



2025 TRANSFORM
TRAUMA
OXFORD

Transferring knowledge in trauma, mental health and wellbeing.

The University of Oxford
28 – 30 September



Highlighted partners



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Save the date

14 - 17 September 2026

Get your pre-sale Transform Trauma Oxford 2026 ticket at an exclusive discounted rate.

Featuring Gabor Maté, Tara Swart, and Bessel van der Kolk.



mastersevents.com/oxford-2026

Welcome to Masters Events

At Masters Events, we believe in a world where mental health and wellbeing are prioritised. Our mission is to bridge the gap between research, tools and techniques, and those who need them most.

Join us in making a positive impact on the wellbeing of our world

Our flagship event, Transform Trauma Oxford, aims to change ideas about wellness by bringing research, knowledge and understanding of healing to audiences that can create the change we need to see.

*"If you have knowledge,
let others light their candles in it."*
– Margaret Fuller

Like **Margaret Fuller**, the 19th-century American journalist, editor and women's rights advocate who believed in the power of sharing knowledge and empowering others through education, we are committed to lighting the way for transformative growth and healing.

The Masters Events brand continues to reinforce our unwavering dedication to transferring knowledge in trauma, mental health and wellbeing. It represents a renewed commitment to bringing the latest research, tools, and techniques to those who need them most.

Building supportive communities and spaces

We are focused on creating inclusive environments where individuals can gain knowledge, find support, access resources and connect with their communities. By recognising and celebrating the invaluable contributions of researchers, thought leaders, pioneers and game-changers, we curate meaningful experiences that facilitate impactful outcomes.

The change we need to see

Masters Events is more than an event organiser; we are dedicated to reshaping the conversation around trauma, mental health and wellbeing. Our goal is to challenge outdated beliefs and shift behaviours about what it means to achieve wellness. We aim to inspire individuals and organisations to take meaningful action and drive positive change in their communities and beyond.

Araminta Jonsson CEO & Founder
Emma Stapleton Managing Partner

Don't miss a
thing with our
brand new event
app. Scan here
to access



mastersevents.com/event-platform

Healing Our Relational World A call to reconnect

We are living a time of global uncertainty and social fragmentation. Transform Trauma Oxford 2025 invites you to gather around a shared and urgent calling: **to heal our relational world.**

Our lives are shaped by relationships – with ourselves, with others and with the world around us. Whether through personal trauma, collective grief or intergenerational disconnection, many of us find ourselves carrying fractures in these connections. But it's within these fractures that opportunity lives. There is opportunity to rethink the ways we relate and rebuild trust across all levels of society.

From rupture to relationship

At Transform Trauma Oxford 2024, we explored the pain and power in Rupture and Repair – our conference theme. Our community bravely shared both wounds and wisdom. This year's theme, Healing Our Relational World, builds on that foundation by looking forward toward connection.

It invites us to join a collective journey to explore the research, practices and tools that can help us repair disconnection and cultivate healing at both individual and collective levels.

*"We are born in relationship, we are wounded in
relationship, and we heal in relationship."*
– Harville Hendrix

What does it mean to heal our relational world?

At the heart of trauma is often a broken relationship, whether that's with the body, caregivers, community or culture. And at the heart of healing is the opportunity to rebuild those broken bonds, intentionally and inclusively.

To heal our relational world is to recognise that wellbeing is not solely an individual pursuit, it is woven through every connection we hold. It asks us to examine the way we relate to ourselves, to one another, to place, to culture and to the wider systems that shape our lives.

This journey begins inward, through embodiment, self-understanding and the courage to meet ourselves honestly. And it extends outward into our relationships: romantic, platonic, societal, contractual – as well as our relationship with the land beneath our feet.

Healing our relational world also pushes us to confront the systems that have decided who has been seen, heard and welcomed – and who hasn't. Oxford's legacy is one of intellectual prestige, but it also carries a history of exclusion. This reminds us that healing must be relational and it must be inclusive. We gather here not to ignore its legacy, but to reimagine it and dare to build new ways of being together.

*"If you want to go fast, go alone.
If you want to go far, go together"*
– African proverb

A community-centred gathering

We believe community and connection is the foundation of meaningful work. Supporting others starts with feeling supported ourselves and Transform Trauma Oxford is designed to nurture exactly that – a vibrant, collaborative community.

For many, therapeutic work can be deeply meaningful but simultaneously isolating. Attendees often arrive seeking knowledge and practical tools but leave feeling part of something far more powerful: a strong community with a shared mission to light the way for healing.



“A single twig breaks, but a bundle of twigs is strong.”

Native American proverb (attributed to the Cherokee)

What's new *this year*

Last year's Transform Trauma Oxford was a memorable experience but we're always improving and evolving. We listened closely to your feedback and have introduced new elements designed to make the conference more inclusive, more accessible, more community-focused and more aligned with the real-life needs of attendees.

New on-site therapeutic spaces and sessions

Expect a range of therapeutic offerings including Tension and Trauma Releasing Exercise (TRE®) group sessions, Craniosacral Therapy tasters, quiet and grounding areas for regulation between sessions. We're creating a trauma-informed setting where emotional safety and nervous system care are a central part of the experience. Learn more about this year's additional activities on page 12.

Volunteer therapists

The Healing Collective – a team of trauma-aware therapists and practitioners led by our lead consultant Stephanie Simms, LMHC – will be on hand to provide a compassionate, safe presence. They offer one-on-one check-ins, emotional regulation support and brief restorative interventions as needed. If you need support, look for team members wearing a pink sash.

Multiple exhibition spaces

We've spread the exhibition across several venues so you can explore at your own pace between sessions. Each space is designed around community, connection and conversation – come and meet exhibitors and exchange ideas. These spaces can be found in the Clarendon Quad, Divinity School, Exeter Front Quad, and Trinity. See more on page 14.

Simplified movement between venues

We have refined the conference layout to reduce walking distances and make navigation easier. All core venues are now within a 12-minute walk of each other (see map on page 15), with wayfinding signage and accessibility support provided. Transitions are more convenient, but we have still protected space for pauses and reflection time.

We've also partnered with local healthy food vendors and cafés to offer exclusive delegate discounts – see the “Locations and where to eat” section on page 8.

Food options and attendee discounts

Snacks and refreshments will be available at most venues throughout the day. For something more substantial, the Divinity School, Clarendon Quad and Exeter College will offer a variety of nutritious lunch options.

New, affordable social events

In response to last year's feedback, we've added three low-cost, community-centred evening events in addition to our annual Gala Dinner. From our welcoming Preconference Gathering, to Ruby Wax live and an immersive evening with Ripples Collective – plus a free closing celebration for attendees, which is now fully booked – there are more opportunities than ever to connect and unwind outside the formal programme. See full event details on page 25.

Optimised timetable

Every session is a minimum of 90 minutes, allowing space for un-rushed, deeper discussions and experiential elements such as embodied exercises. You'll leave not just informed but transformed.

Volunteer opportunities

We offered over 100 volunteer roles at this year's event which means students and early-career therapists get to experience the conference and our community in exchange for service. Interested in volunteering next year? Get in touch on volunteers@masterevents.com after this year's conference.

Our membership platform

We are proud to introduce Common Threads, a trauma-focused membership platform from Masters Events offering year-round learning, reflective peer spaces and tools for practitioners. Stop by our booth in Clarendon Quad to find out more and find out how Common Threads can support your ongoing growth and connection.

Why Oxford

Oxford is a city of complexity. Renowned for its academic heritage, it is a place that shapes ideas. It's also one that hasn't always been accepting of all identities.

The statue of Cecil Rhodes at Oriel College stands as a visible reminder of Oxford's entanglement with colonial history. And it wasn't until 1920 that women were permitted to graduate from the university. For centuries, systems of exclusion and elitism meant that access to knowledge has been gatekept.

Our aim is, and always has been, to bridge divides, build trust and democratise knowledge. To ask how we heal our relational world – against the backdrop of Oxford – is to engage with the systems that have long defined this space. A platform once built on inequity now becomes a stage for collective repair, dialogue and transformative change.

Living the core principles of health and healing

If we're serious about change, we must also be serious about the spaces we create. True healing and meaningful learning only happens when the nervous system feels safe and supported.

That's why, at Transform Trauma Oxford, we've intentionally created an environment that nurtures focus, reflection, connection and overall wellbeing.

Movement matters

Walking between venues is purposeful as much as it's practical. Research shows that movement enhances cognitive processing, stimulates neural plasticity and reduces stress. Walking between sessions means time to digest information and reflect.

The power of natural light

Natural daylight plays a critical role in regulating mood and supporting learning which is why we prioritise venues with natural light wherever possible. In spaces where this is limited, we build in opportunities for movement and encourage participants to step away, stretch, and recharge – ensuring your energy and focus are sustained.

Fresh air for fresh thinking

Access to fresh air is essential for cognitive function and mental clarity. That's why we've prioritised venues with openable windows and outdoor spaces, allowing regular opportunities to reset and refresh throughout the day.



"Fulfilment comes from people and purpose."

US Surgeon General
Vivek Murthy

Getting around Oxford

Navigating between venues is easy with most locations closer together than last year – based on requests from 2024.

Much of the conference takes place around Broad Street and George Street, which are conveniently situated so you can move between these venues on foot, enjoying Oxford's charm along the way.

- **The Sheldonian Theatre and Divinity School**, Broad St, Oxford OX1 3AZ
- **Exeter College**, Turl St, Oxford OX1 3DP
- **Trinity College**, Broad St, Oxford OX1 3BH
- **New Theatre**, 24-26 George St, Oxford OX1 2AG
- **Town Hall**, St Aldate's, Oxford OX1 1BX

All the above are within a 3-5 minute walk of each other, except Town Hall, which is around an 8-minute walk from the rest of the venues.

- **Examination Schools**, 75-81 High St, Oxford OX1 4BG (for Monday night's Dinner and Dancing event – additional ticket purchase is required.)

10-minute walk from the Sheldonian Theatre, Trinity College and Exeter College

15-minute walk from the New Theatre and Town Hall

Travelling by car

There is very limited car parking in Oxford so it is advised to use public transport where possible.

- **Park and Ride**: Oxford has five Park and Ride locations around the city's ring road offering access to the city centre via regular bus services. Sites are open 24/7, and there are long-stay options. Refer to: www.oxford.gov.uk/parking-oxford
- **Accessible car parking**: This map shows the location of blue badge parking in Oxford city centre. www.accessguide.ox.ac.uk/files/oxford-blue-badgeparking-mappdf

Additional transportation options

- **Walking**: The best way to explore Oxford and enjoy the city's charm.
- **E-bicycles and scooters**: Oxford has e-bike and e-scooter hire stations for a quick and scenic commute.
- **Public transport**: Buses run frequently across the city, with stops near the main venues.



Taxis are readily available:

- **Radio Taxis**: +44 (0)1865 242424
- **Oxford Taxis**: +44 (0)1865 238062
- **Royal Cars**: +44 (0)1865 777333
- **Uber**: Available in Oxford city centre

Event locations



- 1 The Sheldonian Theatre and Divinity School
Broad St, Oxford OX1 3AZ

2 Exeter College
Turl St, Oxford OX1 3DP
- 3 Trinity College
Broad St, Oxford OX1 3BH

4 New Theatre
24-26 George St, Oxford OX1 2AG
- 5 Town Hall
St Aldate's, Oxford OX1 1BX

Places to eat and exclusive attendee discounts



Here are our recommended spots for lunch and break times. Refreshments are available at all venues.

Grab 'n' go

- 1 Salsa del Sol
Fresh Mediterranean and Latin bowls, juices and drinks
123 High Street, Oxford, OX1 4DF

2 Taylors
Oxford's famous gourmet sandwich and deli chain
Covered Market, Avenue 3, OX1 3DY

3 Taylors
Oxford's famous gourmet sandwich and deli chain
58 High Street, OX1 4AS

4 Taylors
Oxford's famous gourmet sandwich and deli chain
19 High Street, OX1 4AH
- 5 Taylors
Oxford's famous gourmet sandwich and deli chain
31 St Giles, OX1 3LD

6 ItaliAmo
Quick Italian bites and classic dishes
22 Broad Street, OX1 3AS

7 ItaliAmo
Quick Italian bites and classic dishes
42 High Street, OX1 4AP

8 Itsu
Healthy Asian meals and sushi
36 Cornmarket Street, OX1 3EZ
Attendees receive 15% off at tills (not self-serve) with badge and lanyard.
- 9 Itsu
Healthy Asian meals and sushi
Westgate Shopping Centre, OX1 1NZ
Attendees receive 15% off at tills (not self-serve) with badge and lanyard.

10 Wasabi
Quick, flavourful Japanese food
11-12 Cornmarket Street, OX1 3EX

Sit-down and café dining

- 11 Queens Café
Cosy café for breakfast and lunch
40 High Street, Oxford, OX1 4AP

12 The Vaults & Garden
Historic café serving hearty meals and known for 'the best scones in Oxford'
University Church, 1 Radcliffe Square, Oxford, OX1 4AH

13 Quod
Stylish restaurant offering modern British and European dishes
92-94 High Street, Oxford, OX1 4BN
Attendees receive 10% off with lanyard.
- 14 Gees Restaurant & Bar
Elegant venue serving Mediterranean and British cuisine
61-63 Banbury Road, Oxford, OX2 6PE
Attendees receive 10% off with lanyard.

15 Parsonage Grill & Bar
Five-star dining with refined seasonal dishes
1-3 Banbury Road, Oxford, OX2 6NN
Attendees receive 10% off with lanyard.
- 16 Grand Café
Classic Oxford café in a historic setting
84 High Street, Oxford, OX1 4BG

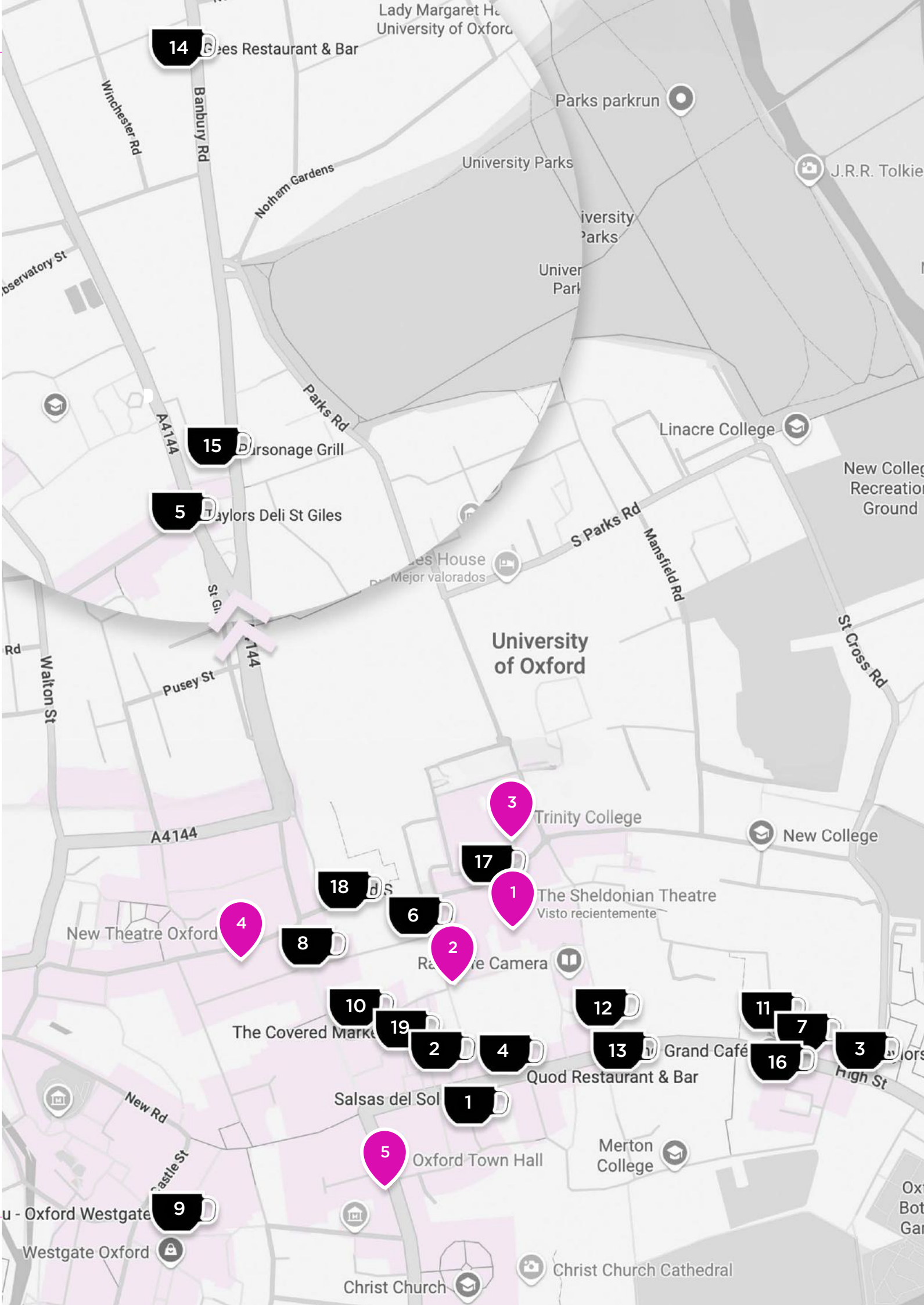
17 Weston Library Café
Café inside the historic Weston Library, offering breakfast and lunch options
Broad Street, Oxford, OX1 3BG

18 The Store
Relaxed dining experience with a focus on fresh, local produce
35 St Aldate's, Oxford, OX1 1BN

Oxford Covered Market

- 19 Oxford Covered Market
A vibrant mix of cafés, lunch spots and grab-and-go options, perfect for a quick bite or a relaxed sit-down break.
The Covered Market, Market Street, Oxford OX1 3DZ

Don't forget to check out London Nootropics refreshments located in New Theatre, The Sheldonian and Exeter College



Additional activities

Tension and Trauma Releasing Exercise (TRE®) group sessions

- 28 and 30 September Various
- Trinity, Garden Room

These sessions combine TRE - Tension and Trauma Releasing Exercises, with gentle group Brainspotting and practical insights into nutrition and nervous system support. Exploring how stress, emotion and ancestral patterns can become embedded in the body, the sessions provide somatic tools that help release tension and restore resilience. Each session is trauma-informed, beginner-friendly and paced to meet participants where they are - offering space to tune into the body with curiosity and compassion. No prior experience is needed.

Anxiety and stress – release and reset

Sunday 09:00-10:30 and Tuesday 08:30-10:00

A grounding session for those feeling overwhelmed or emotionally overstretched. Activate the body’s natural release mechanisms with TRE, explore resourcing through Brainspotting and share gentle nutritional shifts that support nervous system regulation and emotional recovery.

Ancestral trauma healing – releasing held patterns

Sunday 11:30-13:00 and Tuesday 10:30-12:00

Participants will explore how trauma and inherited experiences may be held in the body. Using TRE and Brainspotting techniques, participants will create space for safe release and reconnection, supported by nutritional insights that aid stability and integration.

Perimenopause and menopause - grounding the shift of hormonal change (women’s space)

Sunday 14:30-16:00 and Tuesday 13:30-15:00

A nurturing session for anyone navigating the physical and emotional transitions of perimenopause or menopause - including cis women, trans men and non-binary individuals. TRE will ease tension, Brainspotting will support emotional anchoring and nutrition tools to promote hormonal balance, mood stability, and inner calm.

These sessions are bookable via the event platform: mastersevents.com/event-platform

Craniosacral Therapy taster sessions

with Dorine Siccama, Lizette Villaverde, Lulu Ferrand, Dr Nicola Brough

- 28 – 30 September 30 minute sessions
- Trinity, Levine Teaching Room 3

Gentle, restorative and non-invasive, Craniosacral Therapy (CST) supports the body in processing and releasing trauma and settling the nervous system. These 30-minute taster sessions are available throughout the day with experienced CST therapists in a quiet treatment space. Expect to feel calmer, more grounded and more spacious in your body.

These sessions are bookable via the calendar link here: tinyurl.com/CraniosacralTherapySessions

12-Step mutual help meetings

- 28 – 30 September 07:00 – 08:00
- Exeter, Rector’s Drawing Room

A daily space for all attendees who work on a 12-Step program or who are interested in attending a Mutual Help meeting. We will sometimes use specific readings that refer to a particular program to preserve the integrity of that original piece of writing. Addiction and dependency issues are common and often the solution is found when people can identify with others experiencing similar issues.

It’s OK Not to Be OK

A Frazzled Session with Ruby Wax

- 30 September 13:10 – 13:45
- Exeter, Embodiment Marquee



Join Ruby Wax for a Frazzled session blending mindfulness with real, honest conversation. In this guided space, there’s no pressure to fix or perform - just a chance to slow down, check in, and (if you want to) share what’s really going on. You’ll leave feeling a little more connected, a little less alone, and reminded that it’s OK not to be OK.

Breath therapy

Your hidden superpower with Swan Dao

- 30 September 07:00 – 08:00
- Trinity, Garden Room

Discover how conscious breathing can release emotional blockages, rebalance the nervous system, and reconnect you to your body’s innate wisdom. In this experiential workshop, you’ll explore evidence-based and somatic breathwork practices that cultivate presence, resilience, and inner calm. Start your day with a deep breath, and a deeper connection to yourself.

These sessions are bookable via the event platform: mastersevents.com/event-platform

Insight Yoga

with Olivia Clarke

- 29 – 30 September 07:00 – 08:00
- Exeter, Embodiment Marquee



Limited yoga mats provided

Begin your day in a slow, spacious, and unhurried way with this nourishing morning practice. Olivia invites you to come back to ground – to rest into the support of the Earth and reconnect with the body as home. Through a blend of Yin Yoga (long-held, earth-based postures) and mindful flow, you will gently awaken the nervous system, restore balance, and cultivate presence. Rooted in Buddhist mindfulness, the session encourages a “U-turn” from outer busyness to inner awareness, helping you notice what unfolds within and how it shapes your connection to others. With simple practices that highlight the power of pause, Olivia offers tools to carry into your day – reminders that we are not built to live in a constant rush, but to move with steadiness, awareness, and care. The warm practice room provides the perfect space to arrive fully, reconnect, and begin the day with insight and ease.

These sessions are bookable via the event platform: mastersevents.com/event-platform

Chair massage

with Susan Findlay

- 29 – 30 September Drop-in throughout
- Clarendon Quad, Exhibition Marquee



Our bodies possess an extraordinary sensory capacity. We see, hear, smell, and touch the world around us, firing off signals to our brain in milliseconds. Of all these senses, touch is arguably the most fundamental – especially in therapeutic work like massage. Science increasingly shows that the way we touch – and the intention behind it – can influence not only how we feel but also how we heal. Mindful, nurturing touch directly impacts our nervous system and can dramatically shape the outcome of a therapy session.

Enjoy a 15-20 onsite seated chair massage - done over clothing.

The Magic Chair

Demo from Clive de Carle’s Secret Health Club

- 29 – 30 September Drop-in throughout
- Trinity, Reflection Café





Originally developed to support PTSD recovery in veterans, Magic Chairs use advanced relaxation technology to reset and rebalance the nervous system. In just minutes, participants often experience deep relaxation, improved clarity and a greater sense of calm. With over 40 targeted programmes to choose from, the chairs support stress release, resilience, focus, creativity, and restorative sleep. Simply select the protocol that meets your needs, recline in a premium zero-gravity chair, and let the system guide you into balance. Six chairs will be available for drop-in demos across the three days – giving you the chance to try this innovative approach to wellbeing for yourself.


Additional activities


Embodying Your Parts

Workshop with Equanima

 28 – 30 September

 Various


 New Theatre, workshop space


 This interactive workshop explores the inner world of “parts” – the different selves that hold our voices, histories, and emotional responses. Rather than correcting or suppressing them, the process invites curiosity and compassion, creating space to understand the role each part plays. Using vivid character work, participants engage in storytelling and role exploration, embodying these inner figures to step into their perspective and emotional reality. This approach helps bypass overthinking and offers a felt sense of truth and connection. Designed for therapists and practitioners, the workshop introduces a safe, creative, and practical method for guiding clients into meaningful dialogues with their inner world. Participants leave with new tools to support emotional exploration in ways that are accessible, imaginative, and deeply grounding.


These sessions are bookable via the event platform: mastersevents.com/event-platform


Developing Us: Photography, Family and Feeling

An intimate photography exhibition with Louise Taylor

 29 – 30 September


 08:30 – 17:00


 Town Hall, Old Museum Shop


 This is an intimate exhibition that navigates the emotional terrain of memory, grief, and inherited family narratives. Drawing on a family archive of photographs and Super 8 footage stored away for decades, Louise explores the life and loss of her father, a gifted yet troubled musician who died by suicide shortly before her sixth birthday. What began as a search for answers about who he was and why he died gradually evolved into a deeper exploration of their relationship across time. The archive is reimagined not merely as a repository of facts, but as a living space for relational healing. Themes of concealment, distortion, and emotional truth are woven throughout, inviting viewers into deeply immersive encounters – from seeing the world through a child’s eyes to stepping into the luminous space between a father’s gaze and his daughter’s response. This exhibition offers a powerful invitation for reflection, encouraging audiences to revisit their own family photographs with fresh eyes and consider how images shape, obscure, and reveal our emotional realities.


Mapping Your Inner World

Workshop with Equanima

 28 – 30 September

 Various


 New Theatre, workshop space


 This hands-on workshop offers a creative way to explore the emotional landscape by making the invisible visible. Through system-level mapping, participants bring feelings, needs, body signals, and triggered responses into a tangible form. This process engages the visual brain, bypassing habitual narratives and opening space for fresh connections. By treating the inner world as an interconnected ecosystem rather than isolating single emotions, mapping reveals patterns, unmet needs, and pathways to change. The experience is practical, interactive, and visually engaging – supporting both self-awareness and therapeutic practice. Ideal for therapists and practitioners interested in integrative or parts-based approaches, this method provides a concrete way to help clients see and understand the complexity of their inner world. Participants leave with a deeper personal perspective and a flexible tool they can bring into client work immediately.


These sessions are bookable via the event platform: mastersevents.com/event-platform


The Healing Collective

Volunteer therapists

 28 – 30 September

 Drop-in throughout


 Various


 Throughout the conference, a team of trauma-informed therapists and practitioners will be on hand to provide a compassionate, supportive presence. Offering one-on-one check-ins, brief restorative interventions, and emotional regulation support, The Healing Collective ensures participants have access to care in a safe and inclusive environment. Look for team members wearing a pink sash for easy identification.


Lead Consultant – Stephanie Simms, LMHC – is a trauma-informed psychotherapist and Certified Gottman Therapist with extensive experience supporting individuals and teams. A U.S. Air Force veteran and former NASA consultant, she brings expertise in leadership, team building, and fostering psychologically safe spaces for growth and connection.


What’s Mine is Yours


Immersive soundscape with Joseph Palframan and Aya Koné

 28 – 30 September

 Drop-in throughout

 Exeter, Front Quad Marquee

 The artwork echoes rhythms of labour and extraction, while sculptural elements extend this dialogue with the space, creating moments of pause and reflection amidst the programme.

 This installation responds directly to Oxford as a site shaped by histories of extraction, labour, and empire. It reflects on the invisible labour that built and continues to sustain our institutions, asking how we might inhabit these spaces with greater awareness and humility.


The project draws attention to the legacies of figures such as Cecil Rhodes, whose wealth from Southern African diamond mining funded parts of Oxford, as well as Alice Kinloch, who spoke out against the exploitation of miners and helped initiate the Pan-African movement.


By situating these voices and histories within the university itself, the installation gestures toward remembrance and repair, and invites audiences to reflect on the traces we carry forward.


Joseph Palframan and Aya Koné are conceptual artists with a studio practice at Cas-co Leuven. Their collaborative work is often site-specific and engages critically with processes of injury and repair, particularly as these emerge within institutional and architectural frameworks.

Global Majority room

A dedicated space for inclusive dialogue and support


 28 – 30 September


 08:30 – 18:00


 Exeter, Rector’s Drawing Room

LGBTQIA+ community room

A dedicated space for inclusive dialogue and support

 28 – 30 September

 08:30 – 18:00

 Exeter, Rector’s Dining Room

Our dedicated spaces for the Global Majority and LGBTQ communities to ensure inclusive dialogue and support. These rooms will offer networking opportunities and a safe environment for sharing unique experiences and perspectives.

Don't miss a thing with our brand new event app. Scan here to access



Your guide to our venues

1 The Sheldonian

The Sheldonian Theatre

- The Sheldonian Theatre, conference space
- London Nootropics stand

Clarendon Quad Marquee

- Refreshments and food
- Chair massage

Exhibition space

- Common Threads
- EDMR Kit
- Equinima
- Goldish
- Lead from the Soul
- Meadows Behavioural Healthcare
- Pivotal Recovery
- Parasymp™
- Priory
- Promis Clinics
- Psychology Tools
- Psychological Counselling Services
- Recovery.com
- Sea Recovery
- The Balance Rehab Clinic
- UKAT
- White River Manor

Divinity School

- Refreshments and food
- Bookstore and book signings

Exhibition space

- Compassionate Inquiry
- Holistic Insurance Services
- Khiron Clinics
- PEP
- PESI
- Pruimboom Institute

2 Exeter College

- Embodiment Marquee, conference space
- Global Majority space
- LGBTQIA+ space
- 12-Step meeting space

Front Quad Marquee

- London Nootropics stand
- Refreshments and food
- Masters Events customer service
- What's Mine is Yours art installation

Exhibition space

- Eyeamworld
- Frazzled
- Healing for Gaza

3 Town Hall

- Main Hall, conference space
- Assembly Room and Old Library, conference space
- Louise Taylor photography exhibition
- Café

Exhibition space

- Recovery.com

4 New Theatre

- New Theatre, conference space
- London Nootropics stand
- Equanima workshops

Exhibition space

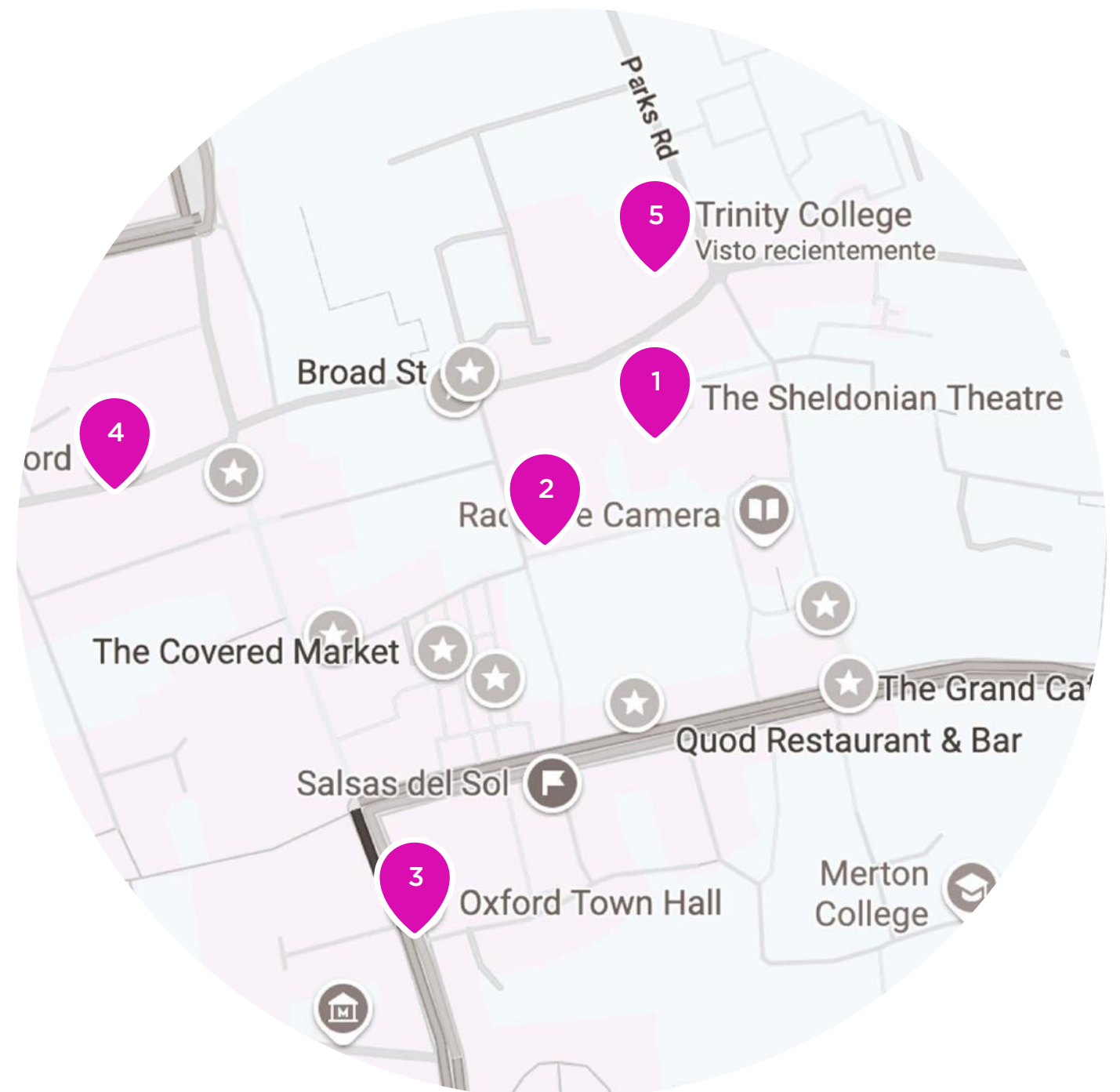
- Khiron Clinics
- Goldish

5 Trinity College

- Trinity Garden Room, conference space
- Trinity Lecture Theatre, conference space
- Levine Café
- Craniosacral Therapy taster sessions
- The Magic Chair demonstrations
- Tension and Trauma Releasing Exercise (TRE®) group sessions

Exhibition space

- Onsite
- Clive de Carle, The Magic Chair

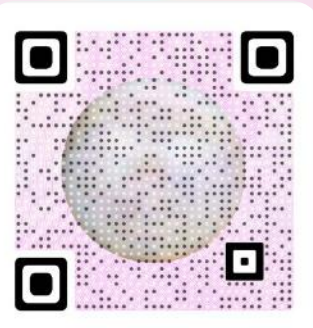


Save
the date

14 - 17 September 2026

Get your pre-sale
Transform Trauma Oxford 2026
ticket at an exclusive discounted rate.

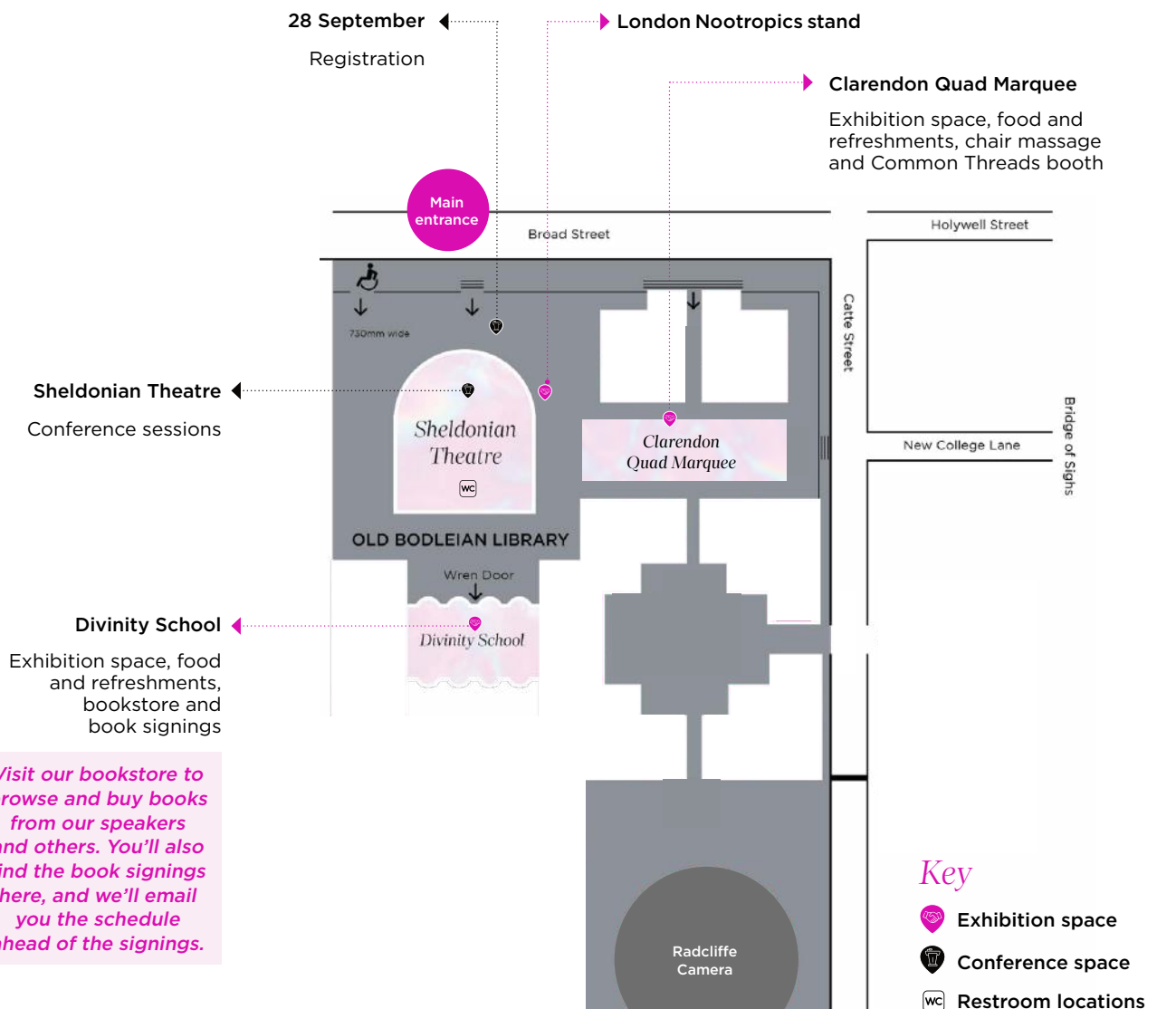
Featuring Gabor Maté, Tara Swart,
and Bessel van der Kolk.



Find the Right Treatment for You



The Sheldonian Theatre, Divinity School and Clarendon Quad Marquee



Opening and closing times for attendees

Sheldonian

Sunday: 07:30 – 18:30

Monday: 07:30 – 18:45, reopening again at 19:30 for our evening performance

Tuesday: 07:30 – 19:00

Clarendon Quad Marquee and Divinity School

Sunday: 10:00 – 18:00

Monday: 07:45 – 18:00

Tuesday: 07:45 – Divinity School closes 13:30
Clarendon Quad Marquee closes 14:00

Restroom locations

- At the Sheldonian: all inside the Sheldonian Theatre (downstairs), including 1 x accessible on the main floor
- Public toilets over the road at the Weston Library (Broad Street) including various accessible toilets
- Public toilets over the road at Blackwell's (Broad Street) including 1 x accessible

eyeamworld.com

oam
hormone balancing drops

oam

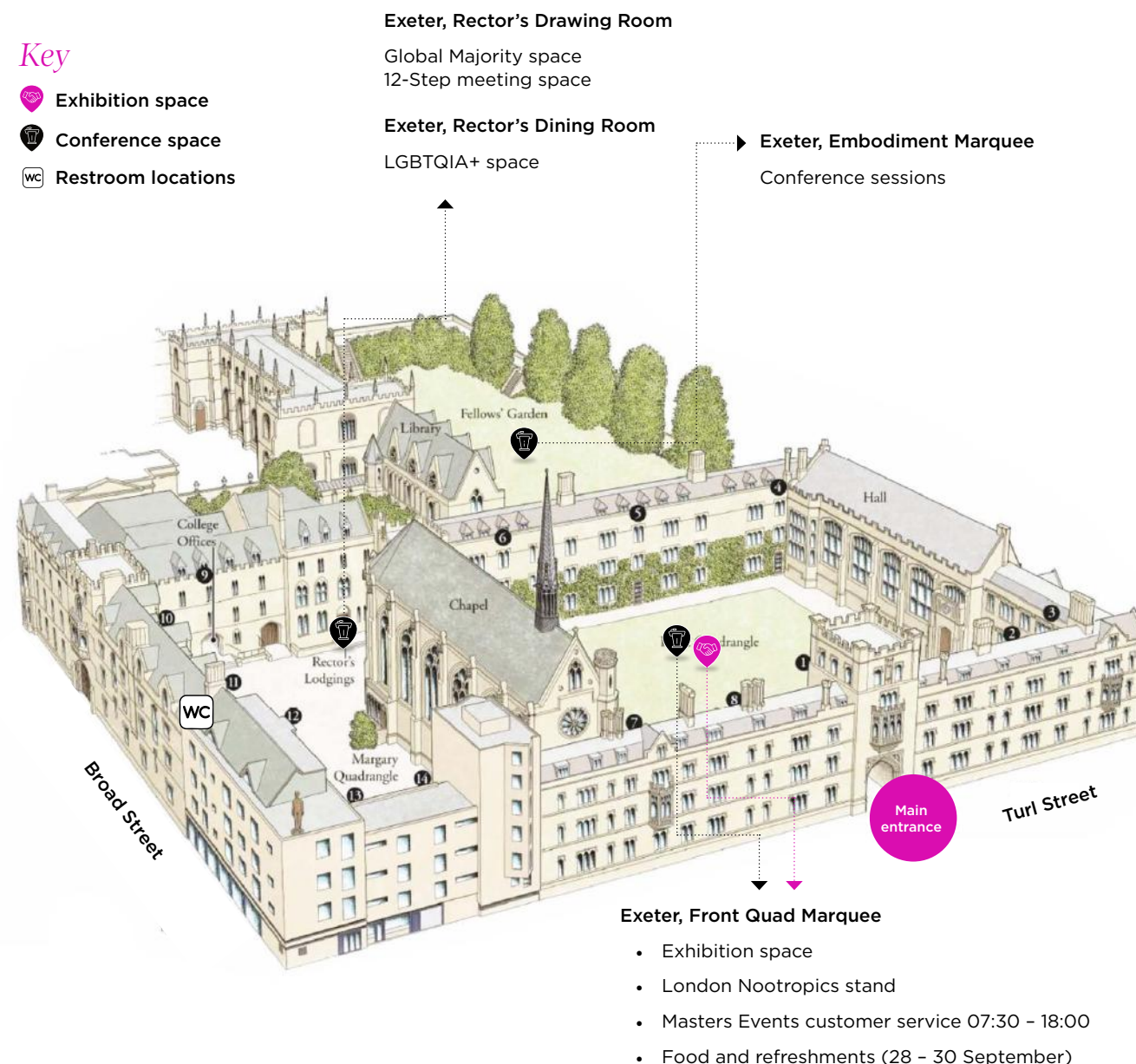
no stress drops

feels like a hug.

neuro-cosmetics - transdermal and sublingual
supplements made with science backed plants
to support you on your healing journey.

Find us at Exeter College, Front Quad Marquee

Exeter College



Opening and closing times for attendees

Preconference Gathering *Ticketed* Saturday 27 September
18:00 - 22:00, access from Brasenose Lane only

Sunday 28: 07:30 - 18:45

Monday 29: 06:45 - 18:45

Tuesday 30: 06:45 - 18:00

Restroom locations

- 1 x accessible toilet on staircase 11
- Additional toilets will be provided, please ask a volunteer for more information

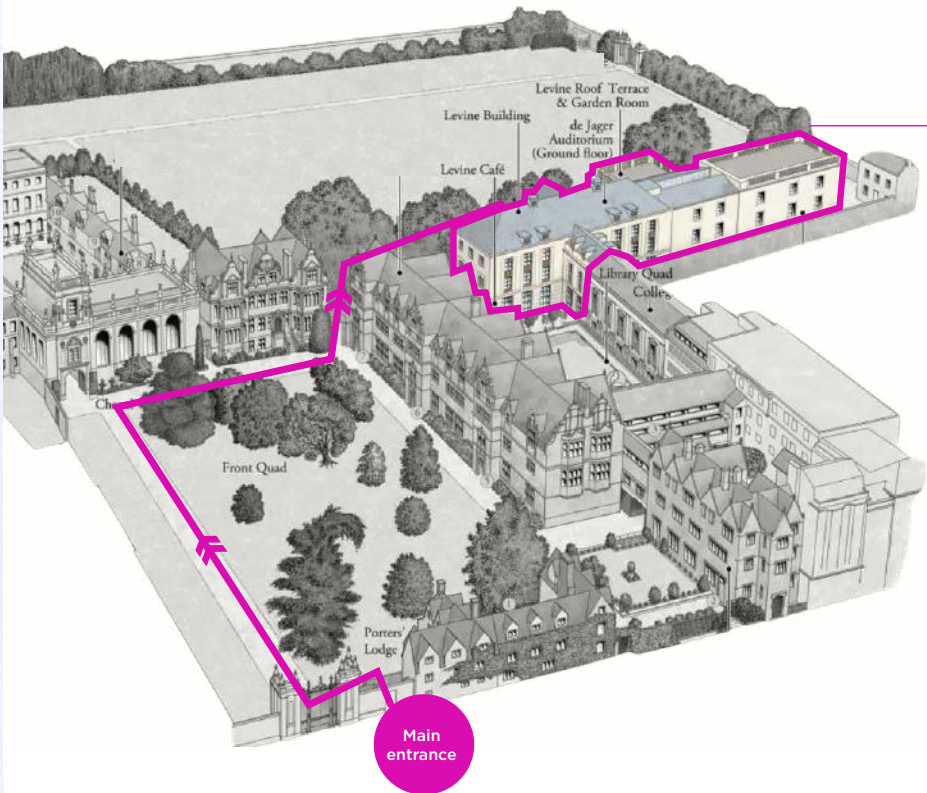


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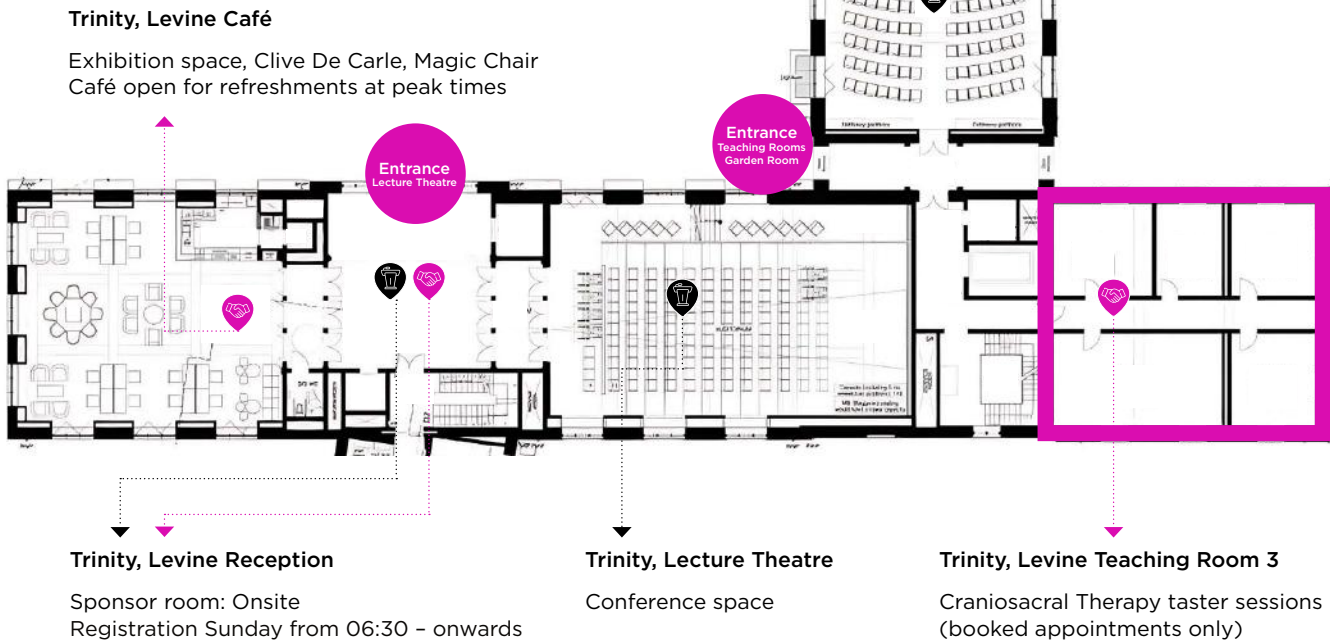
Trinity College



Key

- Exhibition space
- Conference space
- Restroom locations

Trinity, Garden Room
Conference space 28 and 30 September



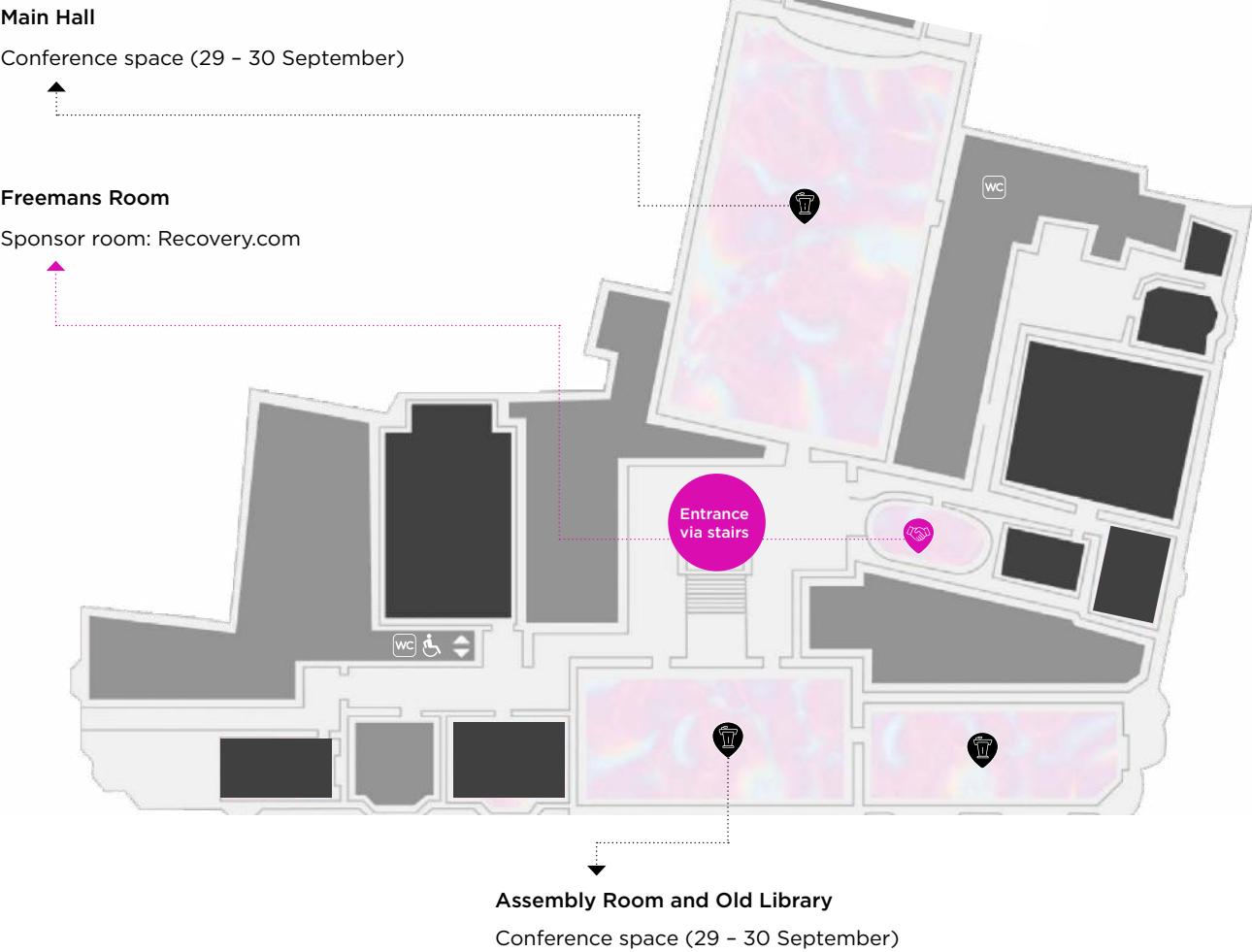
Opening and closing times for attendees

Sunday 28: Levine Reception and Garden Room open from 06:30 onwards – all other areas 08:00 – 17:00
Monday 29: 08:00 – 18:45
Tuesday 30: 08:00 – 17:00

Restroom locations

- 1 x accessible toilets located by Levine Café entrance
- Various toilets located on the ground floor (accessible by lift or stairs)

Town Hall, first floor



- Key**
- Exhibition space
 - Conference space
 - Photography exhibition
 - Restroom locations
 - Places to eat

Opening and closing times for attendees

Monday 29: 07:45 – 18:45
Tuesday 30: 08:00 – 17:00
Closing Party *Ticketed*
Tuesday 30 September
19:00 – 21:00

Town Hall, ground floor

On the ground floor, you'll find a café serving refreshments, the Museum of Oxford, and our photography exhibition by Louise Taylor.

Town Hall, Café
Open 09:30 – 16:00

Louise Taylor photography exhibition – the Old Museum Shop
A drop-in exhibition, open to all (29 – 30 September)

New Theatre

Opening and closing for attendees

Sunday 28: 07:00 – 18:00 (Registration from 07:00)
Monday 29: 07:30 – 18:45
Tuesday 30: 07:00 – 19:00

- Theatre**
- Conference space
Ruby Wax performance *Ticketed* on Sunday 28: 19:30 – 23:00
- Additional spaces**
- Equanima workshops – New Theatre workshop space
Refreshments – Piano Bar (lower ground floor)
London Nootropics stand – Circle Level Peggy Barsons Bar
- Front of house**
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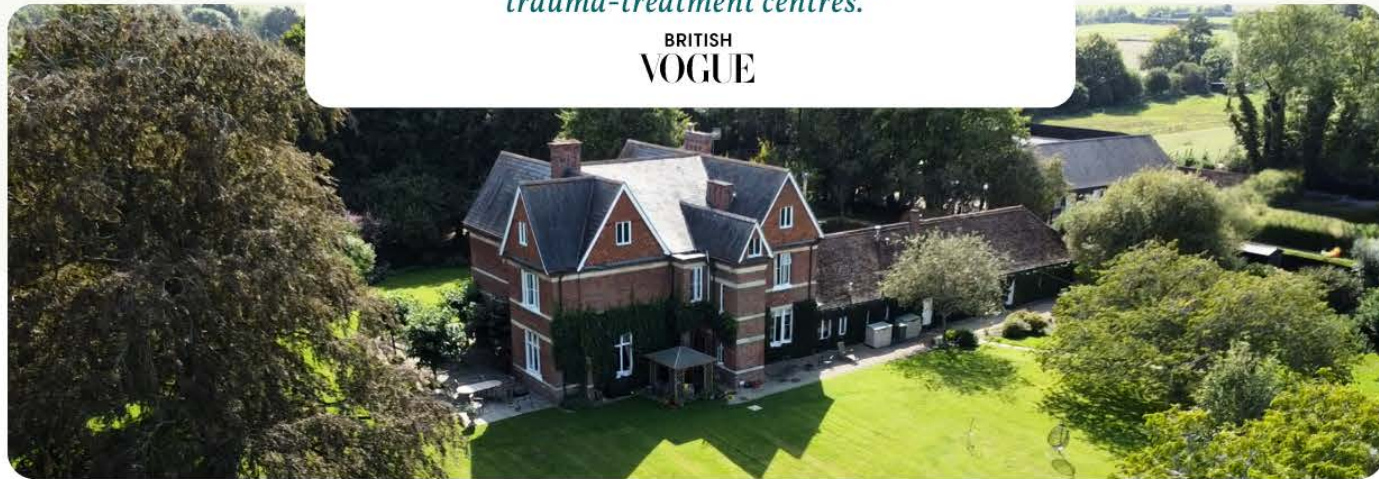
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Evenings to remember

As much as it is about learning, Transform Trauma Oxford is also about shared experiences, building connections and celebrating the transformative power of our community. Our evening events are designed to offer a rich blend of celebration, relaxation and inspiration, bringing together attendees for unforgettable moments.



Tickets still available - only £30

Ruby Wax Live

Comedy and candid conversations with Ruby Wax

28 September 19:30 - 23:00

New Theatre

After a long day of immersive learning, come to relax and laugh with actress, comedian and mental health advocate, Ruby Wax.

With an Oxford University master's degree in mindfulness-based cognitive therapy and an OBE for services to mental health, Ruby is a champion of mental health reform. As an entertainer and speaker, she mines her own personal experiences to deliver performances that are, in equal parts, hilarious and moving.

Ruby's wacky anecdotes, witty observations and satirisation of the wellbeing industry make for a riotous evening. But she also delivers candid and poignant commentary that challenge perceptions and as such is one of the most compelling voices in mental health today.

Tickets are limited and seating is on a first-come-first-served basis. Make sure you arrive on time to select your seat.

This event is still available to book via the event platform: mastersevents.com/oxford-2025/evening-events



Tickets still available - only £30

Collective Liberation Ritual with Ripples Collective

A shared space of truth, grief and hope from Palestine and Israel

29 September 19:30 - 22:30

The Sheldonian Theatre

Join Ripples Collective for a poignant and powerful immersive experience. The collective is a group of Palestinian and Israeli peace activists, musicians, facilitators and educators working together in connection, strength and love to embody another possibility. Born from the work of Ripples Alliance, their ritual-performance weaves music, storytelling, theatre and dance into a moving journey of shared humanity and healing.

Part ceremony, part creative expression, this offering invites the audience into a transformational space - moving through grief and despair toward solidarity and empowerment. It is an invitation to feel, to listen and to witness what becomes possible when people from across divides come together in truth.

Following their debut appearance at Medicine Festival, and subsequent sell-out performances in London and Davos, they now bring their message for peace to Oxford.

This event is still available to book via the event platform: mastersevents.com/oxford-2025/evening-events

This year's schedule

This conference schedule brings together a carefully curated group of leading experts, each contributing their knowledge and experience to conversations around healing and supporting our relational world. The schedule that follows provides an overview of planned sessions and topics, though please note that all session titles, timings, and speakers are subject to change.

All sessions are eligible for CPD, and those marked CE are also eligible for CE credits – however CE eligibility remains subject to final confirmation. For more information about claiming your accreditation please see below.

Alongside our speakers, each room will be supported by a dedicated host who will welcome you, introduce the sessions, and guide the flow of the day. Acting as a running thread throughout the programme, our hosts help weave together the sessions and conversations, offering continuity and connection. In keeping with this year's theme of Healing Our Relational World, they hold the space with warmth and care, supporting both speakers and participants as we move through the conference together.

Room hosts



Holli Ruben



Catherine Mooney



Mary Alice Miller



Benjamin Fry



Griet op de Beeck



Yemi Penn

Continuing education accreditation

For UK-based attendees

We are certified with The CPD Certification Service to offer CPD points for Transform Trauma Oxford 2025 sessions. Certificates will be available upon request after the conference – please email support@mastersevents.com to request your certificate.

For US-based attendees

We are working with joint accreditation partner CME Outfitters, LLC to offer live and enduring CE credits for sessions* at Transform Trauma Oxford 2025, presented by Masters Events.

This live activity offers CE credit to: Physicians (AMA), Nurses (ANCC), Psychologists (APA), Social Workers (ASWB), Other (All other attendees will receive a Certificate of Attendance).

*Not all sessions are accredited with CE credit. Sessions will be marked as CE or non-CE on our website schedule upon completion of the review process.

Live CE/CME Credit

How to claim:

- Attend an accredited session in person.
- Use the CE button on the session within the event platform to log your attendance.
- Complete the corresponding form to claim your credit for that session.
- Repeat for any sessions you would like to claim live credit for.

Important: To be eligible for credit, you must log your attendance by following the steps above during your session even if you complete the form later. You have until two weeks after the event.

Enduring CE Credit

Session replays will be available to watch in the event platform shortly after each livestream ends, however enduring credit will not be available to claim until a few weeks after the conference, once a full content review is complete.

🕒 Time	🎤 Session and speaker	📍 Location
07:00 – 08:00	Breath Therapy: Your Hidden Superpower with Swan Dao	Trinity, Garden Room
08:15 – 08:30	Music Performance with Bea Palya	New Theatre
08:30 – 10:30	Grief, Movement, and Healing: Finding Connection After Loss with David Kessler, Paul Denniston	Exeter, Embodiment Marquee
	From Pain to Pleasure: Erotic Recovery in Trauma Healing with Esther Perel	New Theatre
	The Power of Relationships in Group Healing: The Onsite Approach with Miles Adcox, Heather Schnoebelen	Trinity, Lecture Theatre
	Foundations of Internal Family Systems: A Relational Path to Self-Leadership with Richard Schwartz	The Sheldonian Theatre
10:30 – 11:00	Morning break	
11:00 – 13:00	Grief, Movement, and Healing: Finding Connection after Loss with David Kessler, Paul Denniston	Exeter, Embodiment Marquee
	From Pain to Pleasure: Erotic Recovery in Trauma Healing with Esther Perel	New Theatre
	The Power of Relationships in Group Healing: The Onsite Approach with Miles Adcox, Heather Schnoebelen	Trinity, Lecture Theatre
	Healing Intergenerational Wounds: Understanding Legacy Burdens through IFS with Richard Schwartz, Deran Young	The Sheldonian Theatre
13:00 – 14:00	Lunch break	
13:10 – 13:45	It's OK Not to Be OK: A Frazzled Session with Ruby Wax	Exeter, Embodiment Marquee
14:00 – 14:05	Tapping and Grounding with Poppy Delbridge	New Theatre
14:00 – 16:00	Personality, Wholeness, and Connection: Integrating Developmental Pathways, Presence, and Interpersonal Neurobiology with Dan Siegel	Exeter, Embodiment Marquee
	Trauma, the Body and Relational Healing with Bessel van der Kolk, Licia Sky	New Theatre
	Nurturing Our Relationship with Food and Body: An IFS Perspective with Jeanne Catanzaro	The Sheldonian Theatre
16:00 – 16:30	Afternoon break	
16:30 – 18:30	Personality, Wholeness, and Connection: Integrating Developmental Pathways, Presence, and Interpersonal Neurobiology with Dan Siegel	Exeter, Embodiment Marquee
	Trauma, the Body and Relational Healing with Bessel van der Kolk, Licia Sky	New Theatre
	IFS and Psychedelics: Expanding Relational Consciousness with Richard Schwartz, Nick Brüss	The Sheldonian Theatre

Time	Session and speaker	Location
08:10 – 08:30	Embodiment Practices with Licia Sky	New Theatre
08:10 – 08:30	Embodiment Practices with Licia Sky Live Stream Practice	Town Hall, Main Hall
08:20 - 08:30	Grounding with Swan Dao	The Sheldonian Theatre
08:30 – 10:00	Power, Freedom, and Belonging: Collective Healing in a Fragmented World with Linda Thai, Myira Khan, Mike Niconchuk, Bessel van der Kolk, Jack Saul, moderated by Mary Alice Miller Opening Panel	New Theatre
	Power, Freedom, and Belonging: Collective Healing in a Fragmented World with Linda Thai, Myira Khan, Mike Niconchuk, Bessel van der Kolk, Jack Saul, moderated by Mary Alice Miller Live Stream Opening Panel	The Sheldonian Theatre
	Power, Freedom, and Belonging: Collective Healing in a Fragmented World with Linda Thai, Myira Khan, Mike Niconchuk, Bessel van der Kolk, Jack Saul, moderated by Mary Alice Miller Live Stream Opening Panel	Town Hall, Main Hall
10:00 – 10:30	Morning break	
10:30 – 12:00	Coming Home to Yourself: Movement, Breath and the Art of Connection with Betsy Polatin	Exeter, Embodiment Marquee
	Broken No More with Paddy Creedon, David Williams, Eileen Beamish	Trinity, Lecture Theatre
	Unleashing the Power Within: The Science of Manifesting Your Life with James Flowers	The Sheldonian Theatre
	How the Qualities of Infant-Parent Interaction Shed Light on the Patient-Therapist Relationship and Trauma-Informed Therapy with Ed Tronick	New Theatre
	Layers of Identity with Sat Dharam Kaur	Town Hall, Assembly and Old Library
	Healing in Community with Deran Young, William Washington	Town Hall, Main Hall
12:00 – 13:15	Lunch break	
13:15 – 14:45	In the Round: Exploring Embodied Practices for Healing with Licia Sky, Bea Palya, Edy Nathan, Betsy Polatin	Town Hall, Assembly and Old Library
	Rebuilding Connection: A Values-Based Framework for Healing Relationships with Brian Pennie	Trinity, Lecture Theatre
	Healing Beyond Talk: Rewiring Trauma Through Rhythm, Movement, Yoga, and Story with Jeff W Jones, Leslie Jones	Exeter, Embodiment Marquee
	The Referral Revolution: Rethinking Pathways to Recovery with Robb Schuler Robin Lefever, Johan Sorensen, moderated by Ben Camp	Town Hall, Main Hall
	What’s Regulation Got to Do With It? A Neglect-Informed Exploration of the Sexual World with Ruth Cohn	The Sheldonian Theatre
	Rewiring Connection: Using Neuroscience, Tapping and Energy to Heal Relationships with Poppy Delbridge, Tara Swart	New Theatre

Time	Session and speaker	Location
14:45 – 15:15	Afternoon break	
15:15 – 16:45	When There is No “Post-”: Meaningful Research and Practice with Mike Niconchuk, Alexandra Chen, Wendy D’Andrea	Town Hall, Assembly and Old Library
	Rewiring Reactivity: The TIMBBBBER Framework for Transforming Automatic Reactivity into Mindful Relational Responsiveness with Priscilla Short	Trinity, Lecture Theatre
	The Body as a Portal: Exploring Movement, Myth and Connection with Gil Gomes Leal	Exeter, Embodiment Marquee
	Parenting Beyond Childhood: The Complexities of Parenting Adult Children with Julia Samuel, Emily Samuel, Sophie Samuel	Town Hall, Main Hall
16:45 – 17:15	Breaking Cycles, Building Connection: A Relational Paradigm Shift in Psychotherapy and Healing with Frank Anderson	The Sheldonian Theatre
	Esther Perel In Conversation with Esther Perel	New Theatre
	Late afternoon break	
17:15 – 18:45	The Pain of Estrangement: Understanding and Healing from Broken Relationships with Matthias Barker	The Sheldonian Theatre
	When Intimacy Feels Unsafe: Healing the Legacy of Traumatic Attachment with Janina Fisher	New Theatre
	The Chemistry of Connection: Exploring the Role of Neurochemistry in Relationships and Wellbeing with David Nutt	Town Hall, Main Hall
	Embodying Grief: Movement as a Path to Relational Healing with Paul Denniston	Exeter, Embodiment Marquee
	Portraits of Resilience – Sudden Death and Widowhood: A Qualitative Inquiry into 9/11 and Beyond with Louise Stanger	Trinity, Lecture Theatre
	Healing Your Self-Relationship: Nurturing an Anti-Oppressive Connection with Yourself with Myira Khan	Town Hall, Assembly and Old Library

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 Time	 Session and speaker	 Location
08:00 – 08:30	Grounding in the Body with Scott Lyons	New Theatre
08:20 – 08:30	Tapping and Grounding with Poppy Delbridge	The Sheldonian Theatre
08:30 – 10:00	Live Supervision with Esther Perel moderated by Zach Taylor	New Theatre
	An Expanded Conceptualisation of Secure Attachment with Linda Thai	Town Hall, Main Hall
	Psychedelics and the Healing of Relationships: Exploring Connection, Trauma and Transformation with David Nutt, Bessel van der Kolk, Lauren Macdonald, Chantelle Thomas	The Sheldonian Theatre
	AjoiA Presents: Harmonic Healing – Strengthening Connection Through Sound and Somatic Movement with AjoiA	Exeter, Embodiment Marquee
	Born to Bond: The Science of Early Brain Development, Attachment and Trauma with Jaclyn Ruggiero	Trinity, Lecture Theatre
10:00 – 10:30	We Are Our Relationships with Melinda Ashley Meyer	Town Hall, Assembly and Old Library
	Morning break	
	Tracking the Entry Point with Scott Lyons, Licia Sky, moderated by Kai Cheng Thom	New Theatre
	Embodiment Beyond the Individual: Cultural and Collective Practice as a Pathway to Societal Transformation with Prentis Hemphill, Mariah Rooney	The Sheldonian Theatre
	Inner and Outer Landscapes: Expressive Arts Approaches to Collective Resilience with Melinda Ashley Meyer	Town Hall, Assembly and Old Library
10:30 – 12:00	Healing for Gaza – Innovations for Clinical Mental Healthcare in a Genocide with Alexandra Chen	Trinity, Lecture Theatre
	Bless Your Body With Your Voice: Put Your Members Into Song with Bea Palya	Exeter, Embodiment Marquee
	The Relational Mind: Exploring the Science of Connection with Dan Siegel	Town Hall, Main Hall
12:00 – 13:30	Lunch break	
12:15 – 13:00	“Return to Stillness...”- A Healing, Soothing, Science-Backed Experience for Releasing Trauma and Restoring Connection with Eileen Beamish, David Williams, Paddy Creedon	The Sheldonian Theatre

 Time	 Session and speaker	 Location
13:30 – 15:00	The Power of Reparative Experiences in the Therapist–Client Relationship with Bessel van der Kolk, Richard Schwartz, Dan Siegel, Scott Lyons, Linda Thai, Kai Cheng Thom	New Theatre
	How Health Professionals Can Communicate Their Message More Effectively with Paul Brunson	The Sheldonian Theatre
	Healing through ChatGPT? Insights from Research into Real-Life Experiences of AI Therapy with Steve Siddals	Trinity, Lecture Theatre
	Embodied Memory, Felt Sense, Imagination and Self-Experience with Licia Sky	Exeter, Embodiment Marquee
	Into Practice: Real Cases, Real Decisions with Dr. Elisabetta Burchi, Cheryl Donaldson, Robin Lefever	Town Hall, Main Hall
15:00 – 15:30	Bondage: In Attachment, Monogamy and in the Bedroom with Benjamin Fry	Town Hall, Assembly and Old Library
	Afternoon break	
	Reclaiming Connection: Exploring Intimacy, Vulnerability and Trust with Marissa Nelson	Exeter, Embodiment Marquee
15:30 – 17:00	Everything is Everywhere at the Same Time with Leo Pruimboom	Town Hall, Assembly and Old Library
	Healing Our Multi-Dimensional Relational World: from Innerscape to Planetary, with the Three Pillars of Presence, Purpose and Pivoting with Caroline Welch	Town Hall, Main Hall
	The Impact of Traumatic Grief: Releasing Pain and Finding Meaning with David Kessler	The Sheldonian Theatre
	Keynote and Live Q&A with Alanis Morissette	New Theatre
17:00 – 17:45	Late afternoon break	
17:45 – 18:30	Reflections, Connection and Integration with Julia Samuel, Janina Fisher, Richard Schwartz, Dan Siegel, Linda Thai	New Theatre
	Closing Panel	
	Reflections, Connection and Integration with Julia Samuel, Janina Fisher, Richard Schwartz, Dan Siegel, Linda Thai	The Sheldonian Theatre
18:30 – 19:00	Live Stream Closing Panel	
	Closing Musical Experience with AjoiA	The Sheldonian Theatre
	Closing Musical Experience with AjoiA	New Theatre
19:00 – 21:00	Closing Party	Town Hall

Grief, Movement and Healing: Finding Connection after Loss



David Kessler,
Paul Denniston

28 September

08:30 - 13:00

Grief is a universal experience that impacts not only our emotions but also our bodies, relationships and sense of self. In this immersive half-day session, grief expert David Kessler and Grief Yoga founder Paul Denniston offer an integrative approach to navigating loss by combining grief theory with embodied movement practices that support healing and connection.

Through guided discussions, experiential exercises and somatic tools, participants will explore how grief lives in the body and how movement can foster emotional release, resilience and meaning-making. Whether working through personal loss or supporting others professionally, attendees will gain practical strategies to hold space for grief with compassion and presence.

Learning objectives

1. Understand how grief impacts the nervous system, emotional regulation and physical wellbeing.
2. Learn the role of movement in processing grief and how embodied practices, such as Grief Yoga, can facilitate emotional release and healing.
3. Develop skills to compassionately support others through loss and transition.
4. Explore diverse frameworks for grief, including meaning-making and post-traumatic growth.
5. Apply strategies for creating safe, supportive environments that honour the transformative potential of grief.

From Pain to Pleasure: Erotic Recovery in Trauma Healing



Esther Perel

28 September

08:30 - 13:00

What if healing from trauma is as much about resolving pain as it is about reclaiming pleasure?

In this immersive workshop, renowned psychotherapist Esther Perel invites participants to explore the often-overlooked role of eroticism in trauma recovery. She will reframe eroticism as a quality of aliveness, curiosity, imagination, sensuality, and vitality – as opposed to a set of sexual techniques.

Eroticism is the fuel for connection, joy, creativity and self-expression and yet, for many trauma survivors, this part of the self retreats, shut down by pain, fear, or disconnection.

This workshop begins with a bold premise: pleasure is not a reward for healing – it is part of the medicine. Together, we'll examine how life-affirming, pleasure-endorsing experiences are central in the process of trauma integration and how trauma – whether sexual, relational, societal, or intergenerational – compromises our ability to feel alive and worthy of joy.

Learning objectives

1. Discuss therapeutic interventions that address the impact of collective trauma on intimate relationships, including specific techniques for helping couples navigate uncertainty while maintaining connection.
2. Implement clinical strategies for working with conflict resolution that acknowledge both personal and societal contexts of disconnection.
3. Develop sophisticated approaches to balancing attachment needs with autonomy in an era where both connection and independence feel increasingly precarious.
4. Create therapeutic containers that allow for the exploration of desire and eroticism while holding space for anxiety and grief about global challenge.s
5. Integrate understanding of larger societal fractures into couples therapy.
6. Apply specific frameworks for helping clients maintain intimate connections while processing both personal and collective traumas.

The Power of Relationships in Group Healing: The Onsite Approach



Miles Adcox,
Heather Schnoebelen

28 September

08:30 - 13:00


Group dynamics have the power to accelerate relational healing. In this session, Miles Adcox – Chairman and Proprietor of the emotional wellness and lifestyle brand Onsite – joins Onsite clinicians to explore how sociometry and psychodrama harness the power of relationships to engage, motivate and create meaningful interventions in both individual and group therapy.

With over 40 years of experience in refining trauma treatment, Onsite's approach is rooted in the belief that healing happens in connection. This workshop will incorporate experiential elements, allowing attendees to witness and participate in the transformative potential of relational group work.

Learning objectives

1. Understand how sociometry, psychodrama and the Onsite model enhance relational connection and group cohesion.
2. Learn at least two ways these tools can be used to facilitate breakthroughs and emotional safety in a group setting.
3. Explore how these techniques can be used to navigate group dynamics, deepen engagement and create meaningful shifts within a therapeutic setting.

Healing Intergenerational Wounds: Understanding Legacy Burdens through IFS



Richard Schwartz, Deran Young

28 September

11:00 - 13:00

Internal Family Systems (IFS) founder, Richard Schwartz, and therapist Deran Young explore how IFS conceptualises and works with legacy burdens – the traumatic patterns, beliefs and emotions passed down through generations. Their session examines how parts carry collective and ancestral trauma, and how these inherited burdens

In this foundational session, systemic family therapist and creator of Internal Family Systems (IFS), Richard Schwartz will introduce the core concepts of IFS therapy from a relational perspective.

Participants will learn how our internal system of parts develops in response to relationships and how accessing Self-energy can transform both internal and external relationships. Through demonstration and discussion, Richard will illustrate how IFS provides a compassionate framework for understanding and healing relationship patterns.


Learning objectives

1. Identify the three primary categories of parts (managers, firefighters, exiles) and explain how they develop in relationship to attachment and early experiences.
2. Describe the qualities of Self-energy and its role in fostering healthy relationships both internally and externally.


Learning objectives


1. Define legacy burdens within the IFS framework and identify their impact on relational patterns and attachment.
2. Apply IFS techniques to work with parts carrying intergenerational trauma and support the restoration of healthy relational patterns.

It’s OK Not to Be OK: A Frazzled Session with Ruby Wax



Ruby Wax

 28 September

 13:10 - 13:45


We all put on a good front. But underneath the surface - behind the curated confidence, the emails, the productivity, the small talk - most of us are somewhere on the spectrum between slightly fried and full-blown frazzled. This session is for anyone carrying a bit too much inside, and wondering if there's another way to be with it all.

Join Ruby Wax, founder of Frazzled - a national mental health and wellbeing charity - for a 35-minute guided experience combining mindfulness and honest human connection. The session will begin with a grounding practice, helping you tune in to the present moment (and out of the mental clutter) and will then move into a space of authentic sharing.


There's no pressure to speak, no need to perform, and no expert advice on how to fix yourself. Just a reminder that you're not alone, that it's OK to not have it all together, and that sometimes the kindest thing we can do is simply show up - frazzled and all.


This is a modified version of the peer-led sessions Frazzled runs nationally. They're not therapy nor self-help, but a place where it's safe to be yourself.

Personality, Wholeness and Connection: Integrating Developmental Pathways and Interpersonal Neurobiology



Dan Siegel

 28 September

 14:00 - 18:30

In this immersive half-day workshop, Dan Siegel will explore how Patterns of Developmental Pathways (PDP) – as introduced in his new book, Personality and Wholeness – intersect with Interpersonal Neurobiology (IPNB) to deepen our understanding of human experience, identity and connection. Drawing from his books IntraConnected, and Aware, he will demonstrate how cultivating presence and neural integration can transform the way we interact with ourselves and others.

The session will offer engaging discussions, guided reflections and interactive learning. Participants will gain insights into how developmental patterns shape personality and relationships, how awareness enhances wellbeing, and how integrating science with wisdom traditions offers a path toward wholeness – both for the individual and the collective.

Learning objectives



1. Describe the nine Patterns of Developmental Pathways (PDP) and how they shape personality, identity and relational dynamics.

2. Examine how the mind, brain and relationships interact to support wellbeing and a sense of wholeness.


3. Apply insights from the science of consciousness to develop presence, enhancing connection and resilience in daily life.
4. Examine intraconnectedness – how moving beyond an isolated sense of self toward an integrated, interconnected experience can foster individual and collective flourishing.


5. Participate in guided reflections that support deeper insight, personal growth and meaningful engagement with others.

Trauma, the Body and Relational Healing



Bessel van der Kolk, Licia Sky

 28 September

 14:00 - 18:30

Understand the body's innate capacity for healing in this transformative half-day workshop led by internationally renowned trauma expert Bessel van der Kolk, author of The Body Keeps the Score, and acclaimed somatic practitioner Licia Sky. Combining cutting-edge trauma research with body-based practices, this workshop offers a rare opportunity to explore how trauma impacts both the mind and body – as well as our ability to form meaningful connections with others.

Trauma manifests not only in individual suffering but also in the way we relate to others – partners, family members, colleagues and society at large. It can disrupt the natural rhythms of connection, trust and intimacy, creating a sense of disconnection in our relationships. Bessel van der Kolk's pioneering work has shown that healing requires more than just talking; it demands a reconnection with the body, where trauma is often held, to restore balance and cultivate relational health.

Learning objectives


1. Explain how trauma affects brain function, physiological responses, and interpersonal relationships by referencing current scientific evidence.

2. Demonstrate at least two somatic techniques (e.g. grounding, breathwork, movement) to release trauma held in the body and support emotional regulation.


3. Apply practical strategies to rebuild trust, intimacy, and connection in both personal and professional relationships through case-based scenarios.
4. Practice and evaluate skills that foster safety and attunement in relational dynamics, particularly when working with trauma survivors.


5. Participate in and reflect on interactive exercises (movement, touch, voice) designed to promote healing, and assess how these methods can be integrated into clinical or caregiving practice.

Nurturing Our Relationship with Food and Body: An IFS Perspective



Jeanne Catanzaro

 28 September

 14:00 - 16:00


Clinical psychologist Jeanne Catanzaro will explore how Internal Family Systems (IFS) can transform our relationships with food and the body. Her session examines how relational trauma and cultural biases impact how we relate to our own and others' bodies.

Participants will learn how to help their clients release the extreme beliefs and feelings they hold to develop more compassionate and supportive relationships with their eating patterns and their bodies.


Learning objectives


1. Recognise common protective parts that emerge around food and body image and their relationship to attachment history and other traumatic experiences.
2. Apply IFS techniques to help clients cultivate more harmonious relationships with the parts of themselves that carry burdens related to food in the body.

IFS and Psychedelics: Expanding Relational Consciousness



Richard Schwartz,
Nick Brüss

 28 September

 16:30 - 18:30

In this session, Internal Family Systems (IFS) founder Richard Schwartz and psychotherapist and psychedelic medicine advocate Nick Brüss explore the intersection of IFS and psychedelic-assisted therapy through a relational framework. Participants will learn how IFS concepts can enhance preparation for and integration of


psychedelic experiences, focusing on how these experiences can deepen our relationship with Self and Parts. The session examines how expanded states of consciousness can facilitate healing of relational trauma and strengthen connection with self, others and the broader world.

Learning objectives


1. Describe how IFS principles can be applied to prepare for and integrate psychedelic experiences within a therapeutic context.


2. Identify ways that psychedelic experiences can facilitate access to Self-energy and promote healing of relational trauma.

Power, Freedom, and Belonging: Collective Healing in a Fragmented World



Linda Thai, Myira Khan, Mike Niconchuk,
Bessel van der Kolk, Jack Saul
moderated by Mary Alice Miller

 29 September

 8:30 - 10:00

This opening panel brings together leading voices in trauma, conflict, community healing, and structural care to explore how power, freedom, oppression, and belonging shape the human experience, and how healing must take root in relationship, culture, and ecology.

The panelists will draw upon their diverse backgrounds to share real-world examples, evidence-based practices, and personal anecdotes, fostering a rich and informative conversation. Through an interactive dialogue, the panel will address the unique challenges posed by life transitions, discuss the importance of fostering resilience, and provide tools for creating supportive environments that enhance psychological wellbeing.


Learning objectives

1. Explore the relational and cultural dimensions of healing from oppression, trauma, and internalised harm.


2. Examine how narratives around individualism, freedom, and entitlement shape current mental health challenges.


3. Identify collective, ecological, and ancestral frameworks that can support more sustainable and inclusive approaches to healing.

How the Qualities of Infant-Parent Interaction Shed Light on the Patient-Therapist Relationship and Trauma-Informed Therapy



Ed Tronick

 29 September

 10:30 - 12:00

The processes driving child development, primarily those embedded in the parent-child relationship, are the most striking mechanisms of human change. Therapy similarly aims to transform individual functioning. The qualities of the parent-child relationship that promote change and growth can aid our understanding of the success or failure of the patient-therapist relationship to induce change. While the differences between therapy and the parent-child relationship are significant, the basic characteristics are similar.

In this session, Ed Tronick, neuroscientist and clinical psychologist, will discuss reparation, the necessity of dyadic regulation, the role of “in-between times” in trauma and the fundamental process of meaning-making. The talk will be illustrated using videos from his research on the Still-Face and parent-child interactions.

Learning objectives

1. Analyse and critique Claude Bernard’s view of biological organisms by identifying both its contributions and its limitations in explaining child development.

2. Differentiate and compare the therapeutic relationship with the parent-child relationship, citing at least two key distinctions relevant to clinical practice.

3. Evaluate and explain the positive effects of micro-reparations in mismatched or messy interactions, using case examples or clinical vignettes.

4. Define and interpret the concept of the “in-between time” of trauma-inducing experiences, and apply this understanding to therapeutic interventions.

Layers of Identity



Sat Dharam Kaur

 29 September

 10:30 - 12:00

Naturopathic doctor and yoga teacher trainer Sat Dharam Kaur will guide participants through an exploration of the five foundational layers of identity: individual, group, human, ecological, and universal. Drawing from her extensive work in integrative health, Kundalini Yoga, and trauma-informed psychotherapy, she will invite attendees to reflect on how these layers shape perception, behaviour and relational dynamics – both in clinical work and in life.

Participants will learn to recognise how different layers of identity become active in various contexts, including therapeutic settings. The workshop offers tools for discerning identity-based tensions and supporting clients in navigating internal and relational conflicts, as well as integrating a more expansive sense of self.

Learning objectives


1. Discuss the pertinent contributing factors to the formation of your individual and group identities.

2. Review how identity develops and shifts throughout one’s lifespan.

Coming Home to Yourself: Movement, Breath and the Art of Connection

29 September

10:30 - 12:00



Betsy Polatin

In this experiential session, internationally renowned movement, breathing and trauma resolution specialist Betsy Polatin invites attendees to explore the relationship between the body, mind, spirit and relational health. Using principles from somatic experiencing, breathing coordination and humanal teachings, Betsy will guide participants through interactive exercises to deepen their connection with their physical selves.

She will focus on how our relationship with our body influences how we relate to others, examining the role of breath, movement and body awareness in emotional regulation and communication. Participants will learn how to cultivate a sense of safety within their bodies – laying the foundation for more authentic and attuned relationships.

Learning objectives

1. Explore the relationship between body awareness and relational health.


2. Understand how breath and movement influence emotional regulation and connection.
3. Learn techniques to enhance physical self-awareness and presence.

4. Apply movement and breath practices to support greater connection with oneself and others.

Unleashing the Power Within: The Science of Manifesting Your Life

29 September

10:30 - 12:00



James Flowers

This session, led by counsellor James Flowers, integrates psychological theory and neuroscience to explore how mindset, belief systems and neuroplasticity shape behaviour and life outcomes. Attendees will examine how limiting beliefs formed in childhood influence present functioning, and learn evidence-based strategies – including visualisation, cognitive reframing, attention training and gratitude practices – that can rewire neural pathways.

The session highlights the interplay between the conscious and subconscious mind and the neurobiological foundations of the thought–feeling loop. It combines clinical insights with actionable practices, ultimately equipping participants with tools to help clients manifest healthier, more fulfilling lives.

Learning objectives

1. Analyse the neurobiological mechanisms of neuroplasticity and the thought–feeling loop and explain how these processes reinforce either limiting or empowering belief systems.

2. Apply the S.T.A.R. Method (Scrap, Test, Author, Rehearse) to help clients identify and reframe self-limiting beliefs rooted in early life experiences.



3. Evaluate the clinical utility of visualisation and the activation of the reticular activating system (RAS) in promoting behaviour change and goal achievement.
4. Demonstrate strategies for cultivating a positive mindset – including attention diets, complaint fasting, gratitude practices, and meditation – and assess their impact on stress reduction and wellbeing.

5. Design individualised interventions that integrate empowerment, alignment, and persistence practices (e.g., self-confidence formula, P.R.I.M.E. check-ins, BDNF-enhancing habits) to support long-term therapeutic outcomes.

Healing in Community

29 September

10:30 - 12:00



Deran Young, William Washington

In today's hyper-individualistic society, many people face an epidemic of loneliness and disconnection. This workshop explores the roots of individualism and isolation, their impact on mental health and community wellbeing, as well as strategies for cultivating belonging and relational accountability.

Therapists Deran Young and William Washington will use reflective discussions to help participants learn how to challenge the “go-it-alone” mindset and embrace connection, collaboration and interdependence as pathways to personal and collective growth. Their session will provide valuable insights, strategies and practical tools to build bridges in an divided world.

Learning objectives

1. Examine the historical, cultural and psychological roots of individualism and its effects on personal and societal wellbeing.




2. Gain strategies and practical tools for overcoming barriers to connection and creating spaces that prioritise collaboration and mutual support.
3. Explore how embracing interdependence enhances emotional resilience, strengthens communities and contributes to a more equitable and connected society.

4. Engage in a wellness survey tool that creates sustainable lifestyle practices from conversations – even in the face of moral distress, secondary trauma, burnout or compassion fatigue.

Broken No More

29 September

10:30 - 12:00



Paddy Creedon, David Williams, Eileen Beamish

Broken No More is an impactful lived-experience case study that includes a person's journey through addiction recovery and the links to intergenerational trauma covering six generations.

Paddy Creedon, a recovery advocate, poet and the founder of Ireland's Voices of Recovery will share his personal trauma and alcoholism recovery journey offering valuable insights into what is needed for healing. Paddy's extensive career includes a pivotal role as a Clinic Manager at Ireland's Smarmore Castle Private Clinic where he successfully navigated the challenges of the COVID-19 pandemic whilst ensuring patients were treated with dignity and empathy whilst partaking in their addiction recovery programmes.

- trauma survivors, providing practical tools and emotional understanding to guide others on their journey to wholeness. Here are some of the comments received from audiences attending a recent 'Broken No More' event in Northern Ireland:

• Uplifting, sincere, insightful, very informative

• Very Inspiring, provocative, enjoyable,

• Thoughtful, emotional, enlightening, moving,

• Music reflected the issues

• Great stories, Poetry, Different

• Brought up memories, Reflective, Rewarding

Paddy's close colleagues David and Eileen from Celtic Grace will provide a calming, live musical backdrop to the presentation.


Learning objectives


1. Understand the importance of lived experience in trauma recovery and healing.

2. Explore the therapeutic value of poetry, art and music in supporting trauma survivors.
3. Learn how to support individuals recovering from addiction with practical, evidence-based tools.




4. Foster hope, resilience, and empowerment in individuals healing from trauma and addiction.

The Referral Revolution: Rethinking Pathways to Recovery

 29 September



13:15 - 14:45



Robb Schuler Robin Lefever, Johan Sorensen, moderated by Ben Camp

As the field of trauma and mental health evolves, referral pathways remain a critical yet underexamined component of effective care delivery. Traditional models often struggle to respond to increasing demand, systemic inequities, and the complexity of individual recovery journeys. This dynamic panel, hosted by Recovery.com, brings together clinicians, service providers, and those with lived experience to examine what’s working, what’s broken, and what needs to change. They will critically examine the referral process as both a clinical and structural issue.


Drawing on interdisciplinary perspectives, the discussion will consider how referral systems can adapt to contemporary challenges, integrate innovative practices, and foster more equitable access to care. Audience members will be invited to contribute case-based insights, creating a participatory dialogue that bridges research, practice, and lived experience in the pursuit of more effective and inclusive recovery pathways.

Learning objectives

1. Identify barriers and gaps in current referral processes within trauma and mental health care, including systemic, cultural, and accessibility challenges.


2. Explore emerging models and innovative practices that are reshaping referral pathways, from community-based initiatives to digital platforms and peer-led approaches.
3. Develop practical strategies for improving collaboration between providers, organisations, and communities to ensure referrals lead to more timely, appropriate, and person-centred care.

What’s Regulation Got to Do With It? A Neglect-Informed Exploration of the Sexual World

 29 September



13:15 - 14:45



Ruth Cohn

Due to early attachment trauma, the relational world of the neglected child is fraught with challenge and difficulty. “Dilemma without solution” – a term coined by attachment researcher Mary Main – becomes the defining relationship template from then on.

Regulation of both the infant nervous system and the infant-other relational system are compromised in early neglect, so the capacity to self-regulate and co-regulate with others is distorted or absent. The lack of information during the natural dysregulation of developmental arousal sensations.

and pubertal changes often leads to confusion or shame. Sexuality requires a delicate balance of sympathetic and parasympathetic arousal to be functional so, together, these factors create a challenging sexual world for the individual


In this introductory workshop, psychotherapist Ruth Cohn will place a neglect informed lens over the sexual world of the neglected child, reviewing the initial “dilemma,” which is the core of neglect trauma; common sexual relational patterns; relationship challenges; and the potential ramifications of these issues going untreated.


Learning objectives

1. Analyse and explain how early attachment trauma and neglect shape the developing nervous system, affect regulation, and self-/co-regulation, and evaluate the resulting challenges in sexual and relational functioning through case-based examples.



2. Identify and differentiate at least three common sexual and relational patterns observed in neglect survivors (e.g., avoidance, dysregulation, compensatory strategies) and illustrate how these patterns influence intimacy and arousal dynamics.
3. Apply a neglect-informed framework to clinical scenarios in sexual health and therapy by selecting appropriate foundational strategies to address relational and reproductive health challenges, and justify their use with supporting evidence.

Rewiring Connection: Using Neuroscience, Tapping and Energy to Heal Relationships

 29 September



13:15 - 14:45



Poppy Delbridge, Tara Swart

In this immersive session, neuroscientist Tara Swart and tapping expert Poppy Delbridge examine how neuroscience, energy psychology and tapping can help rewire the brain for deeper self-connection and relational healing. They will explain how trauma disrupts our ability to connect with ourselves and others and how targeted techniques can restore balance, emotional resilience and a sense of belonging.

Their session provides practical, evidence-based tools to regulate the nervous system and build stronger relationships with self, community and the world around us.

Learning objectives

1. Understand how trauma impacts brain function, emotional regulation and relationships, and how energy-based techniques can help rewire these patterns.

2. Learn how tapping and energy work can reset the nervous system and facilitate reconnection.
3. Explore how shifting energy and engaging in relational healing practices can rebuild connection with yourself, others and your wider community.



In the Round: Exploring Embodied Practices for Healing



Licia Sky, Bea Palya, Edy Nathan, Betsy Polatin

29 September 13:15 - 14:45

In this interactive discussion, Licia Sky, Leslie Jones, Bea Pelaya, Edy Nathan, and Betsy Polatin come together to explore the power of embodied practices in trauma recovery, self-awareness, and relational healing. Each of these distinguished practitioners brings a unique perspective, drawing from disciplines such as somatic experiencing, vocal embodiment, movement, breathwork and psychodynamic approaches.

Rooted in the understanding that healing is not just cognitive but somatic, this conversation will illuminate the role of the body in processing emotions, restoring a sense of safety and cultivating connection. Through shared insights

and experiential reflections, the panel will examine how different modalities help individuals regulate their nervous systems, build resilience and deepen their relationship with themselves and others.

The “in the round” format fosters an open and participatory environment, allowing for organic conversation, audience engagement and the weaving together of diverse approaches to embodied healing.

Learning objectives

1. Gain insight into how different embodied practices support trauma recovery, self-regulation and emotional resilience.
2. Learn from a range of perspectives, including somatic movement, dance, breathwork, vocal expression and body-based psychotherapy.
3. Discover practical tools for grounding and emotional regulation.
4. Examine how embodied practices can strengthen self relationship, interpersonal relationships and promote co-regulation in therapeutic and everyday settings.
5. Participate in brief guided explorations and reflections that demonstrate the power of somatic work in practice.



Healing Beyond Talk: Rewiring Trauma Through Rhythm, Movement, Yoga, and Story



Jeff W Jones, Leslie Jones

29 September 13:15 - 14:45

Join Leslie Salmon Jones and Jeff W. Jones, founders of Afro Flow Yoga®, for an experiential workshop designed for practitioners, professionals, and individuals seeking to expand their understanding of trauma healing through integrative, embodied approaches. This 90-minute session explores practices rooted in ancestral and culturally grounded rhythmic traditions, meditative yoga, somatic awareness, storytelling, call-and-response, and live music – including therapeutic drumming.

Grounded in ancestral wisdom and supported by neuroscience, these modalities regulate the nervous system, promote neuroplasticity, and support emotional integration. Yoga enhances interoception and vagal tone; rhythmic movement and drumming help release stored trauma and restore flow; storytelling and call-and-response activate voice, co-regulation, and community connection.

Participants will be guided through movement, sound, and reflection to experience how these healing practices can complement therapeutic care, deepen self-awareness, and support collective transformation.

- Our multidisciplinary goals are to provide:
- A culturally grounded introduction to yoga, movement, drumming, storytelling, and call-and-response as embodied tools for trauma recovery.
 - An experiential understanding of how these practices regulate the nervous system, support neurobiological integration, and foster emotional resilience.
 - A reflective space to explore how community-based, somatic practices can complement and enrich conventional therapeutic approaches.


Learning objectives

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


1. Describe how yoga, drumming, movement, storytelling, and call-and-response support trauma recovery through nervous system regulation and neuroplasticity.
2. Demonstrate at least two techniques (e.g. rhythmic movement, breathwork, or vocal practices) that promote embodied awareness and emotional regulation.
3. Reflect on and articulate how culturally responsive, community-centered practices can enhance therapeutic engagement and healing outcomes.


No movement or dance experience required. All are welcome.

Rebuilding Connection:
A Values-Based
Framework for
Healing Relationships



Brian Pennie

 29 September

 13:15 - 14:45

Too often, we allow our feelings to determine how we act instead of ensuring our actions determine how we feel. This is particularly problematic for those who've experienced trauma, addiction and mental health challenges. Instead of taking actions that will serve them in life, avoiding how they feel becomes their primary objective which in turn disconnects them from the world.

Brian Pennie is a former heroin addict-turned-neuroscientist and resilience specialist. In this session, he will discuss how trauma and addiction destroyed his relational world. He will also share a values-based framework he used to thrive in recovery which helped him restore his relationship with himself, the world and his loved ones.

Brian will demonstrate evidence-based tools to help people reconnect with themselves, develop their values and guide them towards actions that align with their True North, instead of making feelings-based decisions that can pull them off course.

Learning objectives

- 1. Understand how trauma and addiction can distort perception and lead to disconnection from self, others and the world.
- 2. Explore how a values-based framework can guide towards purposeful decision-making and long-term wellbeing.
- 3. Leave with powerful evidence-based tools that can heal our relational world.

Rewiring Reactivity: The
TIMBBBBER Framework for
Transforming Automatic
Reactivity into Mindful
Relational Responsiveness



Priscilla Short

 29 September

 15:15 - 16:45

In this presentation, Priscilla Short introduces TIMBBBBER, an integrative framework designed to help individuals and couples decode their reactive, automatic responses and transform them into more mindful, relational ones. Originally developed for a client who described a "red mist" that led to abusive behavior toward his partner, TIMBBBBER has since proven transformative in a wide range of situations, including in addictive and avoidance behaviours, as well as reactivity in couple relationships.


Grounded in systemic, psychodynamic, somatic, behavioral, and trauma-informed approaches, TIMBBBBER breaks down the process of reactivity into distinct stages, allowing individuals to slow down, recognise, and rework their responses. By mapping the neurological and psychological pathways that drive automatic reactions, this framework equips therapists and clients with a practical, adaptable tool to re-author responses, build emotional resilience, and foster healthier relationships.

This interactive and practical workshop will provide insight and hands-on experience in applying the TIMBBBBER framework – both to your own responses and for your clients.


Learning objectives

- 1. Understand the TIMBBBBER framework for decoding reactivity.
- 2. Know how to use the TIMBBBBER framework to re-author a reactive response into a more mindful and relational response.
- 3. Know how to use the TIMBBBBER framework to decode and re-author the negative interactive dance in couple relationships.

The Body as a Portal:
Exploring Movement,
Myth and Connection



Gil Gomes Leal

 29 September

 15:15 - 16:45

In this dynamic and immersive workshop, Gil 'The Grid' Gomes Leal, visionary movement artist and founder of Amenti MoveMeant, invites participants to explore the body as a gateway to deeper self-awareness, connection and transformation.

His unique psychosomatic movement practice integrates dance, psychology, storytelling, somatic exercises and shamanism. A movement coach for artists such as Sevdaliza and CloZee, Gil's work bridges ancient wisdom and modern expression, offering a space where movement becomes a language for healing and self-discovery. Participants will leave with a renewed sense of relational awareness.

This workshop is open to all levels – no prior dance or movement experience is required. Whether you are a therapist, artist, healer, or simply curious about the transformative power of movement, this session offers an opportunity to see the body as a portal for relational healing.

Learning objectives

- 1. Explore the connection between movement, emotions, self-exploration and relational dynamics.
- 2. Experience movement as a form of storytelling that transcends words and connects the past, present and future.
- 3. Develop skills in non-verbal communication and attunement to others through embodied practice.
- 4. Discover how mythology and archetypes can be embodied through dance, breath and ritual.

Esther Perel
In Conversation



Esther Perel

 29 September

 15:15 - 16:45


Internationally renowned psychotherapist Esther Perel joins a special guest for a wide-ranging conversation on the state of our relationships today. Expect sharp insight, candid stories and practical provocation as they explore intimacy, rupture and repair in a turbulent world.

Learning objectives



- 1. Explore contemporary perspectives on intimacy, relationships and repair through an unscripted dialogue that bridges clinical practice, culture and lived experience.
- 2. Gain practical insights into navigating conflict, boundaries and connection that can be applied in therapeutic work, leadership, and everyday relationships.



When There is No “Post-”: Meaningful Research and Practice



Mike Niconchuk, Alexandra Chen, Wendy D'Andrea

 29 September  15:15 - 14:45

An enriching panel discussion featuring trauma and psychophysiology expert Dr. Wendy D'Andrea, child trauma specialist Dr. Alexandra Chen, and trauma and peacebuilding expert Michael Niconchuk. They will interrogate current research, practice agendas and research trends – including in neurophysiology, participatory research, and local models of care – focusing on communities affected by war, violence and forced displacement. And they will question what service provision and research agendas we should be pursuing in low-resource settings where safety is elusive and war spans generations.

Dr. Wendy D'Andrea will carefully lay out the current state of applied community research in trauma recovery, highlighting both innovative programs and research methodologies that are enabling us to better understand the embodied effects of trauma and its remedies.

Dr. Alexandra Chen will zoom in on children in conflict zones, assessing gaps, common treatment protocols and exploring what research and practice innovations are needed. Specifically, she will focus on the challenges associated with supervision, risk and rigor in building international teams working in sensitive environments.

Lastly, Michael Niconchuk will dive deeper into the possibility and role of ‘safety’ in objectively unsafe contexts, including in post-conflict and active conflict settings. Relying on emerging research from the Middle East and East Africa, he will explore various contextual factors, including material resources, relational supports, access to health, and cultural and spiritual resources that all enable or disable ‘feeling safe.’

Learning objectives


1.

Assess cutting-edge research methods and questions for use with war-affected populations
2.



Compare challenges in establishing multi-disciplinary teams in complex environments
3.

Explain critical components of effective community healing programs in conflict settings and with war-affected clients

Parenting Beyond Childhood: The Complexities of Parenting Adult Children



Julia Samuel, Emily Samuel, Sophie Samuel

 29 September  15:15 - 14:45

In this unique session, celebrated psychotherapist and author Julia Samuel is joined by her daughters, Emily and Sophie Samuel, to explore the evolving dynamics of parenting adult children. Together, they will unpack the challenges, opportunities, and emotional shifts that come with navigating this lifelong relationship.

Through open dialogue and professional insight, this session will examine the impact of intergenerational patterns, how relationships can adapt to the changing needs of adult children and the balance between providing support and encouraging independence. Attendees will gain practical strategies for maintaining healthy boundaries, nurturing connection and addressing the complexities of relational dynamics as children become adults.

Learning objectives

1.

Understand the evolving role of parents in their adult children's lives and the challenges this stage presents.
2.

Explore how intergenerational patterns influence the parent-adult child relationship.
3.

Learn strategies for balancing support and independence that promote relational health.
4.

Gain insights into maintaining healthy communication and boundaries while adapting to changing family dynamics.

Breaking Cycles, Building Connection: A Relational Paradigm Shift in Psychotherapy and Healing



Frank Anderson

 29 September  15:15 - 16:45

The way we relate to ourselves, to others and to the world drives every aspect of our wellbeing. When past experiences create patterns of disconnection or self-protection, they can limit our ability to fully engage with life. But once we understand these patterns and learn to shift them, healing is possible.

In his session, renowned trauma expert and Harvard-trained psychiatrist Frank Anderson will introduce new ways to think about personal growth and emotional healing so that individuals are empowered to take an active role in their transformation. He offers neuroscience-backed strategies to help break cycles of pain and elicit feelings of joy, connection and belonging leading to more fulfilling relationships with others.

Learning objectives

1.

Identify common patterns of self-protection and disconnection that stem from past experiences and explore their impact on personal and relational wellbeing.
2.

Explain how neuroscience and trauma awareness can inform a more empowered, self-directed approach to healing and transformation.
3.

Describe practical strategies for changing relational patterns, promoting self-compassion and cultivating meaningful connections.

Healing Your Self-Relationship: Nurturing an Anti-Oppressive Connection with Yourself



Myira Khan

 29 September  17:15 - 18:45

Our relationship with ourselves is shaped by our values and beliefs, our lived experiences, our environments and our relationships with others. The messages we receive, which are communicated through these channels, become internalised and played out in how we think about ourselves, view ourselves and connect and relate to ourselves.

Multi-award-winning counsellor, Myira Khan, will explore how to support healing and transformation of our self-relationship, by recognising and challenging self-oppressive habits and moving towards nurturing a deeper connection with ourselves through increased self-awareness, self-care, self-love, self-compassion and personal growth.

Learning objectives

1.

Identify how self-oppression manifests and develop strategies to deconstruct, challenge and unlearn limiting beliefs and harmful narratives, replacing them with affirming and self-empowering perspectives.
2.

Explore the eleven healthy traits and their practices for developing a healthy self-relationship centred on care, compassion, kindness, love and honouring lived experiences.
3.


Learn how to integrate sustainable, anti-oppressive self-care techniques and practices and to create a bespoke self-care framework that aligns with one's own values, beliefs, identity, lived experiences and needs.



Embodying Grief: Movement as a Path to Relational Healing

29 September

17:15 - 18:45



Paul Denniston

We tend to think of grief as an intrinsically personal experience, but its impact extends far beyond the individual affecting how they relate to others and the world around them. In this session, Paul Denniston, founder of Grief Yoga, will guide participants through gentle, chair-based Grief Yoga practices that support the embodied processing of heartbreak, trauma and loss, while also helping to restore and strengthen relational connection.

He will explore how grief can become stuck in the body, affecting the way we communicate in relationships and experience intimacy. Through movement, breath and sound,

he will demonstrate how these practices can help release accumulated grief. Participants will learn how movement can be used not just for individual healing, but as a way to enhance relational resilience – helping clients navigate grief while remaining open to love and meaningful relationships.

This session is designed for both therapists and practitioners and individuals seeking a deeper understanding of how grief impacts relationships and how movement can serve as a bridge to healing.

Learning objectives

1. Understand how unprocessed grief can impact relationships and how embodied practices can restore connection and presence.


2. Learn how Grief Yoga techniques can help clients release emotional pain and strengthen self-awareness.
3. Apply movement, breath and sound as tools to navigate grief while maintaining and deepening relationships with self and others.

4. Explore how grief manifests physically and how somatic practices can help clients stay open to love and new ways of relating to loss.

When Intimacy Feels Unsafe: Healing the Legacy of Traumatic Attachment

29 September

17:15 - 18:45



Janina Fisher

Childhood trauma has long-lasting and dramatic effects on attachment formation and on the later capacity for intimacy and mutuality. Instead of experiencing relationships as a haven of safety, trauma survivors are driven by powerful wishes for closeness but also equally intense fears of intimacy, trust, or love. A cruel result of traumatic experiences is that thereafter it feels unsafe to be alone and it feels unsafe to be close. While traditional talk therapy can name the problem, true healing requires engaging the somatic and emotional systems where trauma is stored.

Clinical psychologist Janina Fisher will address the impact of early neglect, attachment failure and childhood trauma on being in relationship. Participants will examine how unresolved trauma becomes embedded in the body and in implicit memory, often re-emerging in adult relational patterns that vacillate between longing and fear.

Through clinical case examples and guided practices, she will demonstrate how to recognise signs of trauma and apply trauma-sensitive strategies that support emotional regulation and increase tolerance for closeness and distance.

Learning objectives

1. Discuss the neurobiological effects of traumatic experience on attachment.

2. Define ‘implicit memory’ or ‘body memory’.
3. Describe the role of survival defence responses in perpetuating conflicts in relationships.

4. Identify signs and symptoms of traumatic attachment in dyadic interaction.

The Pain of Estrangement: Understanding and Healing from Broken Relationships

29 September

17:15 - 18:45



Matthias Barker

Parent-child estrangement is a painful and complex issue, affecting as many as one in four families today. In this engaging presentation, Matthias J. Barker, a leading mental health educator and therapist, explores the root causes and far-reaching consequences of estrangement. Through psychological expertise, cutting-edge research and relatable storytelling, Matthias will provide practical tools to help individuals and professionals alike understand the breakdown of family relationships and navigate the healing process.

This session will empower participants to better grasp the psychology of broken relationships, cultivate compassion for themselves and others and embrace the possibility of healing in even the most challenging family dynamics. Attendees will leave with a deeper understanding of the emotional dynamics that fuel estrangement.

Learning objectives


1. Evaluate whether repair vs. boundary-setting is indicated in cases of parent-adult child estrangement by applying a structured rubric (e.g., safety, readiness, reciprocity) to two case vignettes and justifying the decision.

2. Identify and elicit underlying emotions (sadness, fear, shame, disgust) using a structured emotions inventory, and coach the patient to articulate at least one primary and one secondary emotion.
3. Design a brief, stepwise emotional healing plan that links identified emotions to targeted interventions and define at least two metrics (e.g., frequency of constructive contact, self-reported affect regulation) to monitor reconnection progress.

The Chemistry of Connection: Exploring the Role of Neurochemistry in Relationships and Wellbeing

29 September

17:15 - 18:45



David Nutt

Join David Nutt, a world-renowned expert in neuropsychopharmacology with over 45 years’ experience, in exploring how brain chemistry shapes our ability to form and sustain relationships. He will illuminate the critical role of neurochemicals such as oxytocin, dopamine and serotonin in building connection and trust.

He will also discuss the revolutionary potential of psychedelics in repairing relational and emotional trauma. Attendees will gain insight into how these substances enhance emotional openness, deepen empathy and support the healing of fractured connections. The session offers a comprehensive exploration of how neurochemistry can be harnessed to promote relational health and wellbeing.


Learning objectives


1. Understand the role of key neurochemicals in promoting social bonding and trust.


2. Explore the impact of stress, trauma and mental health disorders on neurochemistry and relational health.
3. Learn about the therapeutic potential of psychedelics in addressing relational trauma and building connection.

4. Gain insights into the emerging role of psychopharmacology in supporting relational and emotional wellbeing.

Portraits of Resilience – Sudden Death and Widowhood: A Qualitative Inquiry into 9/11 and Beyond

 29 September

 17:15 - 18:45



Louise Stanger

This presentation examines widowhood through a relational frame theory lens, using ACT’s core processes - Acceptance, Cognitive Defusion, Being Present, Self as Context, Values, and Committed Action - as a framework for understanding resilience after loss.

Clinician interventionist and behavioural expert, Louise Stanger, will use portraiture methodology and qualitative inquiry to examine how women create new relational networks of meaning following sudden spousal death.

The research reveals how psychological flexibility develops through grief, showing that healing isn't about returning to a previous state but creating new relational frames that accommodate both loss and growth. Louise's case study examples will demonstrate how clinicians can support this process through individual work, group support and peer mentoring.

Learning objectives

1. Examine the unique dynamics of sudden loss and how it effects intimacy and family relationships, as well as the emotional landscape of young widows.

2. Learn effective strategies for bolstering healthy coping skills in the face of trauma.
3. Understand the relationship between grief and trauma and the universality of grief across diverse backgrounds and cultures.

4. Discover the importance of peer support, clinician involvement and shared experiences in the healing process and how, when enacted properly, these symbiotic phenomena form a crucial junction through which young adults can develop the skills required to thrive for years to come.

Grounding in the Body

 30 September

 08:00 - 08:30



Scott Lyons

Begin the day with intention and presence in this somatic grounding session led by Scott Lyons, a world-renowned psychologist, osteopath and expert in embodiment. Through gentle, guided practices, participants will be supported in settling their nervous systems and reconnecting with their bodies before entering a full day of learning and connection.


This session is an invitation into the deeper themes of the day: regulation, awareness and embodied presence.


Learning objectives


1. Support nervous system regulation through guided somatic practices.

2. Increase interoceptive awareness to enhance therapeutic presence.
3. Orient attention toward relational and embodied learning from the outset.

AjoiA Presents: Harmonic Healing – Strengthening Connection Through Sound and Somatic Movement

 30 September

 08:30 - 10:00



AjoiA

AjoiA, a pioneering music organisation renowned for its innovative, relational approach to sound therapy, invites participants to explore the connection between sound, movement and relational healing in this unique and immersive experience.

Co-founded by music innovator Anthony Gorry and psychotherapeutic counsellor and sound therapist Andrew “Shovell” Lovell, AjoiA has been featured at major events and organisations worldwide, helping individuals and communities reconnect through the power of sound and movement.

The workshop comprises scientifically informed, therapeutic soundscapes, guided movement and meditative practices that aid in collective healing. Participants will engage in dynamic exercises that merge ancient instruments with modern technology, creating a multisensory environment for shared presence and emotional attunement.

By engaging in these sound-based relational practices, attendees will be able to release held tension and create a sense of belonging and unity – a fundamental part of healing our relational world.

Learning objectives


1. Understand the relational impact of sound and movement – how they support self-regulation, co-regulation and improve interpersonal connections.

2. Experience how soundscapes and embodied movement bolster mental health, trauma recovery and relational healing.
3. Learn techniques to integrate sound and movement into personal and professional practices.


4. Strengthen community and shared healing through experiential sound and movement practices that promote attunement and unity.




Live Supervision with Esther Perel



Esther Perel moderated by Zach Taylor

 30 September

 08:30 - 10:00

A unique opportunity to observe a live clinical supervision with world-renowned psychotherapist Esther Perel. In a format inspired by her Sessions Live series, Esther and a panel of experienced therapists will offer real-time supervision on case material submitted by attendees.

Participants will witness how relational dynamics are interpreted and explored through Esther’s clinical insight. This is an engaging and highly practical session that opens va window into the art of supervision and therapeutic decision-making.

Learning objectives

1. Observe how master clinicians approach live supervision with empathy and clarity.

2. Learn supervision techniques that can be applied to clinical stuck points and relational dilemmas.
3. Explore how live case consultation supports growth for both therapist and client.

Psychedelics and the Healing of Relationships:
Exploring Connection, Trauma and Transformation



Bessel van der Kolk, David Nutt, Lauren Macdonald, Chantelle Thomas

 30 September

 08:30 - 10:00

In recent years, psychedelic-assisted therapy has gained significant attention as a powerful tool for healing trauma, deepening self-awareness and cultivating connection. But how do psychedelics impact our relationships? This panel brings together leading experts Bessel van der Kolk, David Nutt, and Drs Lauren Macdonald and Chantelle Thomas to explore the relational dimensions of psychedelic therapy.


The panel will draw on the latest cutting-edge research as well as their own clinical experience and personal insights to discuss how psychedelics can repair attachment wounds, enhance emotional attunement and shift the way we engage in relationships. They will also explore the ethical and therapeutic considerations of using psychedelics to facilitate interpersonal healing and connection.

Learning objectives


1. Examine how psychedelics influence attachment patterns, emotional regulation and social connection in therapeutic and relational contexts.


2. Discuss how psychedelic-assisted therapy may help process past trauma and shift defensive relational patterns to build trust and intimacy.
3. Evaluate the benefits, risks and ethical considerations of using psychedelics in clinical settings, including best practices for dosing and integration.

An Expanded Conceptualisation of Secure Attachment



Linda Thai

 30 September

 08:30 - 10:00

Attachment theory offers many valuable insights, but its foundations reflect certain limiting assumptions. Originally formulated based on white, Western nuclear family structures, attachment theory is rooted in White, cis-het, settler-coloniser, patriarchal paradigms that emphasise dyadic relationships within a nuclear family. Yet we participate in relationships far beyond our early caretakers.

As mental health clinicians, our hyperfocus on perceiving client presentation solely through the lens of attachment disruptions can lead us to ignore or overlook the impact of racism, sexism, cissexism, heterosexism, ableism and classism upon our client, and mis-diagnose or inadvertently pathologise a client and their family and cultural systems.

When we experience trauma, secure attachment with a handful of early caregivers alone cannot suffice to heal our deep relational wounds. We need a more expansive vision – one that engages the full web of relationships anchoring our lives. The connections we share run far deeper than any one theory can capture.

Trauma therapist and former child refugee Linda Thai questions what it would mean to reconceptualise secure attachment more holistically. Her session will explore how we can move the isolation of trauma into a sense of belonging by embracing the relational richness of our multi-layered lives.

Learning objectives


1. Examine how secure attachment is cultivated not only through early caregivers but also through chosen families, friendships, communities, school, the media, the systems and structures of society and government and global relational networks.

2. Explore how connections to ancestors, spiritual traditions, cultural lineages and the natural world contribute to a sense of security, belonging, dignity, and relational healing.


3. Recognise the influence of structural oppression on attachment experiences and identity formation.


4. Integrate a decolonised, ecologically and culturally responsive lens into clinical practice.

Born to Bond: The Science of Early Brain Development, Attachment and Trauma



Jaclyn Ruggiero

 30 September

 08:30 - 10:00

How an infant relates to the world is rooted in their early sensory and social experiences – the story begins at birth. Humans are biologically wired for connection, and the neonatal period is a critical and vulnerable time for brain development.

For high-risk neonates, however, their earliest view of the world is the neonatal intensive care unit (NICU). Despite life-saving interventions, the NICU disrupts fundamental expectations for safety and trust through parental separation, painful procedures and repeated medical interventions. While there have been major advancements in neonatal medicine, the impact of trauma remains under-recognised, particularly when it comes to shaping long-term relational patterns and mental health for both infants and families.

Neonatologist Jaclyn Ruggiero will examine the intersection of neurodevelopment, early relational health and trauma through the NICU lens. She will explore how disruptions in early bonding and attachment during critical periods affect healthy brain development and compromise resilience across the lifespan. She will also draw on clinical research and relational health frameworks to consider how resilience-building practices and bonding rituals might support neurodevelopment and mitigate early stress.

Learning objectives

1. Understand how trauma and stress in the neonatal period influence brain development, attachment and nervous system regulation.


2. Recognise how disruptions in early bonding and connection impact resilience, social-emotional development and an infant’s sense of safety and trust.


3. Explore trauma-informed practices that strengthen relational health and infant-parent co-regulation as a foundation for healthy neurodevelopment in high-risk infants.

We Are Our Relationships



Melinda
Ashley Meyer

 30 September

 08:30 - 10:00

Expressive Arts in Transition (EXIT) was originally developed and researched with unaccompanied refugee minors living under extreme conditions of loss and survival. Its stabilising and self-regulating group approach helps restore trust, connection, engagement, spontaneity and safety through embodied creative practices. What began as a response to human crisis has proven to be a method that speaks to the human condition at large: teaching the language of the body, strengthening resilience and restoring balance.

EXIT offers a practical foundation in this divided world - applicable both to traumatised communities in crisis and to individuals.

This lecture will also include some demonstrations with movement and film.

Learning objectives

1. Understand EXIT's foundations, its development and research with 207 unaccompanied refugee minors and its role as a group-based stabilization and self-regulation intervention.
2. Learn the "language of the body": how EXIT helps participants attune to and regulate somatic signals of trauma and stress.
3. Expanding the range of play through movement, mirroring, imagination and intermodal expressive arts.
4. EXIT as a pathway to safety, trust and relational connection.
5. Explore broad applicability: how EXIT can be used both in communities facing war and exile, and in the everyday lives of people navigating modern stress and disconnection.

Tracking the Entry Point



Scott Lyons, Licia Sky,
moderated by Kai Cheng Thom

 30 September

 10:30 - 12:00



When working with trauma, knowing where to begin is key. This experiential session explores the process of identifying the most effective "entry point" for healing - whether that be somatic, developmental or relational.

The session includes a live demonstration of clinical inquiry and trauma entry work, followed by a guided breakdown of the process and a 30-minute Q&A. With expertise from psychologist Scott Lyons and somatic educator and musician Licia Sky - as well as thoughtful facilitation from performance artist Kai Cheng Thom - this session offers excellent insight into how to meet a client exactly where they are.


Learning objectives


1. Discern between somatic, developmental and relational entry points when approaching trauma.
2. Develop confidence in therapeutic pacing and moment-to-moment attunement.
3. Engage in reflective learning through live demonstration and structured Q&A.

Embodiment Beyond the Individual:
Cultural and Collective Practice as a
Pathway to Societal Transformation



Mariah Rooney,
Prentis Hemphill

 30 September

 10:30 - 12:00

What happens when embodiment moves beyond personal healing and becomes a shared cultural practice? This interactive workshop invites participants to explore embodiment not only as an individual resource but as a collective path toward societal transformation.

Participants will leave with frameworks, embodied tools, and collective insights to strengthen their own work and to imagine what becomes possible when embodiment is practiced as a cultural and collective capacity, not just an individual one.

Learning objectives

- Drawing from somatics, trauma theory, and social change traditions, participants will:
1. Understand the historical and cultural roots of embodiment practices and how they shape power, belonging and social structures.
 2. Engage in and apply guided collective exercises that illuminate how bodies in relationship generate resilience, empathy, and capacity for change.

3. Examine the ways dominant culture isolates embodiment within the individual and explore alternatives rooted in community and interdependence.
4. Envision new practices, rituals, and organisational approaches that foster embodied culture at scale, advancing justice, healing, and transformation.



The Relational Mind: Exploring the Science of Connection



Dan Siegel

 30 September

 10:30 - 12:00

Join renowned psychiatrist Dan Siegel for a compelling session that explores the science of relationships and the mind. He will introduce participants to the fundamental ways our brains and relationships shape one another. This session will highlight how cultivating self-awareness, empathy and integration can deepen our connections.

Designed to be engaging and accessible to all, this session will focus on key concepts such as the Window of Tolerance, the role of attachment in relational health and the power of mindful awareness to transform how we engage with others. Through thought-provoking insights and reflective practices, participants will leave inspired to apply these ideas in their personal and professional lives.


Learning objectives

1. Understand the basic principles of interpersonal neurobiology and its relevance to relationships.


2. Explore the Window of Tolerance and how it affects relational dynamics and emotional regulation.
3. Learn the role of attachment in shaping the brain and fostering relational health.


4. Discover how mindful awareness can enhance empathy and relational connection.

Inner and Outer Landscapes: Expressive Arts Approaches to Collective Resilience



Melinda Ashley Meyer

 30 September

 10:30 - 12:00

Collective trauma; the shared injuries to a population's social and physical ecology requires collective responses. This workshop focuses on the Expressive Arts in Transition (EXIT) component of Landscape, where inner landscapes of sensation, image and bodily response are externalised into outer landscapes through expressive arts.

By shaping experience into aesthetic form, participants strengthen their capacity for presence, regulation and connection. The process becomes both personal and communal, preparing the ground for testimony, ritual, and collective witnessing. In contexts of exile, displacement and ecological disruption, this work fosters resilience by reweaving connections to self, others and the surrounding ecology.

Learning objectives


1. Understand how the Exit component of Landscape functions as a stabilising process in contexts of collective traumatic stress.

2. Develop a basic understanding of how inner and outer landscapes can be mobilised through artistic exploration.


3. Learn how aesthetic forms support both containment and transformation of traumatic experience.
4. Experience expressive arts methods that demonstrate how collective resilience can be mobilised in groups.


5. Recognise how working with landscapes bridges personal regulation and collective/ecological restoration.

Bless Your Body With Your Voice: Put Your Members Into Song



Bea Palya

 30 September

 10:30 - 12:00

Folk and world music singer-songwriter Bea Palya leads this experiential workshop exploring the power of voice and song as pathways to healing. The workshop will feature guided vocal exercises, playful sound-scaping and songwriting techniques – and attendees will discover how sung words carry unique vibrational power that reshapes self-perception.


Bea will guide participants through a sequenced journey from vocal awakening to creative self-expression. Suitable for all experience levels, this session invites participants to reclaim their authentic voice and experience the joy of singing while developing a sustainable practice for ongoing body integration and self-compassion.

Learning objectives


1. Create a personalised “body prayer” that promotes positive body image, embodiment and self-acceptance in daily practice.


2. Experience and understand how playful vocalisation and singing affect the body-mind connection through vibrational resonance, and implement these principles in trauma recovery contexts.
3. Use voice as a creative tool for self-expression, body reconciliation and emotional processing (for example facing fear, multiplying joy, transforming anger) through a structured methodology.

Healing for Gaza: Innovations for Clinical Mental Healthcare in a Genocide



Alexandra Chen

 30 September

 10:30 - 12:00

Healing for Gaza was established in July 2024 to address the critical gap in trauma-specialised clinical mental health care for Palestinians experiencing genocide, forced displacement, and intergenerational trauma. Today, it is the only emergency mental health intervention providing high-quality, culturally-grounded trauma therapy and psychiatric care to children, families, and frontline workers from Gaza. Its founder, Dr. Alexandra Chen, launched the intervention after years of serving survivors of war and displacement in 15 conflict zones from over 40 countries, including Syria, Iraq, Afghanistan, Somalia, among other frontline contexts.


What began as a small, 3-person volunteer-led effort has grown over the last year into a structured, purpose-built team of 120-strong – trauma-specialised psychotherapists, psychologists, psychiatrists, as well as medical interpreters, clinic coordinators, advisors, and volunteers, all responding to the urgent mental health crisis in Gaza.


Learning objectives




1. Understand the unique challenges and needs in providing trauma-specialised, culturally grounded mental health care for children, families, and frontline workers experiencing genocide and displacement.

2. Explore Healing for Gaza's operational model, War Trauma Curriculum, and frontline case studies as innovative approaches to large-scale trauma intervention.
3. Reflect on the broader implications of Healing for Gaza's work for trauma psychology practice and the global mobilisation required to respond to mass war trauma.

“Return to Stillness...”- A Healing, Soothing, Science-Backed Experience for Releasing Trauma and Restoring Connection

 30 September

 12:15 - 13:00



Eileen Beamish, David Williams, Paddy Creedon

This transformative session is grounded in the well-established science of healing and recovery from trauma. Drawing on proven principles of nervous system regulation and trauma recovery, it offers a gentle, meditative yet powerful approach to reconditioning the body and mind using live, calming flute and harp music, carefully selected poetry, powerful affirmations and bespoke creative visualisations.

Participants will engage in an immersive journey of self-discovery, guided by research-backed techniques that foster inner peace and emotional resilience.

By consciously activating elevated emotions such as peace, joy, self-love, courage, and letting go - each carefully selected for their role in deep emotional healing - this experience provides a meaningful, natural pathway toward restoring balance and wellbeing.

Learning objectives


1. Learn how cultivating self-love helps heal past wounds by fostering compassion and acceptance, allowing the individual to release shame and guilt.


2. Explore how experiencing peace brings calmness to the nervous system, facilitating deep emotional healing and restoring balance after generational hardships.




3. Understand how gratitude shifts focus from pain to appreciation, rewiring the nervous system for resilience and fostering a sense of connection, abundance, and emotional healing.

4. Examine how building courage empowers participants to face emotional blocks, enabling them to move beyond inherited fears and traumas.

Into Practice: Real Cases, Real Decisions

 30 September

 13:30 - 15:00



Elisabetta Burchi, Robin Lefever, Cheryl Donaldson

Into Practice brings clinical application to the centre of Transform Trauma Oxford. In this live panel, experienced clinicians with distinct modalities, products and services work through three shared case studies. Instead of formal slide decks, the session uses case vignettes to surface how each panellist would assess, prioritise and intervene, what tools they would use, and where they would set boundaries or refer on. The aim is a grounded, interactive conversation that shows real decision making in complex presentations and gives attendees practical ideas they can use straight away.

How the sessions will look

- Three case vignettes presented in turn.
- For each case: rapid assessments from each clinician, discussion of options, points of difference, points of agreement, and likely sequencing of care.
- Short audience Q&A after each case, then a final synthesis with key dos, don'ts and referral pathways.

Learning objectives

1. Compare how different clinical approaches conceptualise and respond to the same complex trauma presentation.


2. Identify specific tools and techniques that can be applied in real-world settings, including when and how to use them.


3. Describe decision points that guide sequencing of care, escalation, or referral to other services.


4. Recognise red flags, contraindications and safeguarding considerations in case-based work.

5. Translate insights from the panel into concrete next steps for their own practice and cross-disciplinary collaboration.

How Health Professionals Can Communicate Their Message More Effectively

 30 September

 13:30 - 15:00



Paul Brunson

A major barrier to healing our relational world is that those with the most valuable insights - psychologists, therapists, doctors, and researchers - often speak in ways that are inaccessible to the general public. They primarily communicate with each other, creating an echo chamber of expertise that the wider world never gets to access. Meanwhile, the demand for relationship and mental health advice has never been higher. In this gap, we've seen the rise of intermediaries - bro podcasters, manosphere influencers and pop-psychology gurus - who step in to fill the void, often oversimplifying or distorting the science.

If we want to shift the global conversation around relationships and mental health, the experts in this room need to become better communicators.

Relationship expert and television host Paul Brunson - known for Married at First Sight UK and Celebs Go Dating - has spent years translating the insights of leading psychologists, psychotherapists, psychiatrists, researchers, counsellors and medical professionals into plain, accessible language for the masses. In this session, he will share the key communication strategies observed from interviewing and analysing the work of some of the top minds in the field, including John and Julie Gottman, Gabor Maté, Judith Joseph, Tara Swart, and many more.

The session is a masterclass on how professionals can dramatically improve how they share their insights.

Learning objectives

1. Identify the biggest communication pitfalls that prevent experts from connecting with broad audiences.


2. Learn how to translate complex ideas into clear, accessible messages - without oversimplifying.


3. Explore the power of presence and delivery, and understand why your persona matters as much as your content.






4. Examine what top communicators inside and outside the field do differently to engage the public.

5. Apply actionable strategies to make your message more engaging, relatable, and shareable.

The Power of Reparative Experiences in the Therapist-Client Relationship

 30 September

 13:30 - 15:00



Bessel van der Kolk, Richard Schwartz, Dan Siegel, Scott Lyons, Linda Thai, moderated by Kai Cheng Thom

At the heart of trauma healing lies the potential for relational repair. This panel brings together five of the most influential voices in the trauma field to explore how reparative experiences are created specifically within the therapeutic relationship.

Whether it is the moment a client feels safe to speak the unspeakable, the experience of being met with steady compassion instead of judgment, or a rupture that's finally repaired - these experiences can change internal working models and reshape how a person relates to themselves and others.

Each speaker offers a different angle:

- **Bessel van der Kolk** brings insight into how our bodies and brains respond to attunement and connection.
- **Richard Schwartz** offers an IFS view of the therapeutic relationship.
- **Dan Siegel** speaks to interpersonal neurobiology and integration through relationship.
- **Scott Lyons** highlights the somatic and embodied dimensions of therapeutic presence.
- **Linda Thai** brings attention to safety, justice and cultural attunement.

This conversation will explore how therapists can become the repair, not through perfection, but through presence, humility and real connection.

Learning objectives

1. Discuss how reparative experiences occur through relational dynamics in therapy.

2. Identify key elements of attunement, presence, and repair within the therapist-client relationship.

3. Explore how different trauma models (IFS, neurobiology, somatic, cultural) approach relationship as the central site of healing.

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Bondage: In Attachment, Monogamy and in the Bedroom



Benjamin Fry

 30 September

 13:30 - 15:00

Humans make bonds: it's in our nature to connect, collaborate and cooperate. To do so, we find our tribe, hold those people close and try to ride out the storm that typically emerges. Nowhere is this more true than in our most intimate of relationships, our love affairs.

But the same energy that holds us can also sometimes stifle us. So, what is the relationship between being held, and being held back? How do we juggle being committed and being free? In this session, psychotherapist Benjamin Fry will explore the above through the lens of human neurobiology and the twin drivers of belonging and being free. He will analyse how our past and attachment patterns inform our responses to these questions and what the different models of commitment in relationship look like.

The session will examine the expression of these issues in society, relationship culture and in intimate practices. The goal is to see the kaleidoscope of relational expression within the whole in the context of our evolution, biology and successful adaptations – helping you and your clients make informed, empowered choices in both professional and personal settings.

Learning objectives

- 1. Describe how human bonding relates to the needs for closeness and independence in relationships.
- 2. Identify how childhood experiences shape adult relationship patterns.
- 3. Discuss various relationship styles in the context of human biology and adaptation.

Embodied Memory, Felt Sense, Imagination and Self-Experience



Licia Sky

 30 September

 13:30 - 15:00

Imagination is absolutely critical to the quality of our lives. Our imagination enables us to leave our routine everyday existence by fantasising about travel, food, sex, falling in love, or having the last word – all the things that make life interesting. Imagination gives us the opportunity to envision new possibilities – it is an essential launchpad for making our hopes come true. It fires our creativity, relieves our boredom, alleviates our pain, enhances our pleasure, and enriches our most intimate relationships. When people are compulsively and constantly pulled back into the past, to the last time they felt intense involvement and deep emotions, they suffer from a failure of imagination, a loss of the mental flexibility. Without imagination there is no hope, no chance to envision a better future, no place to go, no goal to reach.

For so many with histories of trauma, physical sensations and memories of stress, heartbreak, shame, anticipation of harm, and disaster predominate. Too often, these memories orient attention towards any possible danger that needs to be faced and away from possible safety in the present moment. This makes it very difficult to notice in the present moment when we are feeling good, and to imagine, orient towards, and create safe and positive outcomes.

In this session, somatic educator Licia Sky will guide participants through focused explorations in the present moment, paying attention to senses and noticing subtle inner shifts and the ways we may ignore our physical reactions. She will demonstrate how to activate innate self-relational capacities to engage more fully with our bodies, thoughts, feelings, and selves.


Learning objectives

- 1. Learn a detailed body tracking meditation that incorporates interoception, proprioception and how they inform our sense of safety and availability to engage.
- 2. Observe how non-verbal awareness affects physical and emotional states.
- 3. Explore non-verbal vocalising, how it affects our body, for, calming, energising, and tension release.
- 4. Learn to track shifts of state through non-verbal interaction in self and others to foster attunement.
- 5. Learn a safe touch introduction.

Healing through ChatGPT? Insights from Research into Real-Life Experiences of AI Therapy



Steve Siddals

 30 September

 13:30 - 15:00


With 800 million people using ChatGPT, and “therapy and companionship” estimated to be the top use case, we may be witnessing one of the fastest adoptions of any mental health resource in history. But what actually happens when people turn to AI for healing? Can it help us transform our relationships with ourselves and connect more fully with others? Or might it leave vulnerable people isolated and without the skilled care they need?

In this interactive session, Steve Siddals will share findings from his qualitative research from King’s College London and Harvard Medical School on real-life experiences of AI therapy. He will explore what generative AI is like to use, the impact it can have and what this means for how we practice and study therapeutic change.


Learning objectives


- 1. Find out how people are using tools like ChatGPT for therapy and healing.
- 2. Discover common themes on what AI therapy is like to use, illustrated with real-life stories.
- 3. Explore the risks and opportunities that AI therapy presents.
- 4. Consider the implications of this emerging phenomenon to our work.

The Impact of Traumatic Grief: Releasing Pain and Finding Meaning



David Kessler

 30 September

 15:30 - 17:30

Grief is a relational experience, influencing not only our internal world but also the way we engage with those around us. In this session, grief expert David Kessler explores how loss challenges our sense of identity, alters relational dynamics and impacts our ability to find meaning and connection after trauma.

His powerful case examples will demonstrate how grief can either create distance or bring people closer.

The most widely recognised model of grief involves five stages: denial, anger, bargaining, depression, and acceptance.

Learning objectives

- 1. Analyse the impact of traumatic grief on relationships and attachment patterns across healthcare disciplines.
- 2. Differentiate types of loss and explain how each can influence clinicians’ ability to foster patient connection and trust.
- 3. Describe how meaning-making processes can support relational healing for patients and families.
- 4. Evaluate the concept of the “sixth stage of grief” (finding meaning) and discuss its potential role in restoring connection and purpose after loss.
- 5. Identify evidence-based strategies clinicians can use to help patients integrate grief in ways that strengthen interpersonal relationships.
- 6. Demonstrate approaches to support clients in navigating grief while maintaining emotional openness and connection with loved ones.
- 7. Apply post-traumatic growth techniques to clinical scenarios to strengthen patients’ relational resilience.

Keynote and Live Q&A with Alanis Morissette

30 September

15:30 - 17:30



Alanis Morissette

As our keynote, we’re welcoming globally celebrated artist and lifelong activist Alanis Morissette, whose work has focused on female empowerment, as well as spiritual, psychological, and physical wholeness, which includes addiction and trauma recovery, personality disorders, temperament, relational connectivity, and more.


She will bring the day to a close with a candid conversation around all of these issues, speaking from her own lived experiences and the stories that have been shared with her over the last 30 years of her career.

Her session will include an open Q&A which means a rare chance to speak directly with one of the most influential, multi-faceted artists of our time.

Everything is Everywhere at the Same Time

30 September

15:30 - 17:00



Leo Pruimboom

Loneliness, considered a disease, highlights how the need for connection protects against many chronic diseases. Mental illness is not some abstract “disease of the mind”, it is tied to the physical body and biology. What we call “mental illness” is often a variety of different underlying problems that show up with similar symptoms. This suggests that many different causes are attacking the same vulnerable points in human biology.

In this session, physiologist and medical biochemist Leo Pruimboom will explore how human health is driven by biological communication – starting as early as the embryo. From the first cells, our body forms through constant

interaction, building tissues, organs, and eventually full systems that make up the human organism. But we are not complete as individuals unless we are connected to our environment and to each other. This need for connection – for relationships – is central to our health.

The most critical vulnerability may be our fundamental need for connection at every level of life, from cells to society. To understand and treat disease, we must see it as a disruption in these relationships – between molecules, cells, organs, and people.

Learning objectives

1. Describe and differentiate key causal factors in mental disorders, including those based on agency and purpose, using current evidence-based frameworks.


2. Apply communication strategies to support mindset shifts in patients with chronic diseases and mental disorders, with the goal of promoting improved immune response and recovery.

3. Explain and evaluate the roles of cortisol dysregulation, insulin resistance, and leptin resistance in the development of chronic disease, and discuss approaches to influence these pathways in clinical practice.

Reclaiming Connection: Exploring Intimacy, Vulnerability and Trust

30 September

15:30 - 17:00



Marissa Nelson

In this dynamic session, licensed therapist and intimacy expert Marissa Nelson invites participants on a journey to deepen connection and intimacy in relationships. Through interactive exercises, reflective practices and somatic techniques, participants will explore the role of vulnerability and trust in building authentic connections.

This session will provide a safe and inclusive space to engage with the barriers that hinder intimacy – such as unresolved conflict, fear of rejection or emotional disconnection. Marissa will guide participants in reconnecting with their own needs and desires while learning tools to communicate effectively and nurture deeper relational bonds.

Learning objectives

1. Understand the connection between vulnerability, trust and intimacy in relationships.

2. Explore somatic techniques to reconnect with personal desires and emotional needs.


3. Learn practical tools to overcome barriers to intimacy and create open communication.

4. Develop skills to strengthen relational bonds and nurture emotional safety.

Healing Our Multi-Dimensional Relational World: from Innerscape to Planetary, with the Three Pillars of Presence, Purpose and Pivoting

30 September

15:30 - 17:00



Caroline Welch

Against a background of constant change, uncertainty and overwhelm, developing confidence and resilience is more essential than ever.

In this session, author and co-founder of The Mindsight Institute in California, Caroline Welch will explore how being with what is, and accepting it, can support us in healing our relational world. She will also look at the role of purpose and how articulating our life purpose allows us to connect with our core values and determine what matters most to us – which in turn, gives direction and meaning to our lives. This is what Aristotle referenced as “eudaimonia,” the flourishing which represents the highest good we humans can strive for.

Finally, Caroline will consider our lost connection with nature – and how it deprives us of experiencing the deep sense of gratitude and awe that arises when we spend time in the natural world. There is no substitute for “being awake in the wild,” when it comes to strengthening a sense of belonging in our relational world.

Learning objectives

1. Understand the role of mindfulness and how it serves as a foundation for resilience and wellbeing.

2. Learn how articulating purpose supports adaptation and growth.

3. Discover accessible strategies for integrating mindfulness and resilience-building practices to support wellbeing.

Session overview

Reflections, Connection and Integration

Closing Panel

30 September 17:45 - 18:30



Julia Samuel, Janina Fisher, Richard Schwartz, Dan Siegel, Linda Thai

As Transform Trauma Oxford 2025 comes to a close, this final panel invites us to reflect on the insights and experiences of the past days. The session is designed as a collective moment to ground ourselves before stepping back into daily life, ensuring that the learning, connections and inspiration gained during the conference stay with us after we leave.

Guided by Julia Samuel, and featuring Janina Fisher, Richard Schwartz, Dan Siegel, and Linda Thai, the panel will explore key themes that have emerged throughout the event. Each speaker will share their personal reflections and highlighting their most thought-provoking and transformative moments.

Beyond expert insights, this session also places an emphasis on community and shared experience. Julia will facilitate a reflective process that encourages active engagement from the audience, offering space for participants to voice their thoughts, connect with one another and consider how to carry forward the ideas and relationships formed at the conference.

More than a conference summary, the closing panel serves as a moment of integration. It's an opportunity to absorb the emotional, intellectual and relational depth of the event – and a chance to feel truly connected as a community before we part ways.

Leave feeling inspired and ready to bring the conference's insights into your work, relationships and ongoing journeys of learning and healing.

Closing Musical Experience with AjoinA

30 September 18:30 - 19:00



AjoinA

Join AjoinA for a powerful closing to Transform Trauma Oxford as they take the stage for a live celebration and premiere of their debut album: The Essence of Being. Expect ancient instruments, resonant rhythms and immersive electronic soundscapes as AjoinA creates a sonic journey designed not just to be heard, but to be felt. Their performances have been described as transformative experiences – drawing audiences into deep states of calm, connection and uplift.

This closing session is both a performance and a collective ritual: a moment for everyone to come together, unwind and leave the conference renewed. Don't miss the chance to be part of this first-ever live celebration of The Essence of Being. Stay until the end, immerse yourself in the sound, and carry its resonance with you as you depart.

Save the date

14 - 17 September 2026

Get your pre-sale Transform Trauma Oxford 2026 ticket at an exclusive discounted rate.

Featuring Gabor Maté, Tara Swart, and Bessel van der Kolk.



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