#) - Room 219&220

**2:00 pm - 3:30 pm**

**Keynote: Whole again: Reconnecting brain and body after trauma**

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- 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 - 5:30 pm**

**Masterclass: 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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- [Therapist Self Care, Wellbeing and Longevity](#) - Room 212&213

**2:00 pm - 5:30 pm**

**Masterclass: Dan Hughes**

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- [International Guest Speaker](#) - 210&211

- [International Guest Speaker](#) - 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.

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19 August 2025

**3:30 pm - 4:00 pm**  
**Afternoon Tea**

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Break - [Break](#)

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19 August 2025

**4:00 pm - 5:30 pm**  
**Keynote/Workshop: Rebecca Challenor and Christine Keeble**

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- [Neurodivergence and trauma](#) - Plenary 2

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

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- [International Guest Speaker](#) - Plenary 3

**4:00 pm - 5:30 pm**  
**Workshop: Marilyn Davillier**

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- Room 219&220

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20 August 2025

**9:00 am - 11:00 am**

- [Culture and healing](#) - Plenary 2

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20 August 2025

**11:00 am - 11:30 am**  
**Morning Tea**

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Break - [Break](#)

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20 August 2025

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

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

**11:30 am - 1:00 pm**  
**Workshop: Emerging from the Cave: Strategies to Support Traumatized and Neurodiverse Children**

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- [Neurodivergence and trauma](#) - 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 traumatized 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.

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20 August 2025

**1:00 pm - 2:00 pm**  
**Lunch**

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Break - [Break](#)

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20 August 2025

**2:00 pm - 3:30 pm**

**Advanced Masterclass: Carlie (Caroline) Atkinson**

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- [International Guest Speaker](#) - Room 219&220

**2:00 pm - 3:30 pm**

**Advanced Masterclass: Compassion Focussed Therapy approaches to shame and self-criticism in children and young people**

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- [International Guest Speaker](#) - Room 212&213

**2:00 pm - 3:30 pm**

**Advanced Masterclass: Kim Golding**

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- 203&204

**2:00 pm - 3:30 pm**

**Advanced Masterclass: The effect of trauma on the next generation – intergenerational transmission of trauma and healing.**

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- [International Guest Speaker](#) - 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.

**2:00 pm - 3:30 pm**

**Keynote: Does this feel dignifying? Considering, telling, and sharing more ethical stories for social and systems change.**

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- [Australian/New Zealand Guest Speaker](#) - 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 - 3:30 pm**

**Keynote: Making space for learning - Why trauma transformative education is critical for children**

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- [Australian/New Zealand Guest Speaker](#) - Room 207

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20 August 2025

**3:30 pm - 4:00 pm**  
**Afternoon Tea**

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Break - [Break](#)

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20 August 2025

**4:00 pm - 5:30 pm**  
**Advanced Masterclass: Carlie (Caroline) Atkinson**

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- [International Guest Speaker](#) - Room 219&220

**4:00 pm - 5:30 pm**  
**Advanced Masterclass: Compassion Focussed Therapy approaches to shame and self-criticism in children and young people**

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- [International Guest Speaker](#) - Room 212&213

**4:00 pm - 5:30 pm**  
**Advanced Masterclass: Kim Golding**

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- 203&204

**4:00 pm - 5:30 pm**  
**Advanced Masterclass: The effect of trauma on the next generation – intergenerational transmission of trauma and healing.**

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- [International Guest Speaker](#) - 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 - 5:30 pm**  
**Symposium: A symposium highlighting expert women in the field of trauma**

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- Plenary 1

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21 August 2025

**9:00 am - 11:00 am**  
**Plenary**

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- [International Guest Speaker](#) - Plenary 2

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21 August 2025

**11:00 am - 11:30 am**  
**Morning Tea**

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Break - [Break](#)

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21 August 2025

**11:30 am - 1:00 pm**  
**Keynote: Caroline (Carlie) Atkinson**

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- [Australian/New Zealand Guest Speaker](#) - 203&204

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**11:30 am - 1:00 pm**  
**Keynote: Deb Dana**

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- [Working with traumatised children and young people](#) - Plenary 2

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**11:30 am - 1:00 pm**  
**Keynote: Healing Relational Trauma and the importance of self-reflection by the DDP therapist.**

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- 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 - 1:00 pm**  
**Keynote: Reframing the Biology of Trauma and intergenerational Implications.**

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- [Working with traumatised adults](#) - Plenary 1



**11:30 am - 1:00 pm**

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

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- Room 219&220

**11:30 am - 1:00 pm**

**Workshop: Embodying Grief: Moving Through Loss and Trauma**

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- 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 - 1:00 pm**

**Workshop: Self-Care when Working with Trauma**

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- [International Guest Speaker](#) - Room 212&213

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21 August 2025

**1:00 pm - 2:00 pm**

**Lunch**

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Break - [Break](#)

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21 August 2025

**2:00 pm - 3:30 pm**

**Keynote: Fiona Cornforth**

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- [Culture and healing](#) - Plenary 3

**2:00 pm - 3:30 pm**

**Keynote: Reframing the Biology of Trauma and intergenerational Implications.**

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- [Working with traumatised adults](#) - Room 219&220

**2:00 pm - 3:30 pm**

**Keynote: "L" Earning security after trauma – The integrative growth across the lifespan**

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- [Working with traumatised children and young people](#) - Plenary 1

**2:00 pm - 5:30 pm**

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

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- 203&204

**2:00 pm - 5:30 pm**

**Masterclass: Deb Dana**

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- [Body Oriented / Somatic Session](#) - Room 212&213

**2:00 pm - 5:30 pm**

**Masterclass: Mind and body tools and techniques for adults and children in grief.**

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- 210&211

**2:00 pm - 3:30 pm**

**Symposium: A symposium exploring the inclusion of lived experience voices in policy making and service design**

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- [Lived experience and trauma](#) - Plenary 2

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21 August 2025

**3:30 pm - 4:00 pm**

**Afternoon Tea**

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Break - [Break](#)

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21 August 2025

**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**

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- [Lived experience and trauma](#) - 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 - 5:30 pm**

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

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- Plenary 1

**4:00 pm - 5:30 pm**

**Keynote: "L"earning security after trauma – The integrative growth across the lifespan**

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- [Working with traumatised children and young people](#) - Plenary 3

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22 August 2025

**9:00 am - 11:00 am**

**Plenary**

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- [International Guest Speaker](#) - Plenary 2

---

22 August 2025

**11:00 am - 11:30 am**

**Morning Tea**

---

Break - [Break](#)

---

22 August 2025

**11:30 am - 1:00 pm**

**Keynote: Deb Dana**

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- [International Guest Speaker](#) - Plenary 3

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**11:30 am - 1:00 pm**

**Keynote: Traumatic grief, guilt, transgenerational and collective grief.**

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- Plenary 1

**11:30 am - 3:30 pm**

**Masterclass: Ed Tronick**

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- [Working with traumatised children and young people](#) - 210&211

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**11:30 am - 3:30 pm**

**Masterclass: The role of mindfulness in Integrating the Brain after Developmental Trauma**

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- [Working with traumatised children and young people](#) - 203&204

11:30 am - 1:00 pm

**Symposium: A symposium exploring culture and healing**

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- [Culture and healing](#) - Plenary 2

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22 August 2025

1:00 pm - 2:00 pm

**Lunch**

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Break - [Break](#)

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22 August 2025

2:00 pm - 3:30 pm

**Keynote: Traumatic grief, guilt, transgenerational and collective grief.**

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- [Working with traumatised adults](#) - Plenary 1

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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**

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- [Working with traumatised children and young people](#) - Plenary 2

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22 August 2025

3:30 pm - 4:00 pm

**Afternoon Tea**

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Break - [Break](#)

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22 August 2025

4:00 pm - 5:00 pm

**Closing Plenary**

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- [International Guest Speaker](#) - Plenary 2

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