



2024 MASTERS
EVENTS
OXFORD

At a glance

Schedule



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J. FLOWERS
HEALTH INSTITUTE



Therabody

Transferring knowledge in trauma mental health and wellbeing.

Conference schedule

🕒 Time	🗣️ Session & Speaker	✅ Track	📍 Location	CE / CPD credits
07:00 - 08:00	Reclaiming pleasure and calm: A mindfulness and somatic breathwork journey with Marissa Nelson		Reflection Room - Examination Schools, Room 9	
	12-Step meeting		Examination Schools, Rooms 1 & 2	
	Insight Yoga with Olivia Clarke		Examination Schools, Courtyard Marquee	
08:00 - 08:20	Setting the tone for authentic engagement with Swan Frayne-Dao		The Sheldonian Theatre	
08:30 - 09:30	Unveiling shadows: Deconstructing colonial legacies in the modern world with Linda Thai	Keynote	The Sheldonian Theatre	1 CPD
	Unveiling shadows: Deconstructing colonial legacies in the modern world with Linda Thai <i>live streamed in comfort room</i>	Keynote	Examination Schools, South School	1 CPD
9:30 - 10:00	Break			
10:00 - 11:00	Erasing identity for survival with Frank Anderson, Linda Thai, Janina Fisher <i>live streamed in comfort room</i>	Keynote	Examination Schools, South School	1 CPD
	Erasing identity for survival with Frank Anderson, Linda Thai, Janina Fisher	Keynote	The Sheldonian Theatre	1 CPD
11:00 - 11:30	Morning break			
11:30 - 12:30	Exploring the use of IFS to overcome complex clinical cases with Richard Schwartz	Intermediate Psychotherapist Track	The Sheldonian Theatre	1 CE / 1 CPD
	Trauma-informed yoga inside prisons internationally: An experiential workshop with Josefin Wikström	Embodiment Track	Examination Schools, Courtyard Marquee	1 CPD
	Launching into adulthood: Strategies for promoting intrinsic motivation & executive functioning in young adults with Maks Ezrin, Jack Vaughan	Child & Adolescent Track	Examination Schools, Room 1 & 2	1 CPD
	Oppression, organisations & leadership with Myira Khan	Leadership Track	Rhodes House, McCall McBain Hall	1 CPD
	Navigating childhood sexual abuse holistically: Survivors, systems and "serious joy" with Sophia Luu	Foundational Psychotherapist Track	Examination Schools, Room 14 & 15	1 CPD

Thursday 12th September

🕒 Time	🗣️ Session & Speaker	✅ Track	📍 Location	CE / CPD credits
11:30 - 12:30	Media's impact on healing: Unveiling the dynamics of trauma-informed narratives with Frank Anderson	Advanced Psychotherapist Track	Examination Schools, South School	1 CE / 1 CPD
	Insights into trauma resilience: A comprehensive exploration with Bessel van der Kolk	Medical Track	Rhodes House, Conference Space	1 CPD
12:30 - 13:30	Lunch break			
12:45 - 13:30	A poetry treasure hunt with a musical twist with Paddy Creedon, Eileen Beamish, David Williams		Examination Schools, Courtyard Marquee	



Conference schedule

Time	Session & Speaker	Track	Location	CE / CPD credits
13:30 - 14:30	Nurturing connection: Reaching disconnected teens for empowerment and resilience with Piet Jansen, Daisy Coates, Dominic Clark, Lowell Phillips, Rachel Barton-Coates	Child & Adolescent Track	Examination Schools, Room 1 & 2	1 CPD
	Psychedelic mindfulness with Sarah Tilley	Embodiment Track	Examination Schools, Courtyard Marquee	1 CPD
	The next frontier in mental health: Integrative and functional medicine with Kirkland Newman Smulders	Foundational Psychotherapist Track	Examination Schools, Room 14 & 15	1 CPD
	Healing your relationship with food and your body: An IFS approach with Jeanne Catanzaro	Advanced Psychotherapist Track	Examination Schools, South School	1 CE / 1 CPD
	In search of healing: Exploring mind, medicine and the body with Bessel van der Kolk, Rangan Chatterjee	Intermediate Psychotherapist Track	The Sheldonian Theatre	1 CPD
	Leveraging tech and AI to boost efficiency and bottom line for any organisation working in or adjacent to mental health and wellbeing with Charlie Wells	Leadership Track	Rhodes House, McCall McBain Hall	1 CPD
	Neuroplasticity in trauma therapy: Enhancing mental capacity to improve stress response and cognitive performance with Wynford Dore, John Mcguire	Medical Track	Rhodes House, Conference Space	1 CPD
14:30 - 15:15	Afternoon break			
15:15 - 17:15	Expanded awareness as an integrated practice in psychedelic healing with Licia Sky	Embodiment Track	Examination Schools, Courtyard Marquee	2 CPD
	Navigating transitions: A compass for parents, educators, and individuals in supporting psychological wellbeing with Caroline Welch, Gauri Seth, Lucy Jones, Cheryl Donaldson, Jon Goldin, Natasha Silver Bell	Child & Adolescent Track	Examination Schools, Room 1 & 2	2 CE / 2 CPD
	Harnessing adversity: Transforming vulnerability into strength and growth with Celestia Spong, Dan Siegel, Richard Schwartz, Hassan Mahmoud	Leadership Track	Rhodes House, McCall McBain Hall	2 CPD
	Culturally inclusive psychotherapy: Navigating the unique experiences of people of colour with Deran Young, Myira Khan, Eugene Ellis, Stephanie Simms, Sam Kiley	Foundational Psychotherapist Track	Examination Schools, Room 14 & 15	2 CPD
	Self-Exploration through Compassionate Inquiry with Sat Dharam Kaur	Intermediate Psychotherapist Track	The Sheldonian Theatre	2 CPD
	Tech horizons: Navigating ethical frontiers in mental health innovation with Freya Hickman, Benjamin Fry, Catherine Mooney, Rumina Taylor	Advanced Psychotherapist Track	Examination Schools, South School	2 CPD
	Harmonising mental wellness: A progressive approach to integrative medicine with Stephen Porges, Aimie Apigian, Rangan Chatterjee, Susanna Petche, Pratima Singh	Medical Track	Rhodes House, Conference Space	2 CPD

Thursday 12th September

🕒 Time	🎤 Session & Speaker	✅ Track	📍 Location	CE / CPD credits
17:15 - 17:45	Late afternoon break			
17:30 - 17:15	Tales of Oxford: Walking tour with local Oxford poet, Jane Thomas		Examination Schools, Main Reception	
	Sound bath 1 with Kanti Freeman	Embodiment Track	Reflection Room - Examination Schools, Room 9	
	Sound bath 2 with David Clarke	Embodiment Track	Examination Schools, Guest Lounge	
	Sound bath immersive session with Applied Wonder	Embodiment Track	Examination Schools, Courtyard Marquee	
	Child & Adolescent Track - process group	Child & Adolescent Track	Examination Schools, Room 1 & 2	
17:45 - 18:45	Leadership Track - process group	Leadership Track	Rhodes House, McCall McBain Hall	
	Foundational Psychotherapist Track - process group	Foundational Psychotherapist Track	Examination Schools, Room 14 & 15	
	Intermediate Psychotherapist Track - process group	Intermediate Psychotherapist Track	The Sheldonian Theatre	
	Advanced Psychotherapist Track - process group	Advanced Psychotherapist Track	Examination Schools, South School	
	Medical Track - process group	Medical Track	Rhodes House, Conference Space	



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 Time	 Session & Speaker	 Track	 Location	CE / CPD credits
	12-Step meeting		Examination Schools, Rooms 1 & 2	
07:00 - 08:00	Reclaiming pleasure and calm: A mindfulness and somatic breathwork journey with Marissa Nelson		Reflection Room - Examination Schools, Room 9	
	Insight Yoga with Olivia Clarke		Examination Schools, Courtyard Marquee	
08:30 - 09:30	The actual steps of repair with Terry Real		Exam Schools, South School	1 CPD
	Rupture and repair: Healing traumatic attachment with Janina Fisher		The Sheldonian Theatre	1 CE / 1 CPD
9:30 - 10:00	Break			
10:00 - 11:00	The utility of psychosocial and collaborative multidisciplinary treatments in chronic disease management with James Flowers		The Sheldonian Theatre	1 CPD
	Repairing systems: navigating ways to safety, healing, and justice with Mike Niconchuk		Examination Schools, South School	1 CE / 1 CPD
11:00 - 11:30	Morning break			
	Apply the research: The steps, skills, and sequence to repairing the blocks to regulation & neuroplasticity for trauma healing with Aimie Apigian	Advanced Psychotherapist Track	Examination Schools, South School	1 CPD
	Healing trauma with movement and breath with Betsy Polatin	Embodiment Track	Examination Schools, Courtyard Marquee	1 CPD
	Families uncovered: Exploring the intersection of borderline personality disorder and trauma with Fiona Yassin	Child & Adolescent Track	Examination Schools, Room 1 & 2	1 CE / 1 CPD
11:30 - 12:30	Cross cultural compassion: Moving from adaptive child to wise adult with Deran Young	Leadership Track	Rhodes House, McCall McBain Hall	1 CPD
	Building a thriving practice: Business tips for therapists with Tamara Howell	Foundational Psychotherapist Track	Examination Schools, Room 14 & 15	1 CPD
	Exploring the complex historical, social, and political context of social repair and trauma healing work in communities affected by conflict with Mike Niconchuk, Rola Hallam, Omar Reda, Suzan Shedid Elsayed, Sam Kiley	Intermediate Psychotherapist Track	The Sheldonian Theatre	1 CE / 1 CPD

Friday 13th September

🕒 Time	🎤 Session & Speaker	✅ Track	📍 Location	CE / CPD credits
11:30 - 12:30	How psychedelics can help heal trauma disorders: from brain science to clinical recovery with David Nutt	Medical Track	Rhodes House, Conference Space	1 CPD
12:30 - 13:30	Lunch break			
12:45 - 13:30	Celtic Kindness: The story of harpist, poet and 17th century Irish composer with Paddy Creedon, Eileen Beamish, David Williams		Examination Schools, Courtyard Marquee	



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13:30 - 14:30	Improvisation & applied theatre for creative expression and healing with Swan Frayne-Dao	Embodiment Track	Examination Schools, Courtyard Marquee	1 CPD
	Inner-compassion and purpose: Two essential pillars of well-being and healing trauma with Caroline Welch	Foundational Psychotherapist Track	Examination Schools, Room 14 & 15	1 CPD
	Unraveling the biology of attachment trauma & our clear path forward to repairing regulation and relationship with Aimie Apigian	Child & Adolescent Track	Examination Schools, Room 1 & 2	1 CPD
	Shame and grandiosity at home and work with Terry Real	Leadership Track	Rhodes House, McCall McBain Hall	1 CPD
	Returning home: Can connecting to a sense of belonging and safety repair emotional wounds and start the process of renewal? with Michele Morphis	Intermediate Psychotherapist Track	The Sheldonian Theatre	1 CPD
	Why boundaries are so misunderstood, and how to use them to repair relationships, with others and with yourself with Benjamin Fry	Advanced Psychotherapist Track	Examination Schools, South School	1 CE / 1 CPD
	Psychedelics & racial justice: Igniting an international conversation with Monnica Williams	Medical Track	Rhodes House, Conference Space	1 CPD
14:30 - 15:15	Afternoon break			
15:15 - 17:00	Unleashing your authentic voice for power and impact with Bea Palya	Embodiment Track	Examination Schools, Courtyard Marquee	2 CPD
	Navigating the adolescent mind: Insights from experts in polyvagal theory, trauma, addiction and mental health with Fiona Yassin, Heather Hayes, BG Mancini, Jon Goldin	Child & Adolescent Track	Examination Schools, Room 1 & 2	2 CPD
	The bullied brain: Addressing workplace bullying with Terry Real, Jennifer Fraser	Leadership Track	Rhodes House, McCall McBain Hall	2 CE / 2 CPD
	Threads of intimacy: Exploring the dynamics of relationships with John & Julie Gottman, Frank Anderson, Benjamin Fry, Julia Samuel	Intermediate Psychotherapist Track	The Sheldonian Theatre	2 CE / 2 CPD
	Unveiling the intersections: Exploring trauma & addiction with Richard Schwartz, Robin Lefever, Sat Dharam Kaur, Lou Lebentz, Josh Dickson, Dr Niall Campbell	Advanced Psychotherapist Track	Examination Schools, South School	2 CE / 2 CPD
	The crucial link in recovering from trauma and chronic pain (tac) with Mel Pohl, Les Aria, Jennell Maze	Foundational Psychotherapist Track	Examination Schools, Room 14 & 15	2 CPD
	How do you think psychedelics will change the face of psychiatry? David Nutt, Monnica Williams, Bessel van der Kolk, Licia Sky, Iain Jordan, Sam Kiley, Frederico Magalhaes	Medical Track	Rhodes House, Conference Space	2 CPD

Friday 13th September

🕒 Time	🗣️ Session & Speaker	✅ Track	📍 Location	CE / CPD credits
17:00 - 17:30	Afternoon break			
17:30 - 19:00	Choral evensong at Christ Church Cathedral with Jane Thomas		Examination Schools, Main Reception	
	Sound bath 1 with Kanti Freeman	Embodiment Track	Reflection Room - Examination Schools, Room 9	
	Sound bath 2 with David Clarke	Embodiment Track	Examination Schools, Guest Lounge	
	Sound bath immersive session with Applied Wonder	Embodiment Track	Examination Schools, Courtyard Marquee	
	Child & Adolescent Track - process group	Child & Adolescent Track	Examination Schools, Room 1 & 2	
17:30 - 18:30	Leadership Track - process group	Leadership Track	Rhodes House, McCall McBain Hall	
	Foundational Psychotherapist Track - process group	Foundational Psychotherapist Track	Examination Schools, Room 14 & 15	
	Intermediate Psychotherapist Track - process group	Intermediate Psychotherapist Track	The Sheldonian Theatre	
	Advanced Psychotherapist Track - process group	Advanced Psychotherapist Track	Examination Schools, South School	
	Medical Track - process group	Medical Track	Rhodes House, Conference Space	



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Time	Session & Speaker	Track	Location	CE / CPD credits
	12-Step meeting		Examination Schools, Rooms 1 & 2	
07:00 - 08:00	Insight Yoga with Olivia Clarke		Examination Schools, Courtyard Marquee	
	Reclaiming pleasure and calm: A mindfulness and somatic breathwork journey with Marissa Nelson		Reflection Room - Examination Schools, Room 9	
08:30 - 09:30	An innovative genre of music composed to support a journey of healing with Stephen Porges & Anthony Gorry		Examination Schools, South School	
	Trauma and personality with Dan Siegel		The Sheldonian Theatre	
9:30 - 10:00	Break			
10:00 - 11:00	Unlocking optimal states: Innovations in vagus nerve stimulation and performance with Stephen Porges, Sue Carter, Jason Wersland, Michael Allison		Examination Schools, South School	1 CPD
	Poor: A story about the complexities of poverty and drug addiction with Katriona O'Sullivan		The Sheldonian Theatre	1 CPD
11:00 - 11:30	Morning break			
11:30 - 12:30	Embodiment of body, mind spirit and consciousness with Swarna Singhal	Embodiment Track	Examination Schools, Courtyard Marquee	1 CPD
	Matrescence: The process of becoming a mother with Lucy Jones	Child & Adolescent Track	Examination Schools, Rooms 1 & 2	1 CPD
	Transformative and authentic leadership: Cultivating burnout free and sustainable work environments with David St Bernard, Danielle McCarron	Leadership Track	Rhodes House, McCall McBain Hall	1 CPD
	The ethics of self care with Heather Hayes	Foundational Psychotherapist Track	Examination Schools, Room 14 & 15	1 CE / 1 CPD
	The rupture of loss and the process of repair: Insights and reflections with Julia Samuel, Priscilla Short, Amber Jeffrey	Intermediate Psychotherapist Track	The Sheldonian Theatre	1 CE / 1 CPD
	Minimum viable context and personalisation in medicalised psychedelics with Iain Jordan	Advanced Psychotherapist Track	Examination Schools, South School	1 CPD
	The oxytocin hypothesis: Science behind the healing power of love with Sue Carter	Medical Track	Rhodes House, Conference Space	1 CE / 1 CPD
12:30 - 13:15	Lunch break			

Saturday 14th September

🕒 Time	🗣️ Session & Speaker	✅ Track	📍 Location	CE / CPD credits
13:15 - 14:15	Benefits of a somatic intervention informed by the polyvagal theory with Donnalea Goelz, Sue Carter	Medical Track	Rhodes House, Conference Space	1 CPD
	Women and money: The value of self-worth with Natasha Silver Bell, Diana Chambers, Melita Stancil, Holli Rubin	Leadership Track	Rhodes House, McCall McBain Hall	1 CPD
	Afro flow yoga with Jeff W Jones, Leslie Salmon Jones	Embodiment Track	Examination Schools, Courtyard Marquee	1 CPD
	Childhood trauma in war & displacement with Alexandra Chen	Child & Adolescent Track	Examination Schools, Room 1 & 2	1 CPD
	Mind, body, spirit: An integrative approach to treating trauma or trauma-related disorders, focused on eating disorders with Gita Chaudhuri, Sarah Boss	Foundational Psychotherapist Track	Examination Schools, Room 14 & 15	1 CPD
	Neurofeedback: Empowering the brain to heal trauma with Bessel van der Kolk, Bernhard Wandernoth	Intermediate Psychotherapist Track	The Sheldonian Theatre	1 CPD
Why nothing matters: Becoming neglect informed in a lonely world, Ruth Cohn	Advanced Psychotherapist Track	Examination Schools, South School	1 CE / 1 CPD	
14:15 - 14:45	Break			
14:45 - 16:45	Rebuilding trust after an extra-marital affair with John & Julie Gottman		The Sheldonian Theatre	2 CE / 2 CPD
	Rebuilding trust after an extra-marital affair with John & Julie Gottman <i>live streamed in comfort room</i>		Examination Schools, South School	2 CE / 2 CPD
16:45 - 17:15	Afternoon break			
17:15 - 17:30	Creative connection: reflecting & integrating with Swan Frayne-Dao		The Sheldonian Theatre	
17:30 - 18:15	Closing session with Julia Samuel, John & Julie Gottman, Dan Siegel, Janina Fisher, Richard Schwartz, Deran Young		The Sheldonian Theatre	
18:30 - 20:00	Closing celebration - movement & euphoria		Examination Schools, Courtyard Marquee	

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