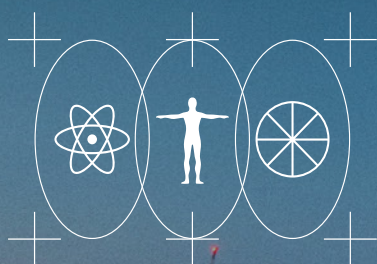


2026 TRANSFORM
TRAUMA
OXFORD



SCIENCE, SPIRIT AND THE BODY: THE SYNTHESIS OF HEALING.

The University of Oxford
14 - 17 September

MASTERS
EVENTS

InsightTimer

Powered by Masters Events in partnership with InsightTimer

Welcome to Oxford!

For centuries, people have travelled to this city in pursuit of knowledge. Few places are more closely associated with questioning accepted wisdom or recognising that progress often begins with asking better questions.

That spirit is woven into the experience of the conference. As you move between historic venues, you will absorb new ideas, continue discussions and experience the rhythm of a city built around learning.

We hope you enjoy everything Oxford has to offer during your time here.



Download the MEvents app for
up-to-the-minute schedule info,
booking sessions and event updates.

A letter from our founder



Welcome to Transform Trauma Oxford.

It is a genuine privilege to welcome you to this extraordinary community. Wherever you have travelled from, thank you for choosing to be part of this year's conference.

One of my strongest memories from last year's conference wasn't a keynote or a panel. It was watching thousands of people from different backgrounds, professions and countries connect in meaningful ways. As we've grown, we've become even more intentional about protecting and creating that sense of community, because we believe the future of this field won't be shaped by individuals working in isolation. It will be shaped by what becomes possible when people from different disciplines, cultures and lived experiences come together with curiosity, humility and a shared commitment to learn from one another.

This year, we're exploring the relationship between science, spirit and the body. For many people, spirituality becomes an important part of healing, yet it is rarely explored openly in academic or learning environments. My hope is that together we can approach this conversation with openness and curiosity, creating space for evidence, lived experience and diverse perspectives to sit alongside one another.

I hope you leave inspired, challenged and deeply connected, carrying with you not only new knowledge, but new relationships and a renewed sense of what is possible when we come together.

With love,

A stylized, handwritten signature in a vibrant pink color. The letters are fluid and connected, with a long, sweeping tail on the final letter.

Araminta Jonsson

Founder of Master Events





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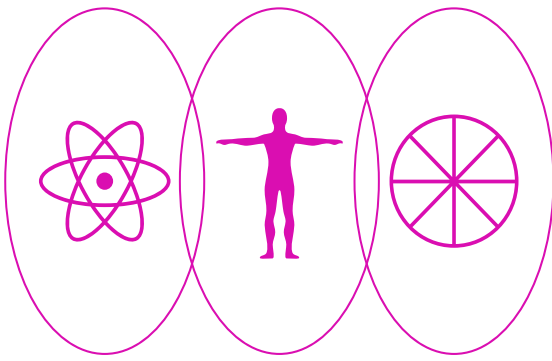




“Everything is one, imbued with
the Ultimate, and everything is
happening as it should... hard as
it is for us to comprehend”

Gabor Maté





SCIENCE, SPIRIT AND THE BODY: THE SYNTHESIS OF HEALING

How do science and spirit inform one another?
What role does the body play as the living
bridge between mind and spirit?

Every significant advance in medicine changes the questions that follow. Trauma is no exception. Over the past three decades, research has transformed our understanding of how adversity shapes the brain, nervous system, body and relationships.

These advances have not only changed clinical practice and opened new possibilities for treatment, they have changed the inquiry itself. The question is no longer which discipline offers the best explanation of trauma, but how different perspectives can deepen our understanding of healing.

Why do people respond so differently to the same therapeutic approach? What enables one person to recover while another continues to struggle? What can science, embodied practice and spiritual understanding each contribute to healing?

Neuroscientists, psychiatrists, psychologists, psychotherapists, body-based practitioners and contemplative teachers may begin from different places, yet many are now asking complementary questions about what healing requires.

This spirit of enquiry runs throughout the event. Exploring questions that have no single answer. How do we bring together rigorous science and compassionate practice? What role does the body play in healing? Where does spirituality sit within evidence-informed care? What might truly integrated trauma care look like in the years ahead?

The future of trauma care won't be shaped by one idea alone. It will be shaped by our willingness to ask better questions, learn across disciplines and better understand what it means to heal the whole self.

This is your event

Transform Trauma Oxford is a uniquely diverse event. There's no right or wrong way to experience it, so make it yours!

Some people arrive with every session carefully planned. Others leave space for unexpected discoveries. A keynote may lead to a workshop you had not considered, while a conversation over lunch may change the direction of your afternoon.

Over four days, you are free to shape your own journey, following the ideas, conversations and experiences that resonate most deeply with your interests and professional practice.

Your experience begins from the moment you arrive. Our new Orientation Morning offers an opportunity to settle into Oxford and find your bearings so you can begin the days ahead with openness and curiosity.

Learning is not confined to the lecture theatre. Pause in the Open Art Space to reflect creatively on what you have experienced, receive Craniosacral Therapy or take part in practices including TRE, yoga, heartfulness and breathwork. Take time in the Common Threads Reflection Space before returning to the programme with renewed clarity.

Beyond the conference venues, the city itself becomes part of the experience. Join local poet Jane Thomas for a walking tour through Oxford's literary and cultural history, visit the Two Sisters, Two Brothers exhibition or simply enjoy the rhythm of moving between colleges, libraries and historic streets as one session gives way to the next.

Whether you come to discover new approaches for your clinical practice, earn Continuing Education (CE/CPD) credits or broaden your thinking, Transform Trauma Oxford 2026 offers an experience that is both professionally enriching and personally meaningful.

The programme is yours to navigate. Leave Oxford with the feeling that you have discovered something worth taking home.



Updates based on your feedback

New Orientation Morning

Designed to help you arrive, ground yourself, get familiar with the venues and connect with fellow attendees before the main programme begins.

On-site therapeutic spaces and sessions

Tension and Trauma Releasing Exercise (TRE) group sessions, Craniosacral Therapy tasters, quiet and grounding areas for regulation.

Exhibition spaces

Explore our exhibitors across Clarendon Quad, the Divinity School and Oxford Town Hall, with an expanded book stall and official Transform Trauma Oxford Merch Stand in Clarendon Quad.

Simplified movement between venues

Core venues are all within approximately a 12-minute walk of each other, making it easy to move between sessions.

Food options and attendee discounts

Nutritious food options at Clarendon Quad, the Divinity School, and Oxford Town Hall, with discounts at selected cafés and restaurants.

New, affordable social events

A range of low-cost evening experiences, including Darren McGarvey, AJOIA and Finn Mott.

Optimised timetable

Later starts and an improved timetable, creating a more spacious, relaxed conference experience while maintaining our extended session lengths.

Special Interest Groups – Powered by Common Threads

Meet others with shared interests. These groups are designed to foster meaningful conversations, peer support and lasting connections.

Expansion of the Healing Collective

Led by Stephanie Simms, LMHC, the Healing Collective offers compassionate, trauma-informed support throughout the conference. Look out for team members wearing pink vests.

Take time to connect

Step away from the demands of everyday practice and spend time with peers.

Whether you work in private practice, the NHS, education, research or the voluntary sector, much of your professional life is spent supporting others. Time to exchange ideas, reflect on challenges and learn alongside people who understand the realities of the work can be difficult to find.

This event has always been about more than the sessions themselves. It is a place where conversations continue beyond the lecture theatre, where different perspectives emerge through discussion and where new professional relationships often become one of the most valuable outcomes of the week.

Over the years, many attendees have told us how important these opportunities to connect have been. In response, we have introduced new ways to help people meet, share ideas and continue conversations throughout the conference.

Our new Special Interest Groups powered by Common Threads bring together people working in similar areas of practice, while the Personalised Event Roadmap offers those who chose to take part personalised introductions to fellow attendees with shared interests.

Dedicated LGBTQIA+ and Global Majority spaces provide opportunities to connect within supportive communities, while Common Threads Reflection Sessions create time to pause with others and explore the ideas and questions emerging from the conference.

Some of these conversations last only a few minutes. Others continue long after the conference has ended. These connections allow collaborations to begin perhaps in the form of supervision relationships, research projects or professional friendships that then grow across organisations and countries.

The programme may bring everyone together, but it is often the people you meet who become one of the most lasting parts of the Transform Trauma Oxford experience.

Leave Oxford not only with new knowledge and fresh perspectives, but with relationships that continue to support, challenge and inspire your work long after the final session has ended.



Evenings to remember

Check availability and book via the event platform:
mastersevents.com/oxford-2026/evening-events



Moments of Magic Dinner

An intimate evening of connection, performance and shared experience.

Begin the conference with a truly special evening in the hallowed halls of New College, one of Oxford's most historic and atmospheric venues. From the ancient dining hall to the legendary tree in the cloisters, this setting sparks genuine awe.

Sponsored by Power in Your Hands



Moments of Movement

A rare evening of music, movement and connection in one of Oxford's most iconic spaces.

Step inside the Natural History Museum for an evening that brings many of the Transform Trauma community together in one of Oxford's most striking spaces. A chance to connect, move and spend time in a setting that feels expansive and alive.

Sponsored by Goldish



Trauma Industrial Complex

BAFTA-winning documentary maker Darren McGarvey presents his acclaimed Fringe show.

A multi-media exploration of trauma, class and the modern culture of oversharing. The show blends comedy, spoken word and social commentary in McGarvey's unmistakable voice; bold, compassionate and unflinchingly honest.

 14 Sept  19:00 - Late

 New College

 15 Sept  19:30 - Late

 Natural History Museum

 15 Sept  19:30 - 21:00

 New Theatre, Oxford

In addition to learning, the conference is also about shared experiences and building connections. Our events create space to unwind, meet others and enjoy being part of this unique community.



A Night with Ajoia

New for 2026, experience this conscious dance evening with live DJ and immersive soundscapes.

Ajoia's conscious dance is more than a party, it's a sonic journey built for joy, rhythm, and human connection. A live interactive DJ and percussion set blending House, Afro and global sounds, layered with tribal rhythms and immersive soundscapes.

📅 16 Sept 🕒 20:00 - 22:00

📍 Oxford Town Hall



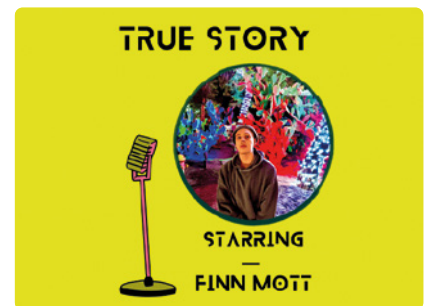
Sacred Song and Spirit

An evening of Indigenous healing through drumming, song, prayer and shared cultural wisdom.

This gathering offers participants a rare opportunity to experience Indigenous spiritual healing through drumming, singing, prayer and shared cultural knowledge, encountered not as performance, but as relationship, presence and sacred practice.

📅 16 Sept 🕒 19:30 - 21:30

📍 Sheldonian Theatre



True Story with Finn Mott

Stand-up comedy and storytelling exploring trauma, identity, and resilience.

Acclaimed comedian demonstrates how comedy can function as nervous system regulation, narrative reclamation, and post-traumatic meaning-making. Personal storytelling and culturally relevant satire fosters connection and collective release.

📅 16 Sept 🕒 19:30 - 21:00

📍 The Randolph Ballroom

Why Oxford?

Oxford is a place of extraordinary ideas and enduring influence. It is also a place with a history that invites reflection.

Cecil Rhodes' statue at Oriel College stands as a visible reminder of Oxford's entanglement with colonial history. Women were not permitted to graduate from the university until 1920. Entrenched systems of exclusion and elitism served as gatekeepers to knowledge for centuries.

This dichotomy between past and present is a perfect reminder of our shared purposes and the challenges we face. Real change is not easy. But it is absolutely necessary. It will take hard work and grit as much as it will take compassion and understanding. This is why we are all here.

Our aim, as always, is to bridge divides, build trust and to 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:

True healing and meaningful learning only happen when the nervous system feels safe and supported. That's why we've intentionally created an environment that nurtures focus, reflection, connection and overall wellbeing.

Movement matters: Walking between venues enhances cognitive processing and reduces stress.

The power of natural light: Where possible we have selected venues with natural daylight to regulate mood and support learning.

Fresh air for fresh thinking: Prioritising venues with openable windows and outdoor spaces.

“Fulfilment comes from people and purpose”

Vivek Murthy – US Surgeon General



Getting around

Navigating between venues is easy. 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.

These venues are a 3-5 minute walk of each other, except Town Hall, which is ~8-minutes.

- New Theatre
- Sheldonian Theatre
- Balliol College
- Exeter College
- Trinity College
- Town Hall
- The Randolph Hotel
- Weston Library

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.

oxford.gov.uk/parking-oxford

Accessible car parking: This map shows the location of blue badge parking in Oxford city centre:

accessguide.ox.ac.uk/files/oxford-blue-badgeparking-mappdf

Additional transportation options

Walking: The best way to enjoy the city's charm

E-bicycles and scooters: For a quick, scenic commute look for hire stations by Voi and Lime

Public transport: Buses run frequently across the city, with stops near the main venues.

Taxis are readily available:

- **001 Taxis:** +44 (0)1865 240000
- **ABC Radio Cars:** +44 (0)1865 242424
- **Royal Cars:** +44 (0)1865 777333
- **Uber:** Available in Oxford city centre

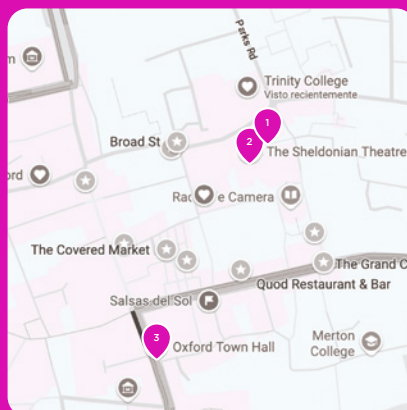
Our partners

This event would not be possible without the valued support of our partners.

Many of them are clinicians, researchers, treatment providers and makers whose work sits close to your own. Take time to visit them across our exhibition spaces and community hubs. Ask questions, try something new, and discover the tools, services and places that could support your practice long after Oxford.

Find our main Exhibition and Community Hubs here:

1. Clarendon Quad Marquee
2. Divinity School
3. Town Hall



Meet every partner in the app
Scan to browse full profiles and
what each partner is offering.

Lead partner

Insight Timer

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FERTILITY AND BIRTH TRAUMA

MEADOWS[®]
Behavioral Healthcare



EMDR[®] KIT



Suicide&co

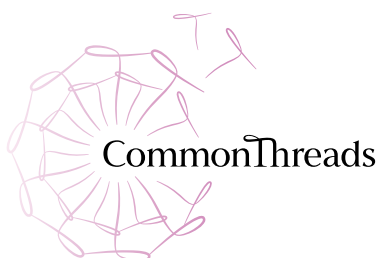


Priory



TELEVAGAL

Equanima



LONDON
NEOTROPICS

PEMFiT
ENERGISING LIFE

The conference ends Thursday. Your access to these experts doesn't have to.

The free app recommended to clients by 125,000 therapists.

Many of the experts in this programme also publish practices and worksheets on Insight Timer. Free to access and share with clients.



Scan to find and follow
the Oxford speakers.



4.7 ★ Talk · 2 min

You Haven't Lost Desire. You've Lost Presence

by Esther Perel

Add to Folder

Share



4.7 ★ Guided · 14 min

Somatic Centering

by Prentis Hemphill

Oxford speakers with content on Insight Timer



Dick Schwartz

Mon | Sheldonian Theatre



Janina Fisher

Mon | Balliol Marquee



Kristin Neff

Tue | Sheldonian Theatre



Dan Siegel

Wed | New Theatre



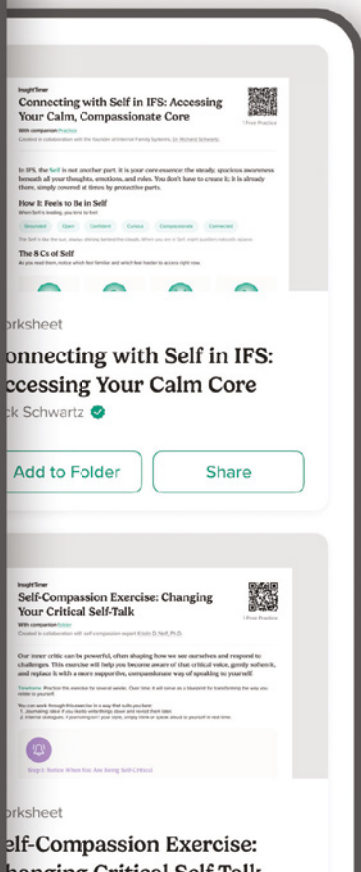
Sah D'Simone

Thu | Exeter Marquee



Jack Kornfield

Thu | New Theatre





Coming Back to Human

Healing begins when someone feels more like a person than a problem.



MORE THAN 45 YEARS OF TRANSFORMATIVE EXPERIENCES

Onsite creates space for people to reconnect with themselves, with others, and with what matters most. Our practice of Healing Hospitality means the care is felt not only in the clinical work, but in every detail of the experience.

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“

“One of the world's leading residential trauma-treatment centres.”

BRITISH
VOGUE



“Khiron Clinics very specifically knows about trauma. They really understand what it's like to feel traumatised and abandoned.”

DR BESSEL VAN DER KOLK



“There is only one programme that I can recommend and it is Khiron Clinics.”

DR JANINA FISHER



“If you have a client or a relative who needs a type of care that is supportive enough to enable them to become who they really are, Khiron Clinics is the place to go.”

DR STEPHEN PORGES

World Class Training

We are the world's first residential treatment centre certified by the Polyvagal Institute and our clinical team has been informed, trained and supervised by leaders in the field, including Dr. Bessel Van der Kolk, Dr. Janina Fisher, Dr. Stephen Porges, Dr. Dick Schwartz, Deb Dana, Licia Sky and Linda Thai.



FREE GUIDE:
Discover Our Innovative Treatment Pathway



Groundbreaking Therapy

Our approach is unique, offering a combination of therapies informed by understanding the nervous system, treating conditions that may have been difficult to target through traditional psychiatry and psychotherapy. Our clients core issues are often rooted in unresolved trauma, which we work to resolve.

We Fly You to Us



We cannot open a clinic everywhere, but we can help you to get to our clinics. We will organise and pay for your travel to one of our clinics from anywhere in the world, supporting you every step of the way.



khironclinics.com



USA: +1 (866) 801 6184 | UK: +44 (20) 3668 1606



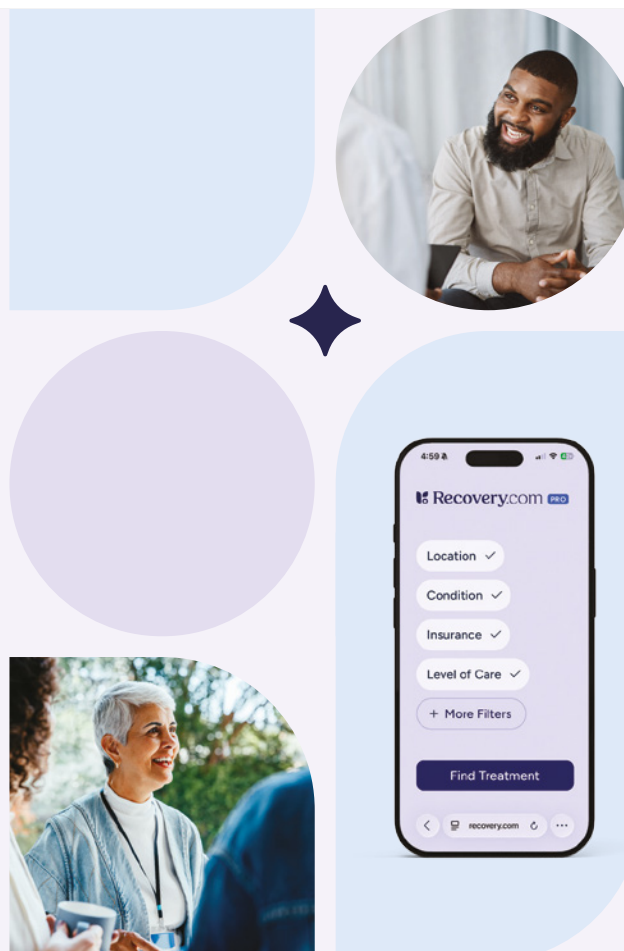
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Private Residential Treatment, *Dedicated to One Client at a Time*

Multidisciplinary, integrative care for mental health, addiction, trauma and co-occurring conditions.

THE BALANCE is a private clinical institution offering highly personalized, one-client-at-a-time care in discreet, exceptional residential settings. We support individuals and families facing mental health, addiction, trauma, and co-occurring conditions with compassion and respect.

Our approach is guided by The Balance Model — a clinical philosophy combining multidisciplinary treatment, holistic medicine, trauma-informed care, neurobiological interventions, and biochemical restoration, all delivered with clinical excellence.

Privacy, refined surroundings, and attentive support create a calm environment where clients feel safe and understood. Care continues beyond residential treatment through internationally coordinated aftercare, ensuring long-term stability.

MALLORCA · ZÜRICH · LONDON · MARBELLA



THE BALANCE



LEARN MORE





Observe the Nervous System

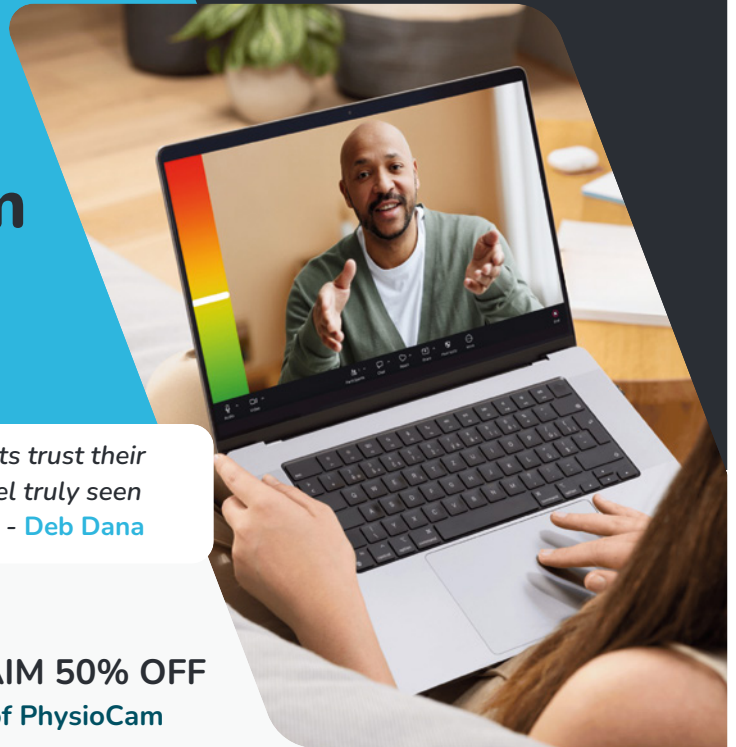
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TELEHEALTH SESSIONS



"The PhysioCam helps clients trust their own nervous system and feel truly seen and understood in therapy." - [Deb Dana](#)



SCAN TO CLAIM 50% OFF
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Key locations



Conference venues

1 New Theatre Oxford

24-26 George Street,
OX1 2AG

2 The Sheldonian Theatre

Broad Street, OX1 3AZ

3 Balliol College

Broad Street, OX1 3BJ

4 Exeter College

Fellows' Garden via
Brasenose Lane

5 Trinity College

Broad Street, OX1 3BH

6 Oxford Town Hall

St Aldate's, OX1 1BX

7 The Randolph Hotel

Beaumont Street, OX1 2LN

8 Weston Library

Broad Street, OX1 3BG

9 Divinity School & Clarendon Quad

Bodleian Old Library,
Catte Street, OX1 3BG

Venues are within walking distance of each other and refreshments are available at all venues.

Places to eat and exclusive discounts

Sit-down and café dining

1 Queen's Café - Cosy café for breakfast and lunch

40 High Street, OX1 4AP

2 The Vaults & Garden - Historic café serving hearty meals

and renowned for its scones
University Church, 1 Radcliffe Square, OX1 4AH

3 Quod - Modern British and European dishes.

92-94 High Street, OX1 4BN

 **Get 10% off with your conference lanyard**

4 Gees Restaurant & Bar - Mediterranean-inspired dishes.

61-63 Banbury Road, OX2 6PE

5 Parsonage Grill - Refined seasonal British dining in an

intimate setting. 1-3 Banbury Road, OX2 6NN

6 Grand Café - Classic Oxford café in a historic setting

84 High Street, OX1 4BG

7 Weston Library Café - Convenient café offering drinks,

light meals and snacks. Broad Street, OX1 3BG

8 Pierre Victoire - Popular independent French restaurant

offering classic, traditional dishes in a relaxed setting.

9 Little Clarendon Street, OX1 2HP

9 Cosy Club - Relaxed dining from brunch to dinner.

Northgate House, Cornmarket Street, OX1 3EZ

 **Get 20% off with your conference lanyard**

10 Victors Oxford - All-day dining and cocktails with an

American-inspired menu. Westgate Oxford, OX1 1PG

Grab-n-go lunches

11 Salsa del Sol - Fresh Mediterranean and Latin-inspired

bowls, juices and drinks. 123 High Street, OX1 4DF

12 Taylors - Oxford's popular gourmet sandwich and deli.

Locations: Covered Market (Avenue 3),
58 High Street, 19 High Street and 31 St Giles

13 ItaliAmo - Quick Italian bites and classic dishes.

Locations: 22 Broad Street and 42 High Street

14 Itsu - Locations: 36 Cornmarket St and Westgate

 **-15% Students + NHS workers with Blue Light Card.**

15 Wasabi - Quick Japanese-inspired dishes, including sushi,

bento and hot meals. 11-12 Cornmarket Street, OX1 3EX

16 Pret A Manger - Sandwiches, salads, wraps etc

Locations include Cornmarket Street and Westgate

17 Benito's - Fresh Mexican burritos, tacos and bowls.

Westgate Oxford, Queen Street

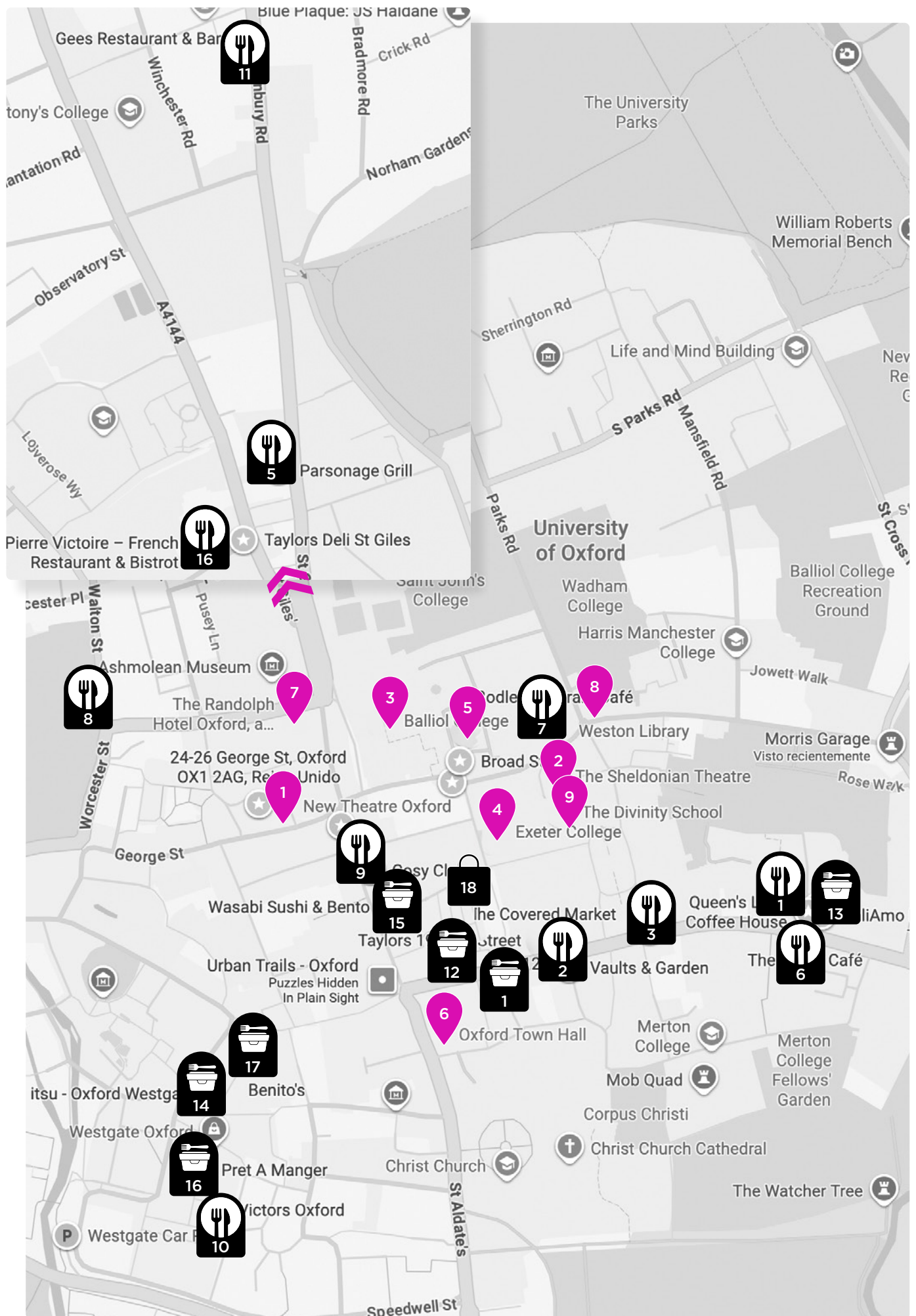
Oxford Covered Market

18 The covered market has a vibrant mix of cafés, lunch spots and grab-and-go options. Market Street, OX1 3DZ

Don't forget to check out

LONDON NØTROPICS

New Theatre, The Sheldonian and Balliol College



Venue guide

1 New Theatre

- Content space
- London Nootropics stand

2 The Sheldonian

- Content space
- London Nootropics stand

3 Balliol College

Balliol Marquee

- Content space

OCR Rooms

- LGBTQIA+ and Global Majority spaces

Buttery

- London Nootropics coffee stand

Archive Room

- Photography Exhibition: Family Matters: Exploring Memory and Trauma Through Sibling Conversations and the Family Album

4 Exeter College

Fellows Gardens

- Content space

5 Trinity College

Trinity Lecture Theatre

- Content space

Trinity Garden Room

- Smaller embodiment sessions

Teaching Rooms 1 + 2

- Craniosacral Therapy bookable and walk-in sessions

6 Oxford Town Hall

Main Hall

- Embodiment content space

Council Chambers

- Debating sessions

Old Museum Shop

- Open Art Space

Assembly Room and Old Library

- Customer Service
- Bookstore and book signings
- Refreshments and food

7 The Randolph Hotel

Randolph Ballroom

- Content space

Lancaster Room

- Lunch & Learn sessions

Garden Bar

- Refreshments

8 Weston Library

Lecture Theatre

- Content space

Café

- Refreshments and light meals

Meeting point

For Jane Thomas Walking Tours meet outside the Weston Library on Broad Street

9 Clarendon Quad

Marquee

- Refreshments and food
- Common Threads stand
- Masters Events stand

Divinity School

- Refreshments and food
- Bookstore and book signings
- Common Threads Reflection Space in Convocation House

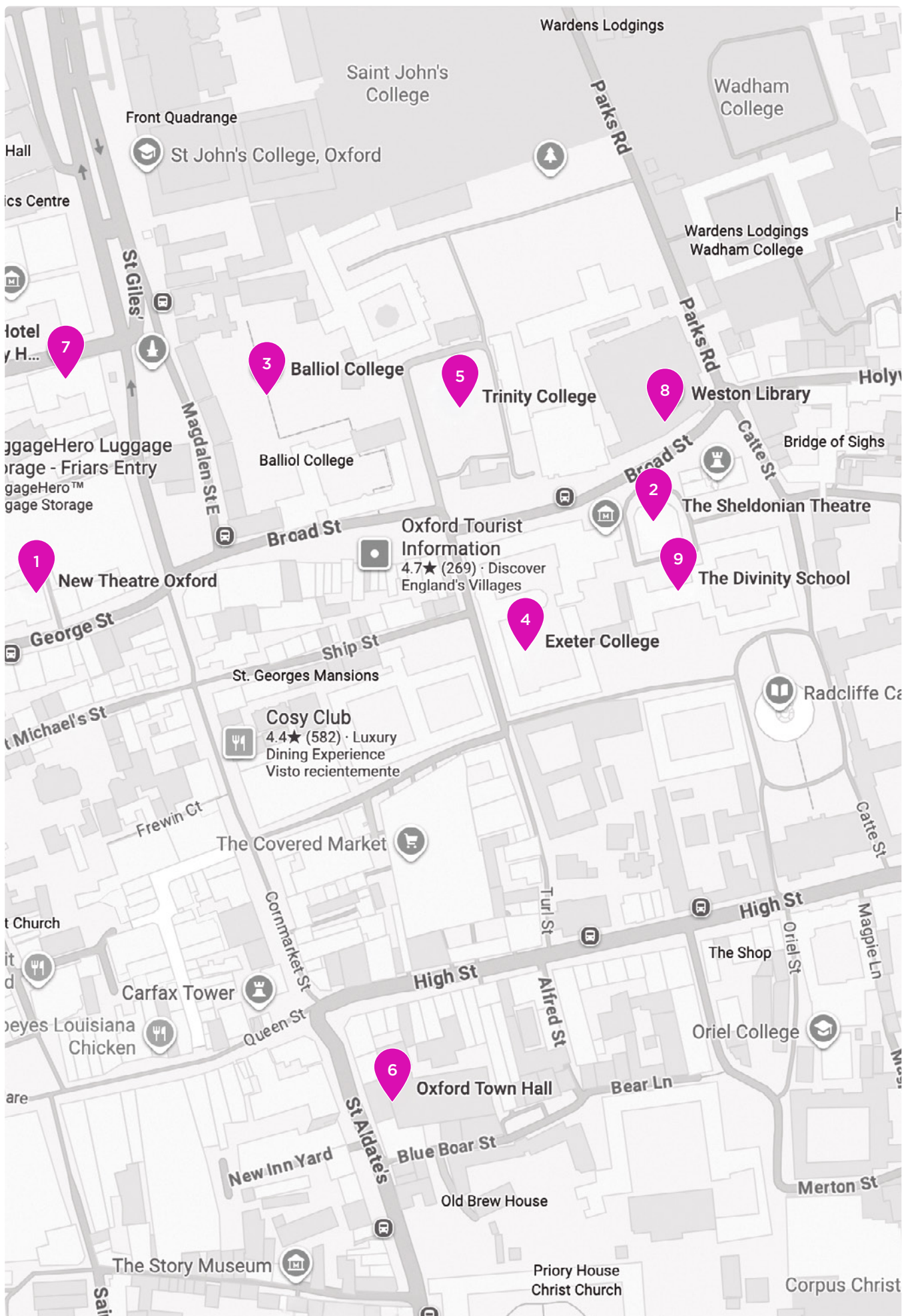
Our Exhibition and Community Hubs are located at:
Clarendon Quad Marquee
Divinity School
Oxford Town Hall

Where to find our partners



Scan to browse full profiles and what each partner is offering.

LONDON
Nootropics
At New Theatre
The Sheldonian and
Balliol College



New Theatre



Additional spaces

- London Nootropics stand – Circle Level Peggy Barsons Bar

Front of house

- Registration

Opening and closing times for attendees

Monday 14: 08:30 – 18:00

Tuesday 15: 08:15 – 18:00

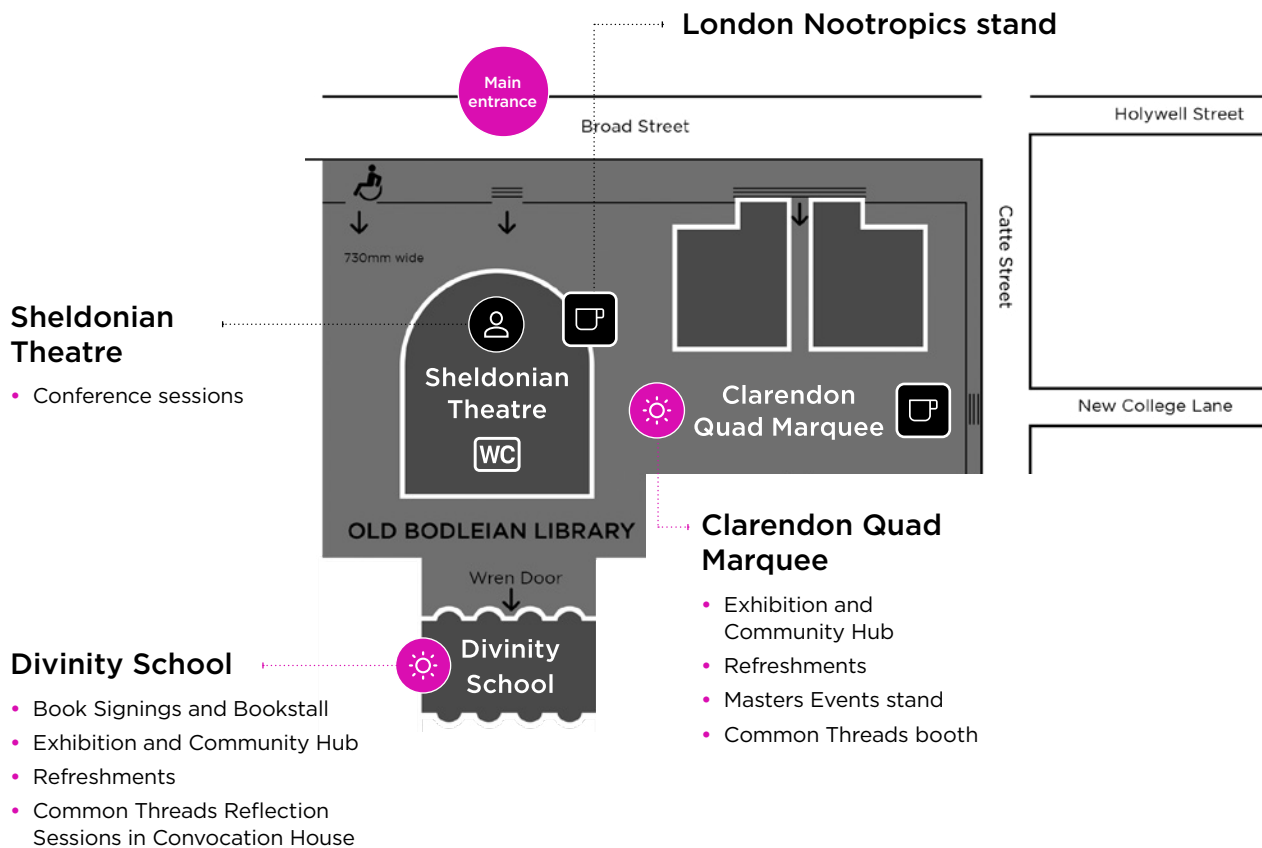
Wednesday 16: 08:15 – 21:00

Thursday 17: 08:15 – 20:30

Restroom locations

- Women's toilets are located on either side of the Stalls seating. Men's toilets are on the right-hand side of the Stalls. Accessible unisex toilets are in the main foyer and the front right-hand side of the Stalls.

The Sheldonian Theatre, Divinity School and Clarendon Quad Marquee



Opening and closing times for attendees

Monday 14: 08:30 – 18:00

Tuesday 15: 08:15 – 18:00

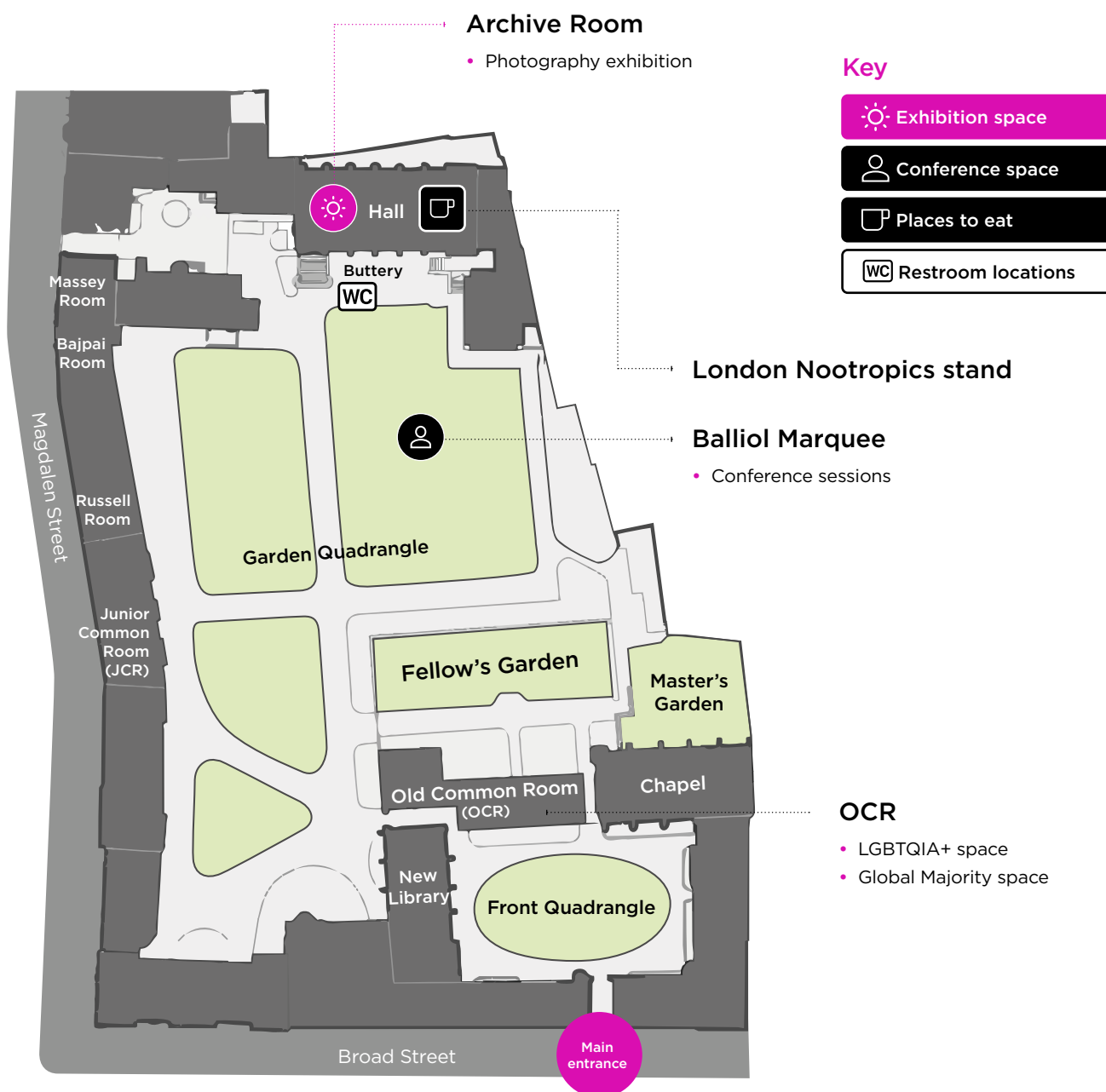
Wednesday 16: 08:45 – 18:00

Thursday 17: 08:15 – 18:00

Restroom locations

- Sheldonian Theatre, inc 1 x accessible on the main floor.
- Public toilets over the road at the Weston Library
- Public toilets over the road at Blackwell's

Balliol College



Opening and closing times for attendees

Monday 14: 08:30 – 18:00

Tuesday 15: 08:15 – 18:00

Wednesday 16: 08:45 – 18:00

Thursday 17: 08:15 – 18:00

Restroom locations

- Additional toilet facilities will be available outside the JCR for your convenience. Accessible toilets are available within the main College site.

Exeter College

Fellows' Garden

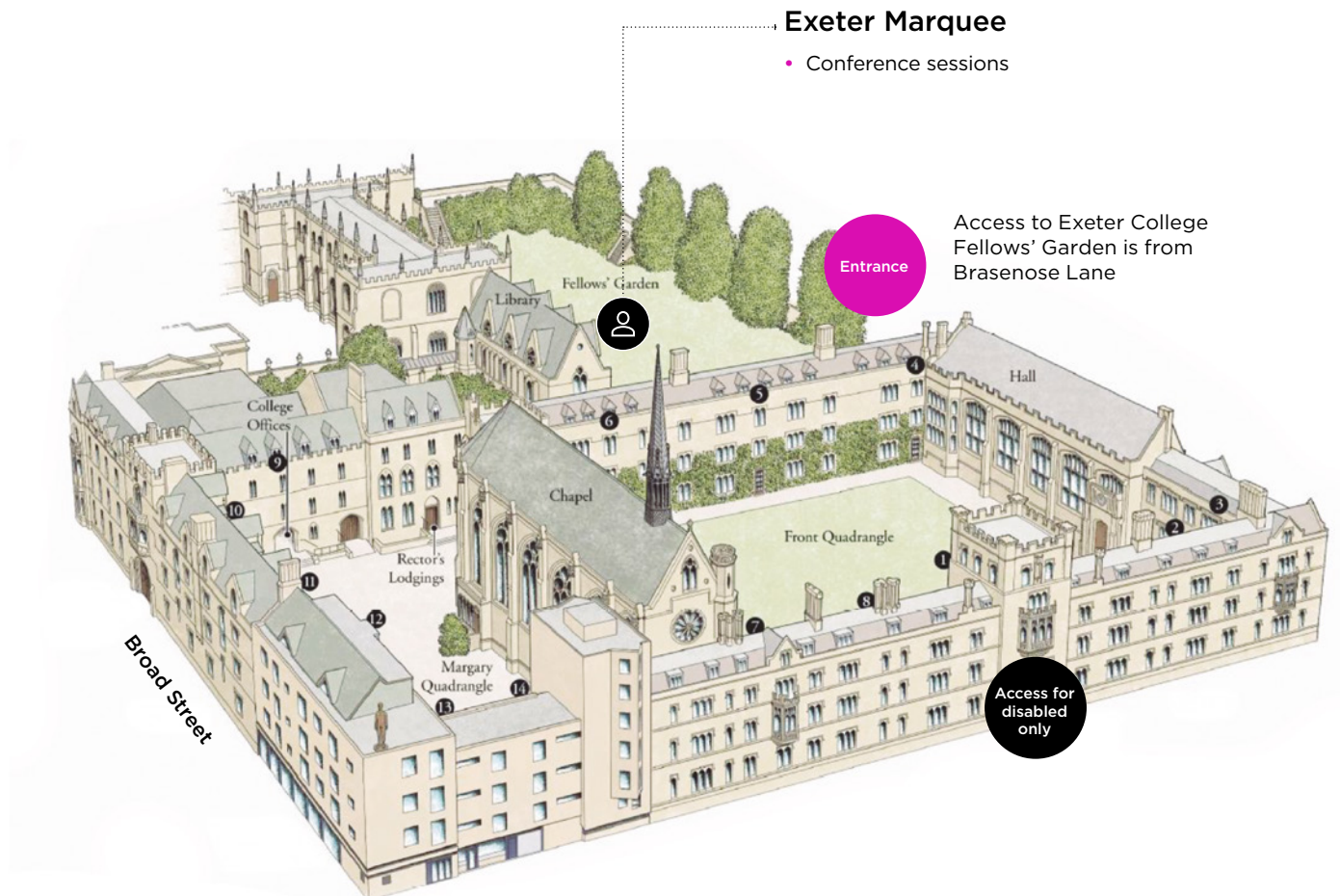
Key



Conference space



Restroom locations



Opening and closing times for attendees

Monday 14: 08:30 – 18:00

Tuesday 15: 08:15 – 18:00

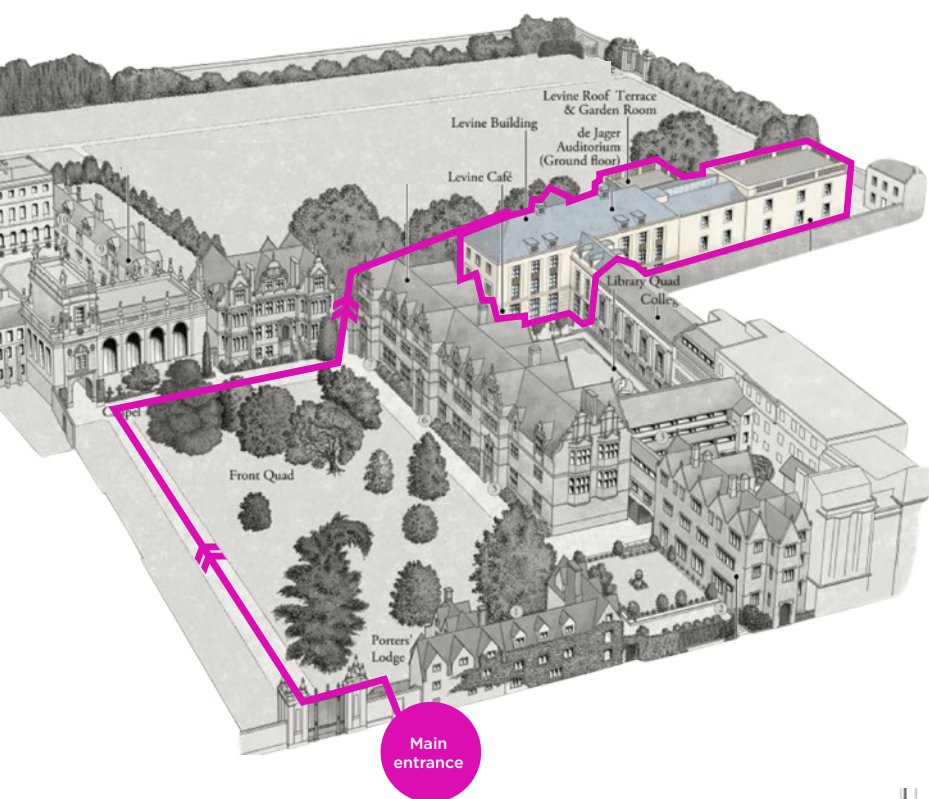
Wednesday 16: 08:45 – 18:00

Thursday 17: 08:15 – 18:00

Restroom locations

- Covered Market Public Toilets (off Turl Street, approximately a 2-minute walk), making these the closest public toilets for attendees.

Trinity College



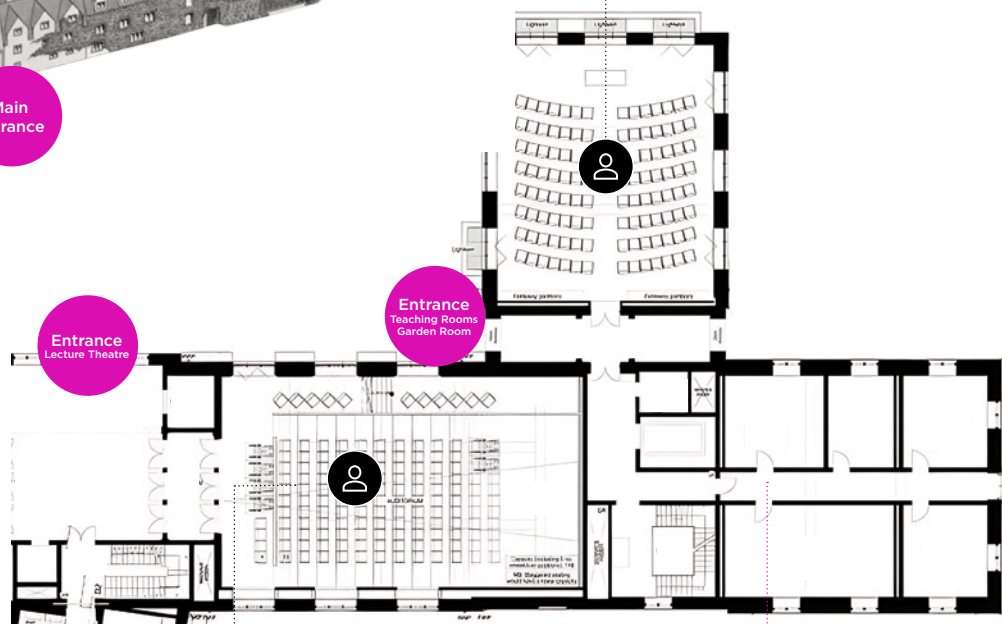
Key

 Conference space

 Restroom locations

Trinity, Garden Room

- Conference space



Trinity Lecture Theatre

- Conference space

Trinity Levine

- Teaching Room 1 + 2: Craniosacral Therapy taster sessions (appointment and walk-ins)

Opening and closing times for attendees

Monday 14: 08:30 – 18:00

Tuesday 15: 08:15 – 18:00

Wednesday 16: 08:45 – 18:00

Thursday 17: 08:15 – 18:00

Restroom locations

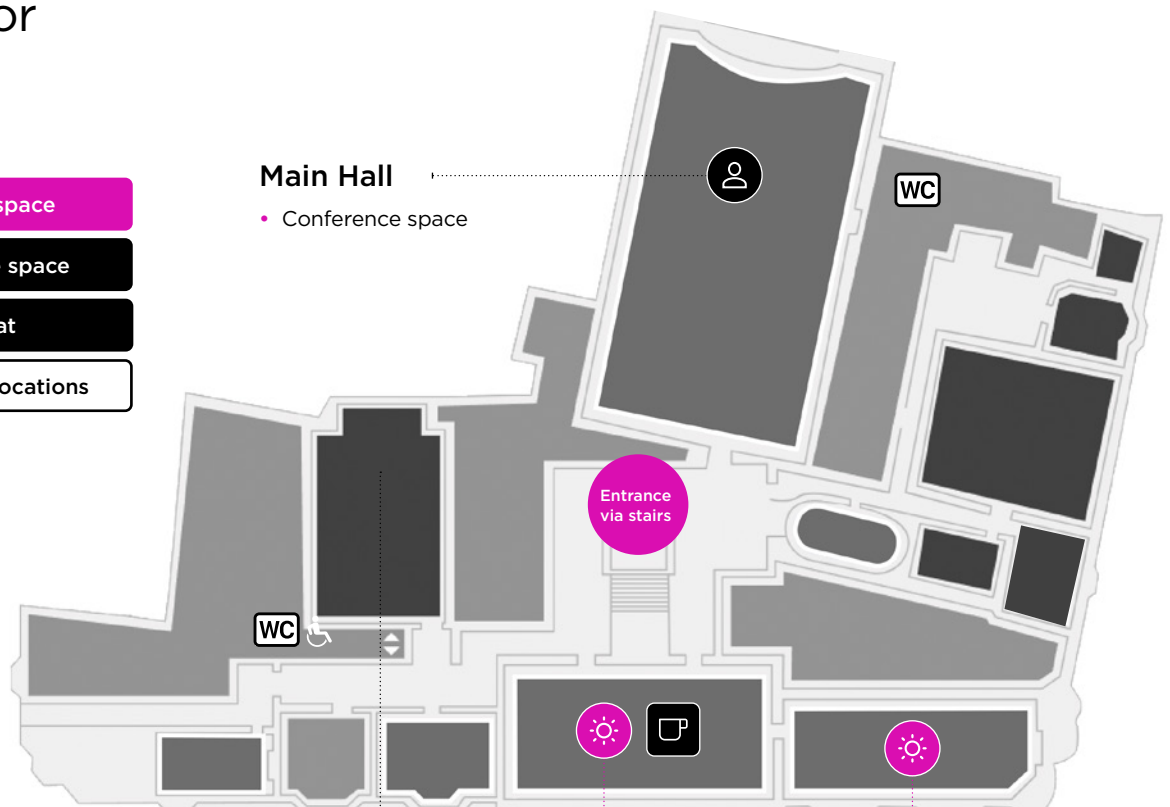
- 1 x accessible toilets located by Levine Café entrance
- Various toilets located on the ground floor (accessible by lift or stairs)

Town Hall

First floor

Key

-  Exhibition space
-  Conference space
-  Places to eat
-  Restroom locations



Council Chambers

- Debating space

Assembly Room and Old Library

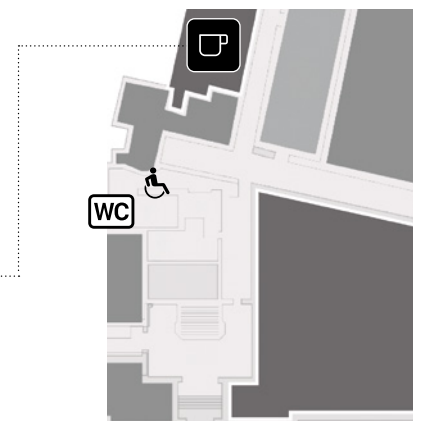
- Customer service
- Exhibition and Community Hub
- Bookstall and book signing
- Refreshments

Ground floor

On the ground floor, you'll find a café and the Museum of Oxford plus the Open Art Space

Town Hall, Café

- Open 09:30 - 16:00



Opening and closing times for attendees

Monday 14: 08:30 - 18:00

Tuesday 15: 08:15 - 18:00

Wednesday 16: 08:45 - 18:00

Thursday 15: 08:15 - 18:00

Restroom locations

- Toilets are available on both the ground floor and first floor. Including accessible toilets

The Randolph Hotel

Ballroom

Turn right on entering the hotel and follow signs



Randolph Ballroom

- Content space

Lancaster Room

- Lunch & Learn sessions

Garden Bar

- Refreshments

Opening and closing times for attendees

Monday 14: 08:30 – 18:00

Tuesday 15: 08:15 – 18:00

Wednesday 16: 08:45 – 18:00

Thursday 15: 08:15 – 18:00

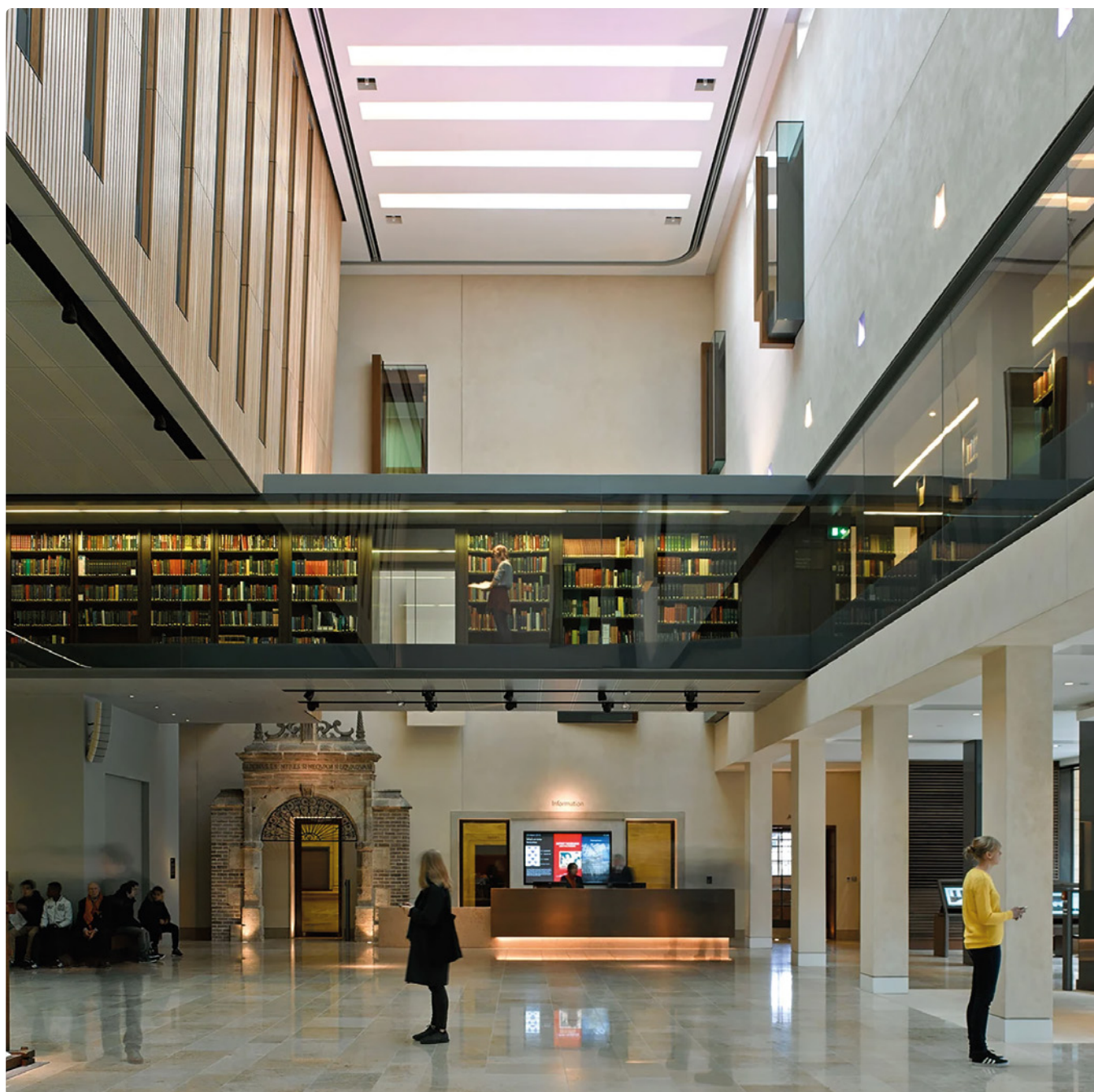
Restroom locations

- Toilets are available on the ground floor, including accessible toilets

Weston Library

Lecture Theatre

Pass through the main entrance and open space to access the lecture theatre following signs



Opening and closing times for attendees

Monday 14: 08:30 – 18:00

Tuesday 15: 08:15 – 18:00

Wednesday 16: 08:45 – 18:00

Thursday 15: 08:15 – 18:00

Restroom locations

- Accessible toilets are available within the library.
- The public accessible and standard toilets are located through the café area in Blackwell Hall.

Additional activities

In addition to the programme, we have a range of other activities and spaces if you want a change of pace or scene.



Orientation Morning

We begin Transform Trauma Oxford with a new shared Opening Morning and Orientation experience across the locations hosting the conference.

Thoughtfully designed by Swan Dao to help you arrive, orient and connect before the main programme begins, the morning is an invitation to land softly in Oxford, register and collect your welcome materials, explore the conference landscape and familiarise yourself with the venues and spaces that will become home for the days ahead.

 14 September  08:30 – 12:30

 Various



Restore. Regulate. Reconnect.

Craniosacral Therapy is a body-based approach that works with the nervous system, the body's physiology, and biological stress responses at the interface of the body, mind and spirit, offering a gentle approach to working with stress and trauma.

Practitioners listen to the body's physiology—the language through which patterns of stress, protection, adaptation, and healing are continually expressed. Complimentary 30-minute taster sessions are available throughout the conference.

 14 -17 September  30 min sessions & drop-ins

 Trinity College Teaching Rooms



The Healing Collective

An integrated, human-centred support team of professional volunteers from a diverse range of modalities, cultures, languages and lived experiences.

Our approach is non-therapeutic and centred on personal choice. Throughout the conference, attendees can access reflective spaces, quieter environments and opportunities to pause, reconnect or simply be. Support may take the form of meaningful conversation, shared stillness, mindful movement or quiet reflection- always allowing each person to choose what feels most supportive in the moment.

We also recognise the importance of supporting those who support others. Through peer connection and shared care, we foster a culture in which giving and receiving support are equally valued.

If you would like to connect with a member of the Healing Collective during the conference, look out for team members wearing pink vests across our venues.

 14 -17 September  Conference hours

 Various



Open Art Space

An open and welcoming creative environment facilitated by art psychotherapist Claire Green with support from Mya Martin.

Throughout the conference, attendees are invited to drop in at any time to pause, reflect and engage creativity. The space offers an opportunity to process and make tangible your conference experience beyond words. There is no need for artistic experience or a particular outcome in mind, simply come as you are and explore whatever emerges. If a blank piece of paper feels intimidating, gentle guidance will be available to help you begin.

Alongside exploring your own unfolding experience, you'll also be invited to contribute to a shared collaborative artwork that will evolve throughout the week, capturing what is emerging in the collective.

Alongside the open drop-in space, there will be a number of bookable workshops. Refer to the schedule on the app for details and booking info.

 14 -17 September  Drop-in sessions

 Town Hall Old Museum Shop



Family Matters: Exploring Memory and Trauma Through Sibling Conversations and the Family Album

Artists Louise Taylor and Sarah Mossop use family photographs as starting points for conversations about childhood, memory and family relationships.

Using family photographs as a way back into childhood, one project explores the aftermath of a father's suicide, asking how two siblings who were once so close came to grow so far apart. The other follows a sibling conversation that began with the effects of a neurological injury that gradually revealed deeper layers of family experience. As brother and sister revisited their family album, memories surfaced of a childhood marked by repeated displacement, raising questions about how trauma can be carried, forgotten, remembered and reinterpreted over time.

 14 -17 September  Drop-in throughout

 Balliol College Archive Room

LGBTQIA+ Space

A dedicated space for attendees who identify as LGBTQIA+ to connect, pause, reflect, share experiences and build community during Transform Trauma Oxford 2026.

Please note that the space will close at 12:00pm on Thurs.

 14 -17 September  Drop-in throughout

 Balliol OCR

Looking Up: A Poetry Walk Through Oxford. Science, Spirit and Place

Beginning at the Weston Library, this gentle hour-long walk explores Oxford through poetry, history and wonder. From telescopes to church spires, from gargoyles to migrating swifts, from Halley's comet to poetry, we'll trace how observation and attention lie at the heart of science, spirituality and creativity. Pausing to read poems, share fragments of history and be with moments of quiet attention, we'll rediscover Oxford from a fresh perspective. No specialist knowledge required, just comfortable shoes and curiosity.

 14 -17 September  Various

 Weston Library (on the steps)

Global Majority Space

A dedicated space for attendees who identify as part of the Global Majority to connect, pause, reflect, share experiences and build community during Transform Trauma Oxford 2026.

Please note that the space will close at 12:00pm on Thurs.

 14 -17 September  Throughout

 Balliol OCR

12-Step mutual help meetings

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.

 15 - 17 September  07:30-08:30

 Balliol College OCR

CommonThreads

Common Threads Reflection Sessions

Take time to pause, connect and reflect on your conference experience during our lunchtime Reflection Sessions at Convocation House.

These facilitated sessions offer a welcoming space to meet fellow attendees and explore the thoughts, feelings and questions that may have emerged from the conference content. Together, you will have the opportunity to share perspectives, deepen your reflections and make sense of what you are learning and experiencing throughout the week.

Whether you want to contribute to the conversation or simply listen and reflect alongside others, you are warmly invited to join.

This space will remain open as a quiet, reflective space where you can drop in throughout the conference whenever you need a moment to pause.

 14 -17 September  13:00 - 14:00 and drop-ins

 Convocation House, Divinity School

The Debating Room

New to Transform Trauma Oxford this year, the Debating Room introduces a series of lively, thought-provoking conversations exploring some of the most complex and contested questions across trauma, mental health and society.

 15 - 17 September  Various — check schedule

 Town Hall Council Chambers

Special Interest Groups x Common Threads

Connect with your community through our Special Interest Groups -informal lunchtime meet-ups designed to bring together attendees who share similar professional interests, lived experiences or areas of curiosity.

Taking place across our conference venues on Tuesday and Wednesday lunchtimes, these relaxed gatherings offer an opportunity to meet like-minded attendees, exchange ideas and build meaningful connections beyond the scheduled sessions.

Ahead of the conference, you will have received an email inviting you to opt in to our Curated Event Roadmap. If you choose to take part and complete the short form, we will recommend five fellow attendees you may benefit from connecting with, alongside the Special Interest Groups most relevant to your interests and conference experience.

Special Interest Groups & Locations:

Addiction & Recovery: New Theatre

AI & the Future of Trauma Practice:
Town Hall Debating Room

Children & Adolescents: Trinity Garden Room

Eating Disorders & Body Image: Weston Library

Global Majority: Dedicated room at Balliol College

LGBTQIA+: Dedicated room at Balliol College

Medical and Primary Care Practitioners:
Sheldonian Theatre

Neurodiversity: Balliol Marquee

Psychedelics: Exeter Marquee

Spirituality & Healing: Randolph Ballroom

 15 -16 September  12:45 - 14:15

 Various

Schedule

Please note that all session titles, timings and speakers are subject to change

Room hosts

Each room will be supported by a dedicated host who will guide the flow of the day and help weave together the sessions and conversations throughout the conference.



Christina Bjorndal

Trinity Lecture Theatre

Draws on lived experience and biopsychospiritual training to provide solutions to mental health.



Pipa Gordan

Exeter College

Broadcaster, writer, and communications expert inspiring growth through storytelling and authentic connection.



Edy Nathan

The Town Hall

Psychotherapist, sex therapist, and expert on grief, trauma, and healing with over 25 years of practice.



Zach Taylor

Balliol College

Director at Grief.com, Zach specializes in grief and loss care and relationship therapy.



James Scurry

The Sheldonian

Senior Producer at Sky News, psychotherapist and co-founder of Safely Held Spaces.



Araminta Jonsson

New Theatre

Founder of Masters Events and mental health advocate advancing trauma awareness, recovery and education.



Yemi Penn

The Sheldonian

Speaker and researcher dedicated to driving transformative change in leadership, culture and innovation.



Emma Stapleton

New Theatre

Business leader and events strategist creating impactful experiences supporting mental health and trauma-informed practice.



Lisa Kleyn

The Randolph

Psychologist, relationship scientist and family mediator specialising in attachment trauma, healing and lasting connection.



Kirkland Newman

New Theatre

Integrative mental health advocate, journalist and Director of MindHealth360 and the IMMH Conference.



Mark Delaney

Weston Library

Somatic, psychedelic integration, and life-design facilitator, integrating depth psychology and trauma studies.

Monday 14th

 Time	 Session and speaker	 Location
08:30 – 12:30	Orientation Opening Morning, Arrival & Connection with Swan Dao	Various
12:30 – 13:30	Lunch	
13:30 – 15:00	Brainspotting, Trauma Release, Nutrigenomics & The Nervous System with Jo Lothian	Trinity Garden Room
13:30 – 15:30	IFS, Exploring the Inner Landscape of Healing with Dick Schwartz	Sheldonian
	 Too Much of Nothing: A Short Course In Neglect Informed Psychotherapy with Ruth Cohn	Trinity Lecture Theatre
	 The Atlas of the Traumatized Brain: A Sensory Roadmap for Healing with Ruth Lanius, Benjamin Pandev-Girard, Breanne Kearney, Sherain Harricharan	Weston Library
	Remembering the Way Home: Indigenous Wisdom, Knowledge, and the Processes of Healing with Donald 'Del' Laverdure, Lawrence Plenty Hawk, Eddy Robinson	Balliol Marquee
	Embodying the Magic of Being with Amenti Theatre Company	Town Hall, Main Hall
	Somatics & the Shadow of Injustice: Embodiment and Social Change with Kai Cheng Thom, Mariah Rooney	Exeter Marquee
	Exploring the Meaning Crisis with Tara Swart, Jamie Clements, Rayyan Zafar, Anthea Bell	New Theatre
	What Do We Mean by Safety? Linguistic, Spiritual, and Ethical Dimensions of Safety in Trauma and Transgenerational Contexts with Mike Niconchuk, Wendy D'Andrea, Linda Thai, Prentis Hemphill, Suparna Choudhury	Randolph Ballroom
13:30 – 15:30	Afternoon break	
16:00 – 18:00	IFS, Exploring the Inner Landscape of Healing with Dick Schwartz, Jeanne Catanzaro, Loch Kelly, Laura Patryas, Donald 'Del' Laverdure	Sheldonian
	 Too Much of Nothing: A Short Course In Neglect Informed Psychotherapy with Ruth Cohn	Trinity Lecture Theatre
	 The Atlas of the Traumatized Brain: A Sensory Roadmap for Healing with Ruth Lanius, Benjamin Pandev-Girard, Breanne Kearney, Sherain Harricharan	Weston Library
	Beyond the Breath: The Therapeutic Potential of Conscious Connected Breathing with Jamie Clements	Randolph Ballroom
	Traumatic Loss: When Grief Lives in the Brain and Body with David Kessler, Paul Denniston	New Theatre
	Healing Beyond Talk: Science, Spirit & the Rhythm of the Body: A Multisensory Experience of Embodied Healing through Afro Flow Yoga® with Jeff W. Jones, Leslie Salmon Jones	Town Hall, Main Hall
	Healing trauma with psychedelics and entactogens. From pharmacology and clinical studies to policy reforms and global access with David Nutt	Exeter Marquee
	Mindfulness meets Heartfulness with Vasco Gaspar	Trinity Garden Room
	The Future of Trauma Therapy: Where We've Been and Where We're Going with Scott Lyons, Bessel van der Kolk, Prentis Hemphill, Janina Fisher, Wendy D'Andrea	Balliol Marquee

Tuesday 15th

	Time	Session and speaker	Location
09:00 – 10:30		It's All One: Seeking the Unity Beyond Trauma with Gabor Maté	New Theatre
		Transcending the Separate Self Through Self-Compassion with Kristin Neff	Sheldonian
		Collective Healing & Spiritual Crisis: Somatic Practices For Transforming Communities with Kai Cheng Thom	Town Hall, Main Hall
		Food Therapy: An Overlooked Resource in Trauma Recovery with Luis Mojica	Exeter Marquee
		From Survival to Sovereignty: Exploring Somatic-Empowerment as a Pathway to Holistic Trauma Healing with Raoul Goldberg	Randolph Ballroom
		Panel: How We Meet Trauma: Five Practitioners, Five Ways of Working with Body, Mind, and Spirit with Maya Vaughan, Josh Dickson, Dorine Siccama, Laura Patryas, Amber Gray	Trinity Lecture Theatre
		Where Science Meets the Emotional Underworld: Reclaiming the Feminine Nervous System Through Mind-Body-Spirit Integration with Samantha Hiew	Balliol Marquee
10:30 – 11:15		Yoga with Paul Denniston	Trinity Garden Room
		Faith in Practice: Integrating Spirituality Across Clinical Traditions with Swan Dao, Sat Dharam Kaur, Myira Khan, Lucas Casanova, Matthias Barker, Yephath Kivetz	Weston Library
		Morning break	
		It's All One: Seeking the Unity Beyond Trauma with Gabor Maté	New Theatre
		The Science of Love and Play: Reclaiming Connection, Oxytocin, and the Embodied Healing of Trauma with Scott Lyons, Kai Cheng Thom, Licia Sky	Town Hall, Main Hall
		When Science Meets Spirit: Psychedelics and Trauma-Informed Psychospiritual Care with Lauren Macdonald	Weston Library
		A Path to Wholeness: Trauma, Spirituality, Energy, and Science with Frank Anderson	Balliol Marquee
11:15 – 12:45		When History Hurts: Indigenous Pathways of Healing Across Culture, Community, Mind, and Body with Christopher Cutter	Trinity Lecture Theatre
		Spirit's Anatomy: The Neurobiology of Spiritual Safety and Embodied Healing with Lucas Casanova	Exeter Marquee
		Brainspotting, Trauma Release, Nutrigenomics & The Nervous System - Women's Space with Jo Lothian	Trinity Garden Room
		Debate: In Unequal Systems, Who Has to Soften the Truth? with Donald 'Del' Laverdure, Linda Thai, Yemi Penn	Town Hall, Council Chambers
		Self, All-Self, and the Living Body: Parts Work, the Body, and the Systems We Live In with Dick Schwartz, Jeanne Catanzaro, Prentis Hemphill	Randolph Ballroom
		Nature Abhors a Vacuum: Neglect Trauma and the Problem of Faith with Ruth Cohn	Sheldonian
		Lunch	

Tuesday 15th

Time	Session and speaker	Location
13:00 – 14:00	Celtic Grace: Return to Stillness - A Healing, Soothing, Science-Backed Experience for Releasing Trauma & Restoring Connection with Eileen Beamish, David Williams	Trinity Lecture Theatre
	Special Interest Groups - Powered by Common Threads	Various
	Common Threads Reflection Sessions	Convocation House
	Safety is the Treatment: A Lay Approach to Inner Safety in War Zones with Mike Niconchuk and Noura Amkieh	Randolph Theatre
14:15 – 15:45	It's All One: Seeking the Unity Beyond Trauma with Gabor Maté	New Theatre
	15 Dissociation: The Missing Link in Complex Trauma Recovery with Ruth Lanius	Sheldonian
	The SAH Method: A Somatic Dance Experience with Sah D'Simone	Town Hall, Main Hall
	5 Aspects of the Self with Sat Dharam Kaur	Exeter Marquee
	Grief, the Body, and the Spirit: Healing Across Generations with Julia Samuel, Sophie Samuel, Emily Samuel	Balliol Marquee
	From Damnation to Liberation: The Synthesis of Healing from Sacred Scars with Chantelle Thomas	Weston Library
	Tr-AUM-a: The Alchemy of Forgiveness, Neuroscience & the Sacred Heart with Karen Whelan	Randolph Ballroom
	Broken No More - Rewriting the Ending with Paddy Creedon, Eileen Beamish, David Williams	Trinity Lecture Theatre
	Brainspotting, Trauma Release, Nutrigenomics & The Nervous System - Women's Space (Virtual) with Jo Lothian	Online only
	Relational Regulation in Practice: Embodied Boundaries and Safer Connection with Swan Dao	Weston Library
15:45 – 16:30 Afternoon break		
16:30 – 18:00	It's All One: Seeking the Unity Beyond Trauma with Gabor Maté	New Theatre
	15 Embracing Our Fragmented Selves: A Mindful Approach to Working with Trauma-Related Parts with Janina Fisher	Sheldonian
	Sound as Ceremony: Rhythm, Regulation, and the Synthesis of Healing x Ajoia	Town Hall, Main Hall
	Beneath the Score: Tapping Into Who You Are, and What's Still Possible with Poppy Delbridge	Exeter Marquee
	Unspeakable: trauma, language and therapy with Gwen Adshead	Balliol Marquee
	15 Open Dialogue & Mindful Listening: How Healing Happens in Relationship with Russell Razzaque	Trinity Lecture Theatre
	15 What have we always known about trauma? with Christy Gibson	Weston Library
	On "Unchilding": Spirituality & Healing Trauma in War & Displacement with Alexandra Chen	Randolph Ballroom
	Polyvagal Theory meets Heartfulness with Vasco Gaspar	Trinity Garden Room

Wednesday 16th

Time	Session and speaker	Location
09:00 – 11:00	Gabor Maté x Kirkland Newman x Christopher Plowman Live In Conversation	New Theatre
	Numinous Breathwork with Jamie Clements with Jamie Clements	Town Hall, Main Hall
	Resilience from Shaolin Practice: Chan (Zen) and Trauma integration with Shi Heng Yi	Sheldonian
	15 Soul Wounds: Understanding the biological and psychological toll of emotional abuse and discrimination, and leveraging communities for healing with Wendy D'Andrea	Exeter Marquee
	15 Panel: When Trauma Is Structural: Poverty, Neglect, and the Developing Self with Ruth Cohn, Ed Tronick, Darren McGarvey	Balliol Marquee
9:30 – 11:00	Where the Selves Meet: Dissociation and the Sacred Architecture of Multiplicity with Mariah Rooney	Randolph Ballroom
	Transforming Cultural Trauma with a Decolonised Lens with Yemi Penn	Trinity Lecture Theatre
	Grounding the Nervous System: A Polyvagal-Informed Yoga and Breath Practice with Ashleigh Abramovici	Trinity Garden Room
	Debate: Private mental health providers should prioritise expanding capacity over specialising in niche treatments with Niraj Arora, Robin Lefever, Josh Dickson	Town Hall, Council Chambers
11:00 – 11:30	Morning break	
11:30 – 1:00	15 Science and Spirituality: Finding the Common Ground Through Integrating Consciousness with Dan Siegel, William Sieghart	New Theatre
	The Neuroscience and Energetics of Longevity: Body, Mind and Spirit with Tara Swart, Poppy Delbridge	Sheldonian
	Rewire Your Brain With Your Own Voice – The Auditive Soul Hunting Process with Bea Palya	Town Hall, Main Hall
	Panel: Disrupting the Loops of Addiction: Mechanistic Potential of Psychedelic-Assisted Care with Rick Doblin, Bessel van der Kolk, Chantelle Thomas, David Nutt, Rayyan Zafar	Balliol Marquee
	15 Becoming Us: Practical Strategies for Building Relational Resilience in Early Life with Ed Tronick, Jaclyn Ruggiero	Exeter Marquee
	The Wisdom of the Ineffable: How Experiential Knowing Moves Us Beyond Conceptual Limitations with Caroline Welch	Weston Library
	Road to Resilience - How to Reclaim Brain, Body & Spirit after Narcissistic Trauma with Ronia Fraser	Trinity Lecture Theatre
	Brainspotting, Trauma Release, Nutrigenomics & The Nervous System - Ancestral Trauma with Jo Lothian	Trinity Garden Room
	Debate: This house believes that agency is the missing variable in mental health-and that ignoring it is holding therapy back with Josh Dickson, Darren McGarvey, Alexandra Chen	Town Hall, Council Chambers
	Reclaiming Inner Knowing & Restoring Self-Trust: Why Intuition Matters in Trauma Healing with Sarah Woodhouse	Randolph Ballroom
13:00 – 14:15	Lunch (Common Threads Special Interest Groups and Reflection Sessions 1:00–2pm)	

Wednesday 16th

	Time	Session and speaker	Location
14:15 – 15:45		Embodied Awareness in Action: Case Studies in Treating Traumatic Stress with Bessel van der Kolk, Licia Sky	New Theatre
		COMING BACK TO HUMAN: Why the Next Frontier of Mental Health Is Not More Information, but Deeper Connection with Miles Adcox	Sheldonian
		The Power of Presence: Healing and Breaking Free with Ruby Wax, Trudy Goodman, Caroline Welch	Exeter Marquee
		IFS, Legacy Burdens & Spirituality with Dick Schwartz	Balliol Marquee
		Family Constellations & Homeopathy for Family Trauma, Personal Trauma & Chronic Disease with Ameet Aggarwal	Randolph Ballroom
		Nine Months of Therapy in Three Days: The Transformative Power of Intensive Trauma-Informed Couple Therapy with Priscilla Short	Trinity Lecture Theatre
		Healing the Self: Loss, Longing and the Return Home with Michele Morphitis	Weston Library
		The Therapy Room as Sanctuary: Story, Presence, and the Realm of Possibility with Paul Browde	Town Hall, Main Hall
		Brainspotting, Trauma Release, Nutrigenomics & The Nervous System - Ancestral Trauma (Virtual) with Jo Lothian	Online only
15:45 – 16:30		Expressive Voice Therapy: Resonance and Repair with Swan Dao	Trinity Garden Room
		When Trauma Goes Viral, What Happens to the Truth? with Darren McGarvey, Keisha Sirboe, James Oliver	Town Hall, Council Chambers
		Afternoon break	
		Love as Medicine: The Science, Spirit and Biology of Human Connection Fireside chat with Dan Siegel and Tara Swart	New Theatre
		The Brain That Learns Too Well; Vulnerability, Addiction, and the Science of Resilience with Rayyan Zafar	Exeter Marquee
		Lulu and Betsy Explore Trauma, Spirituality and Music with Betsy Polatin, Lulu	Town Hall, Main Hall
		MDMA-Assisted Therapy for PTSD: Pillars of Transformation with Rick Doblin	Balliol Marquee
		Must We Forgive? Four Frameworks For (and Against) Forgiveness in Family Estrangement with Matthias Barker	Sheldonian
		The Spirituality of the Body: Science, Imagination, and the Art of Healing with Melinda Ashley Meyer	Randolph Ballroom
16:30 – 18:00		Energy, Awakening Consciousness and the New Therapeutic Paradigm: Transforming Trauma using our higher self with Ruthie Smith	Weston Library
		IFS meets Heartfulness with Vasco Gaspar	Trinity Garden Room
		Debate: This House Believes AI Is Becoming Part of How We Heal-And Trauma Practitioners Must Engage With It Steve Siddals, Scott Lyons, Susanna Petcher	Town Hall, Council Chambers
		Faith, Neuroscience, and the Limits of the Secular Trauma Work in Religiously Conservative Contexts with Alexandra Chen, Mike Niconchuk, Myira Khan, Noura Amkieh	Trinity Lecture Theatre
19:30 – 21:00		Human School Live from Oxford with Matthias Barker, Miles Oxford	New Theatre

Thursday 17th

Time	Session and speaker	Location
09:00 – 10:30	Separating the Wound from God: How to Heal from Religious Trauma with Oscar Rivas	Trinity Lecture Theatre
	IPNB in Action: A Living Synthesis of Science, Spirit, and Healing with Dan Siegel, Sally Maslansky	New Theatre
	Taking Note of Development, Dynamic Dyadic Systems, and Trauma with Ed Tronick	Sheldonian
	The Three Body States: Integrating Stress Science, Embodiment, and Spiritual Resource for Trauma Healing with Prentis Hemphill	Town Hall, Main Hall
	Panel: Beyond the Individual: Psychedelics, Community, and the Science of Transformative States with Lauren Macdonald, Rick Doblin, Chantelle Thomas, Licia Sky	Exeter Marquee
	Ancient Wisdoms to Navigate the Polycrises: Suffering, Freedom and the Language of the Soul with Linda Thai	Balliol Marquee
	Mind&Music: The Power of Frequency in Clinical Technique with William Washington	Randolph Ballroom
	Embedding Trauma Informed Practice into Education, Health and Social Care with Asha Patel	Weston Library
	Yoga with Paul Denniston	Trinity Garden Room
	Morning break	
11:15 – 12:45	Learning from Our Own Trauma with Ruby Wax, Dan Siegel, Jack Kornfield	New Theatre
	Trauma Beyond the Story: Integrative Strategies for Repair and Transformation with Frank Anderson, Janina Fisher	Sheldonian
	The Ultimate Medicine: Healing by Directly Accessing Our Essential Self with Loch Kelly	Town Hall, Main Hall
	“But only children ask for care” A decade of working with men in war and displacement with Mike Niconchuk and Gabriella Brent	Exeter Marquee
	IFS, Food, and the Body: Self as Synthesizer with Jeanne Catanzaro	Balliol Marquee
	Radical Healing: Integrating Anti-Oppressive Self-Care, Spirituality, Social Justice and Relational Growth for Wellbeing with Myira Khan	Randolph Ballroom
	Perceiving Transformation: The Science and Spirit of Belonging with Martha Newson	Trinity Lecture Theatre
	Shaping Neural Pathways with the Wisdom of the Body with Kate Truitt	Weston Library
	CST Workshop - Listening Through the Body: Therapeutic Touch, Presence and Nervous System Regulation with Dorine Siccama, Lizette Villaverde	Trinity Garden Room
	Debate: The War on Drugs: Victory, Defeat or Stalemate? with Rick Doblin, Rayyan Zafar, Matthew Sadlier	Town Hall, Council Chambers
12:45 – 14:15 Lunch		

Thursday 17th

 Time	 Session and speaker	 Location
13:00 – 14:00	Common Threads Reflection Sessions	Convocation House
14:15 – 15:45	Relationship Roots: Teachings and Healing Through Singing, Drumming, and Receiving Spirit with Donald 'Del' Laverdure, Eddy Robinson, Lawrence Plenty Hawk	Balliol Marquee
	Growing Up with Addiction and Relational Trauma: Healing the Adult Child Legacy: Codependency, cPTSD with Tian Dayton	Town Hall, Main Hall
	The Psycho-Bio-Spiritual Evolution of Trauma Healing with Scott Lyons	New Theatre
	The Psychedelic Mindset: Healing Beyond the Medicine with Nick Brüss	Randolph Ballroom
	The Missing Dimension: Integrating the Soul into Clinical Practice with Cheryl Donaldson	Trinity Lecture Theatre
	The Body Remembers, the Immune System Responds: Inflammation and Resilience with Gordan Lauc	Sheldonian
	Debate: Should Psychedelic Therapy Remain Within Strictly Clinical Frameworks? with Catherine Hood, Grace Blest-Hopley, Lucy Challenger	Town Hall, Council Chambers
15:45 – 16:30	Expressive Therapy: Working Beyond Words with Swan Dao	Trinity Garden Room
	A Comedian and a Monk Walk into the Theatre with Ruby Wax and Gelong Thubten	Exeter Marquee
	Afternoon break	
	Trauma and Who We Really Are: The Heart's Deepest Need with Jack Kornfield	New Theatre
	 Neuroscience, Attachment, and New Modalities: Rethinking the Treatment of Traumatic Stress with Bessel van der Kolk	Sheldonian
	 Embodied Spirituality with Shi Heng Yi	Town Hall, Main Hall
	The Myth of 'Healed': What Wellness Actually Looks Like with Sah D'Simone, Luis Mojica	Exeter Marquee
16:30 – 18:00	Collective Brainspotting, Trauma Release & Healing with Jo Lothian	Randolph Ballroom
	From Trauma to Punchlines: Using Humor and Creative Writing in Therapeutic Practice with Finn Mott	Weston Library
	 Uncertainty as Medicine: Neurobiology, Ritual, and the Healing Power of Not Knowing with Arabella Begin	Balliol Marquee
	Compassion Meets Heartfulness - From Relational Awareness to Shared Humanity with Vasco Gaspar	Trinity Garden Room
	Debate: Private sector is becoming a substitute for public mental health care -and that's dangerous George Broke, Johan Sorensen, Susanna Petche	Town Hall, Council Chambers
	Fields of Fear, Fields of Possibility: Collective Trauma, Imagination, and Repair with Swan Dao, Jessica Bockler	Trinity Lecture Theatre
	The Final Gathering, a closing celebration with Julia Samuel, FaceSoul and Sukina Noor	New Theatre
18:45 – 20:30		

Session overviews

IFS, Exploring the Inner Landscape of Healing

14 September | 13:30 - 18:00
Sheldonian



Dick Schwartz, Jeanne Catanzaro, Loch Kelly,
Laura Patryas, Donald 'Del' Laverdure

This four-hour immersive session introduces Internal Family Systems (IFS) as a framework for exploring the intersection of evidence, lived experience, and the ineffable. Richard Schwartz opens with a teaching and live demonstration, inviting participants into the experiential practice of IFS and illustrating how healing and transformation emerge when Self relates to parts with curiosity and compassion.

A multidisciplinary panel featuring Loch Kelly, Del Laverdure, and Laura Patryas then broadens the conversation through contemplative, Indigenous, and clinical perspectives, exploring how qualities of Self—

such as presence, connection, and compassion—are understood across traditions. Schwartz returns to engage the panel in an integrative dialogue that deepens the inquiry.

Jeanne Catanzaro concludes by examining Self as a grounding force for navigating uncertainty with curiosity and compassion, helping people resist misinformation, rigid beliefs, and extreme practices that promise safety, control, or worth. Together, the session offers both an accessible introduction to IFS and a broader view of its evolving role in healing.

Too Much of Nothing: A Short Course In Neglect Informed Psychotherapy - CE Session

14 September | 13:30 - 18:00
Trinity Lecture Theatre



Ruth Cohn

This four-hour workshop provides an overview of the essentials of Neglect Informed Psychotherapy. While it is not a substitute for the full certification training, it introduces the core concepts and clinical framework.

Neglect trauma is often the invisible wound underlying profound psychological suffering, yet it remains one of the least recognised forms of developmental trauma. Participants will explore how absent, inconsistent, or dysregulated attachment shapes the developing nervous system, attachment patterns, and sense of self. The workshop examines the neuroscience of neglect trauma, its impact on

survival responses, and its common presentations, including dissociation, attentional difficulties, relational ambivalence, self-reliance, over-giving, and avoidance.

The training also explores the relational dynamics of neglect survivors, including dependency, intimacy, and therapeutic challenges. Through clinical teaching, case reflections, and practical exercises, participants will gain a foundational understanding of recognising and responding to neglect trauma while appreciating the depth and complexity of this often-overlooked area of psychotherapy.

The Atlas of the Traumatized Brain: A Sensory Roadmap for Healing – CE Session

14 September | 13:30 - 18:00
Weston Library



Ruth Lanius, Benjamin Pandev-Girard,
Breanne Kearney, Sherain Harricharan

This experiential workshop offers clinicians a novel conceptualizing framework for understanding and treating trauma through the lens of neuroscience and the sensory systems. Beginning with teaching foundational brain architecture, participants will learn an integrative approach combining bottom-up and top-down trauma treatments. Clinicians will learn to map specific PTSD symptoms onto the brain and its corresponding sensory systems, emphasizing their importance for guiding treatment for traumatic stress.

By reconceptualizing PTSD through the eight sensory systems, this workshop opens a broader range of assessment and treatment pathways that complement existing clinical approaches. Through practical tools, interactive role plays and hands-on experiential exercises, we will demonstrate how conceptualizing trauma through a sensory lens can help transform how to work with traumatized clients. This session will also touch on the clinical distinction between neurodiversity and trauma responses through a sensory framework.

Remembering the Way Home: Indigenous Wisdom, Knowledge, and the Processes of Healing

14 September | 13:30 - 15:30
Balliol Marquee



Donald 'Del' Laverdure,
Lawrence Plenty Hawk, Eddy Robinson

This opening experience weaves together drumming, singing, and Indigenous spiritual teachings to ground the conference participants in a deeper understanding of healing as a living, relational process rather than a discrete intervention. Through invitation, song, and remarks, participants can experience an embodied encounter with Indigenous ways of knowing that emphasize connection, ancestral lineage, and remembering.

The session explores why many people are drawn to Indigenous healing modalities at a time when Western medical and psychological models sometimes feel fragmented, limited, or insufficient. Indigenous traditions prioritize ceremony and process to better understand coherence and disruption – often

asking not only what the current problem is, but what internal process has been lost, interrupted, or displaced.

Drawing on indigenous stories, experience, and perspective, the session offers a hopeful reframe: that healing, like trauma, is carried across generations and time. Encoded not only in memory but in bodies, relationships, and DNA. Participants are invited to consider healing as an act of remembering and restoring relationships within the self, with community, and with the living world. Designed as an anchoring experience for the conference, this session sets a tone of respect, integration, and a renewed sense of the collective capacity for healing.

Session overviews

Embodying the Magic of Being: An Exploration of the Amenti MoveMeant Method (AMM)



14 September | 13:30 - 15:30
Town Hall, Main Hall

Amenti Theatre Company

In alignment with the 2026 theme, Science, Spirit, and the Body, Amenti proposes an immersive workshop experience centered on the Amenti MoveMeantMethod (AMM). Our approach operates at the singular intersection of Jungian psychology, somatic movement, and contemporary shamanism. We provide a rigorous yet soulful framework for healing, treating the body as the primary vessel for psychological integration and spiritual discovery.

The AMM framework deconstructs the human experience into seven distinct layers of embodiment. Each layer addresses a specific domain of life—ranging from the primal and physiological to the archetypal and collective unconscious. By navigating these layers through dance and shadow work, participants move beyond intellectual understanding into a lived “synthesis of healing.”

Somatics & the Shadow of Injustice: Embodiment and Social Change



14 September | 13:30 - 15:30
Exeter Marquee

Kai Cheng Thom
Mariah Rooney

Join somatic practitioner, teacher, and master coach Kai Cheng Thom, MSW, MSc and Mariah Rooney MSW, LCSW for a discussion on the ways that personal trauma healing and positive social change are inherently connected. Healing practitioners today are increasingly called upon to use our skills in the service of not only individual recovery and wellness, but also to address the vast impacts of socio-economic, environmental, and political struggles. How can we effectively and ethically integrate individual healing and social transformation? How can we tend to our own health and boundaries while doing so? Participants will leave this session with a deeper understanding and ability to confidently respond to social and political issues as they arise in the context of trauma healing work.



Exploring the Meaning Crisis

14 September | 13:30 - 15:30
New Theatre



Tara Swart, Jamie Clements
Rayyan Zafar, Anthea Bell

This panel explores the growing crisis of meaning at the heart of modern psychological distress. Drawing on neuroscience, trauma studies, addiction research, spirituality, and embodied practices, the speakers will examine how contemporary culture fosters disconnection - from self, body, community, nature, and shared purpose - and how this disconnection manifests as loneliness, addiction, dysregulation, and mental ill-health.

The discussion then turns toward pathways out of the meaning crisis, exploring how altered states, creativity, community practices, spirituality, and reconnection to nature can restore coherence, belonging, and purpose at both individual and collective levels.

Describe how contemporary cultural, environmental, and technological factors contribute to disconnection from self, community, and meaning, and how this manifests in trauma, addiction, loneliness, and mental ill-health.

Explain the neurobiological and psychosocial mechanisms through which disconnection and dysregulation contribute to psychological distress.

Identify evidence-informed pathways, including altered states, creativity, community practices, spirituality, and reconnection to nature—that may support restoration of coherence, belonging, and meaning at individual and collective levels.

What Do We Mean by Safety? Linguistic, Spiritual, and Ethical Dimensions of Safety in Trauma and Transgenerational Contexts

14 September | 13:30 - 15:30 | Randolph Ballroom



Mike Niconchuk, Wendy D'Andrea
Linda Thai, Prentis Hemphill

Before “safety” can be cultivated, it must be understood. Yet in trauma-informed care, the term is often invoked more than it is examined. This panel explores how safety-in language, culture, and spirit- translates far beyond its Western psychological framing. In many non-Western linguistic and theological traditions, safety extends beyond protection from harm to encompass wholeness, moral coherence, and right relationship within self, community, and the sacred.

This panel reframes safety as an embodied, relational, and culturally mediated condition shaped by history, collective memory, and moral experience.

Drawing from neuroscience, transgenerational trauma theory, and the Salama model of inner safety, the discussion explores how trauma moves across generations, particularly within communities shaped by genocide, displacement, incarceration, humiliation, enforced hyper-independence, and systemic marginalisation. The panel examines how chronic threat and inherited narratives of discardability influence nervous system regulation, attachment patterns, identity, and belonging.

Session overviews

Brainspotting, Trauma Release, Nutrigenomics & The Nervous System



14 September | 13:30 - 15:30
Trinity Garden Room

Jo Lothian

In this immersive and experiential session, participants will engage in a multi-layered exploration of stress physiology and regulation within a shared environment. Through guided group Brainspotting and facilitated tension and trauma release, we will work directly with how activation and shutdown patterns are held in the body. Nervous system-informed nutrition and nutrigenomic insight will add a further dimension, highlighting how genetic tendencies influence inflammation, recovery capacity and stress sensitivity.

Unfortunately, we are unable to support those who:

- Have had major surgery in the past 2 months
- Pregnant (unless you have done TRE before and are in the 2nd or 3rd trimester)
- 6 weeks post-partum
- Uncontrolled high blood pressure
- Severe heart conditions or recent stroke
- Brain tumours
- Have the following conditions: Untreated psychosis, schizophrenia, BPD or severe depression epilepsy or seizures
- By joining, you are acknowledging that you have none of the above conditions.

Beyond the Breath: The Therapeutic Potential of Conscious Connected Breathing



14 September | 16:00 - 18:00
Randolph Ballroom

Jamie Clements

Breathwork today is often framed as a tool for relaxation and stress management, yet emerging research and lived experience suggest it may hold far greater therapeutic potential. In this talk, Jamie Clements explores Conscious Connected Breathing as a powerful, accessible modality capable of inducing non-ordinary states of consciousness comparable to psychedelics for therapeutic purposes.

Drawing on recent research alongside firsthand experiential insight from the field, this presentation

examines the physiological and neurological mechanisms underlying CCB, its applications in trauma, depression, and nervous system health, and important considerations required for safe and effective practice. Moving beyond hype, the talk invites serious scientific inquiry into breathwork as a complementary therapeutic intervention within modern mental health care that blends science and soul at a time where we need it most.



Traumatic Loss: When Grief Lives in the Brain and Body



14 September | 16:00 - 18:00
New Theatre

David Kessler
Paul Denniston

Traumatic loss does more than break the heart. It reorganizes the brain and reshapes the body's stress response. In this integrative session, grief expert David Kessler and Grief Yoga founder Paul Denniston explore how the combined impact of grief and trauma disrupts attachment, intensifies shock and guilt, and alters both cognition and regulation — often manifesting as rumination, heightened reactivity to triggers, anger, numbness, overwhelm, or a sense of being stuck. The session also offers practical insight into recognizing and working with triggered responses in ways that support regulation and integration.

Mindfulness meets Heartfulness



14 September | 16:00 - 18:00
Trinity Garden Room

Vasco Gaspar

This opening session starts from mindfulness as a shared and widely accepted foundation. It explores how training attention and awareness naturally prepares the ground for deeper heart-based consciousness. Participants are guided through an integral mindfulness practice -engaging senses, body, and mind-followed by Heartfulness Meditation, highlighting the complementarity between mindfulness and Heartfulness as a deeply integrative body-mind-heart approach.

NOTE: This session will not be live streamed.

Session overviews

Healing Beyond Talk: Science, Spirit & the Rhythm of the Body: A Multisensory Experience of Embodied Healing through Afro Flow Yoga®



14 September | 16:00 - 18:00
Town Hall, Main Hall

Jeff W. Jones, Leslie Salmon Jones

Join co-founders Leslie Salmon Jones and Jeff W. Jones for a multi-sensory, trauma-informed experience that bridges science, spirit, and story. Participants will be guided through live music, rhythmic movement, meditative yoga, breathwork, ancestral storytelling, and multimedia soundscapes to activate the nervous system's capacity for flexibility, attunement, and resilience.

Drawing from ancestral traditions and contemporary neuroscience, this practice explores how rhythm, story, and somatic expression foster emotional integration and rewire the brain-body connection. The body becomes the site of remembering, presence, and transformation—beyond the limitations of language alone.

This year's enhanced offering includes a video soundscape of an embodied story, immersing participants in a visceral experience of intergenerational resilience and collective healing. Whether you're a clinician, practitioner, or seeker, this workshop offers a living bridge between evidence and experience, intellect and embodiment, individual growth and collective awakening.

No movement or dance experience needed. All are welcome.

Healing trauma with psychedelics and entactogens. From pharmacology and clinical studies to policy reforms and global access



14 September | 16:00 - 18:00
Exeter Marquee

David Nutt

This session explores how psychedelics (such as psilocybin and ayahuasca) and entactogens (such as MDMA) are reshaping our understanding of trauma and recovery. Bringing together advances in neuroscience, pharmacology, clinical research, and cultural perspectives, the talk examines how these substances open new pathways for healing by influencing brain function, emotional processing, and embodied experience. In doing so, they invite a renewed dialogue between scientific evidence, lived experience, and the deeper human search for meaning and integration.

Tracing the historical suppression and recent resurgence of psychedelic research, the session will explore how emerging treatments are transforming clinical approaches to trauma-related disorders and challenging long-standing assumptions about mental health care. The global implications of this shift are significant, raising important questions about access, ethics, and policy reform. The session will consider how evolving evidence and changing cultural narratives may support a more integrated and accessible model of trauma healing worldwide.



The Future of Trauma Therapy: Where We've Been and Where We're Going

14 September | 16:00 - 18:00
Balliol Marquee



Scott Lyons, Bessel van der Kolk
Prentis Hemphill, Janina Fisher, Wendy D'Andrea

From the somatic roots of body-based healing to the cutting edge of neurobiological, relational, and spiritual research, trauma therapy has undergone a profound evolution-and the journey is far from over. Join Prentis Hemphill, Dr. Janina Fisher, Dr. Bessel van der Kolk, and Dr. Scott Lyons for a groundbreaking conversation that charts the full arc of this transformation. Together, this panel will explore where trauma therapy has been- from its earliest frameworks rooted in talk therapy and cognitive processing, through the somatic, spiritual,

relational, and community-centered revolutions that have reshaped the field- and look boldly toward what comes next. What are the next generation of traumatologists and practitioners moving toward? How do emerging modalities, neuroscience, collective trauma frameworks, and community healing practices converge to meet the complexity of human suffering? This is a conversation about the past, the present, and the urgent, hopeful future of healing-where science, spirit, and the body increasingly come together to shape the next frontier of trauma transformation.

Session overviews



It's All One: Seeking the Unity Beyond Trauma

15 September | 09:00 – 18:00
New Theatre



Gabor Maté

Therapy and spiritual work both seek the unitary experience of reality and of our true selves. Trauma creates blockages to that truth, barriers that neither therapy nor a spiritual quest on their own is likely to break through. Humans are biopsychosocial creatures, so all dimensions need to be honored for our true nature to reach realization.

Gabor's presentation will include teaching, participatory inquiry and interactive exploration, all with the intention of creating an experiential setting for deeper self-awareness and healing.

This session will open with a performance by Hungarian folk singer Bea Palya and will be supported by Betsy Polatin, a specialist in breathwork, movement, and somatic approaches to trauma resolution.

Collective Healing & Spiritual Crisis: Somatic Practices For Transforming Communities

15 September | 09:00 – 10:30
Town Hall, Main Hall



Kai Cheng Thom

How do we heal from trauma and conflict in a world best by crisis, political polarization and social fragmentation? How can the wisdom of the body help us to repair from the deep alienation and isolation of a divided society? And how can we support people to find resilience and joy in the face of the existential despair caused by global strife? Join Kai Cheng Thom, MSW, MSc, Master Jungian Coach, and Qualified Mediator for an immersive, experiential dive into the ways that somatic practices can be used to support

groups and communities to come together across difference and work together for the sake of healing and liberation. This session will be of particular interest to practitioners curious about the intersection of somatics, trauma healing and conflict repair. Participants will leave with exciting, powerful, and practical tools drawn from the lineages of embodied mindfulness, applied theatre, and politicized somatics that can be implemented in a wide variety of clinical and community settings.

Food Therapy: An Overlooked Resource in Trauma Recovery

15 September | 09:00 – 10:30
Exeter Marquee



Luis Mojica

Therapists, practitioners and coaches are meeting clients with more stress, burnout, and emotional dysregulation than ever, yet most will overlook the role that food can play in helping clients heal and recover. When used specifically to support the nervous system, adrenals, and glucose balance, food choices become an opportunity to shift biochemistry in a meaningful way. This session will explore the science and somatics behind our food cravings, which foods can increase or decrease trauma responses, and how to approach nutrition with curiosity. Through interactive exercises and somatic practices, I will teach participants new tools that will help address client trauma symptoms and their relationship with food.

Yoga with Paul Denniston

15 September | 09:00 – 10:30
Trinity Garden Room



Paul Denniston

Paul Denniston, founder of Grief Yoga® and author of *Healing Through Yoga: Transform Loss into Empowerment*, will introduce his compassionate, body-based approach to transforming grief and trauma through movement, breath, and sound.

Participants will learn practical techniques to help release anger, guilt, regret, and emotional overwhelm while creating greater resilience, self-compassion, and connection.

This experiential workshop will explore how to choose trauma-sensitive practices to meet clients' needs, cultivate empathy without carrying another's pain, and use embodied practices to support healing for both themselves and those they serve.

NOTE: This session will not be live streamed

Session overviews

From Survival to Sovereignty: Exploring Somatic-Empowerment as a Pathway to Holistic Trauma Healing - CE Session



15 September | 09:00 – 10:30
Randolph Ballroom

Raoul Goldberg

In this experiential session, integrative medical doctor, PhD psychotherapist and holistic health visionary, Dr. Raoul Goldberg invites attendees to explore somatic empowerment as a first step to transform embedded trauma and blocked emotions in the body. Empowered self-awareness can be effectively directed to address obstacles and stuck patterns of trauma, resulting in chronic diseases. Using principles and practices from the PATH Method, Dr. Goldberg

will guide participants in a group empowerment experience using somatic self-observation to connect to the body's inherent wisdom.

Dr. Goldberg created the PATH Method to help people change their psycho-neuro-physiology through the somatic felt sense of empowerment. Transforming and healing trauma in your body moves one from survival to sovereignty.

How We Meet Trauma: Five Practitioners, Five Ways of Working with Body, Mind, and Spirit - CE Session

15 September | 09:00 – 10:30
Trinity Lecture Theatre



Maya Vaughan, Josh Dickson
Dorine Siccama, Laura Patryas, Amber Gray

This session offers a rich exploration of five different approaches to working with trauma. Across the conversation, five practitioners describe the principles that guide their work, how they meet a client and find where to begin, and how body and spirit are engaged along the way.

The approaches represented are NARM, IFS, EMDR, Craniosacral Therapy, and polyvagal-informed dance and movement therapy. Bringing together relational, somatic and movement-based expertise, the discussion offers a nuanced view of what makes each approach distinct - how each discerns its own

map of healing, what each is tracking moment to moment, and where the differences between them genuinely matter. Where trauma is single-incident and where it is developmental or relational, and whether that distinction changes the work, is part of what the panel will examine rather than something assumed at the outset.

We are honoured to have such a group contributing to this dialogue.

Where Science Meets the Emotional Underworld: Reclaiming the Feminine Nervous System Through Mind-Body-Spirit Integration

15 September | 09:00 – 10:30
Balliol Marquee



Samantha Hiew

Highly sensitive and neurodivergent women often arrive in adulthood carrying the imprint of a childhood spent navigating emotional underworlds. Many never developed into their full instinct or embodied self-differentiation because they were forced into roles that required suppression, hyper-attunement, and self-erasure. Instead of becoming women, they became survivors shaped inside the outline of the girl they once were.

ADHD Girls' recent AuDHD women survey shows this clearly: masking, emotional labour, intergenerational grief, and relational over-functioning are not random symptoms — they are inherited patterns that shape the nervous system, hormonal rhythms, and identity itself.

Within this population lies a striking pattern: many grow into therapists, coaches, carers, and guides — the archetypal wounded healers.

Their heightened sensitivity, intuition, and emotional intelligence were forged in the very darkness they now help others navigate. Science understands this as survival adaptation; the spirit recognises it as an initiation.

This session weaves together neuroscience, trauma physiology, hormonal research, identity development, somatic wisdom, and the mythic arc of the Greek goddess Persephone — the innocent girl taken into the underworld before she was ready, who rises not as she was, but as a formidable woman who embodies both light and dark.

Faith in Practice: Integrating Spirituality Across Clinical Traditions

15 September | 09:00 – 10:30
Weston Library



Swan Dao, Sat Dharam Kaur, Myira Khan
Lucas Casanova, Matthias Barker, Yephath Kivetz

This interfaith panel brings together clinicians from diverse faith traditions to explore how spirituality can be integrated into therapeutic and healthcare practice in ethical, inclusive, and trauma-informed ways. Panellists will reflect on how their own spiritual frameworks inform their clinical work, while also navigating pluralism, power, and difference in secular healthcare settings.

The conversation will explore practical questions such as how to honour patients' spiritual identities without imposing belief; how to work skilfully with faith-based meaning-making in the context of trauma

and illness; how clinicians can hold their own values while remaining open, attuned, and non-directive; and whether there are universal or cross-cultural spiritual practices that can be offered in clinical settings to support the healing and integration of trauma while remaining inclusive of diverse beliefs and worldviews.

The panel offers a grounded exploration of spirituality as lived experience within clinical practice, across traditions and philosophical perspectives.

Session overviews

The Science of Love and Play: Reclaiming Connection, Oxytocin, and the Embodied Healing of Trauma

15 September | 11:15 – 12:45
Town Hall, Main Hall



Scott Lyons, Kai Cheng Thom, Licia Sky

Love and play are far more than pleasant experiences—they are biological processes that shape the nervous system, deepen resilience, and support recovery from trauma. While contemporary trauma treatment has rightly emphasized nervous system regulation and survival responses, the science of love, play, connection, and positive affect has received far less attention. Yet these experiences are essential for restoring safety, flexibility, belonging, and the capacity to thrive.

Examine the science of oxytocin, attachment, co-regulation, and social engagement while learning

applied somatic practices designed to cultivate the physiological conditions that support trust, connection, curiosity, spontaneity, and joy.

Through guided embodied experiences, participants will discover practical approaches for working with love and play—not as rewards after healing, but as active mechanisms that facilitate healing itself.

This workshop invites participants to understand healing as expanding the body's capacity for love, connection, play, pleasure, creativity, and aliveness—transforming survival into genuine flourishing.

When Science Meets Spirit: Psychedelics and Trauma-Informed Psychospiritual Care

15 September | 11:15 – 12:45
Weston Library



Lauren Macdonald

As practices such as meditation, breathwork and psychedelic-assisted therapy increasingly enter healthcare settings, clinicians are encountering the spiritual and existential dimensions of human experience more frequently in their work with trauma, serious illness, grief and life transitions. Experiences of suffering and change often raise questions of meaning, identity, belonging and mortality, while non-ordinary states can evoke awe, connection, love and transcendence. Though these experiences can be central to healing, many practitioners have received little training in how to accompany people through them in ways that are safe, ethical and trauma-informed.

Drawing on her work in psychiatry, psychedelic-assisted therapy, community-based psilocybin retreats, and psycho-oncology, together with her

own experience of surviving stage IV cancer, Dr Lauren Macdonald explores how psychedelic-assisted therapy offers a unique lens through which to better understand the psychological, existential and spiritual dimensions of human experience. The talk positions trauma-informed psychospiritual care as a core dimension of whole-person healthcare, framing spirituality as a fundamental aspect of human experience encompassing meaning, purpose, values, relationships and the ways we make sense of suffering and change.

This talk concludes with a short film from Returning to Wholeness, a legal psilocybin retreat programme for women affected by cancer, followed by Q&A.



A Path to Wholeness: Trauma, Spirituality, Energy, and Science – CE Session



15 September | 11:15 – 12:45
Balliol Marquee

Frank Anderson

Rather than approaching trauma healing as symptom reduction, this session invites a broader understanding of recovery that includes the body, mind, spirit, and relationship to help clients deepen their sense of connection, meaning, identity, and inner peace.

We will explore trauma healing through the interconnected lenses of spirituality, energy work, neuroscience, along with other holistic approaches. Drawing from contemplative practices, somatic awareness, attachment interventions, applied neuroscience, and body-based interventions, we will look at how to accelerate trauma healing by incorporating techniques beyond the standard psychotherapeutic practices.

Attention will be given to how meditation, breathwork, stillness, embodiment, movement, intuition help release what trauma leaves behind in the body to support greater resilience and wholeness. We will frame spirituality not as separate from clinical work, but as an important dimension of healing that reunites the human self and the soul which is severed in trauma. Participants will leave with a richer understanding of how integrative approaches can support healing that is grounded, embodied, relational, and spiritually informed.

Session overviews

When History Hurts: Indigenous Pathways of Healing Across Culture, Community, Mind, and Body

15 September | 11:15 – 12:45
Trinity Lecture Theatre



Christopher Cutter

Numerous Indigenous populations worldwide suffer from similar health inequities, including higher rates of chronic diseases, behavioral health challenges, and social determinants of health disparities. Colonization has had an intergenerational impact on the health of Indigenous Peoples.

This session explores how historical trauma lives not only in communities and systems, but also across embodied, emotional, relational, and spiritual dimensions of health. It will examine the ways unresolved trauma contributes to health inequities, while also highlighting the protective and restorative

role of cultural connection, community belonging, and Indigenous knowledge systems.

Drawing on original research and community-based approaches, this session will explore culturally and community adapted responses to mental health challenges, chronic pain, and substance misuse. In doing so, it will consider how Indigenous frameworks of healing offer vital insight into more integrated, strength-based approaches that honour the whole person and the wider collective context in which healing takes place.

Spirit's Anatomy: The Neurobiology of Spiritual Safety and Embodied Healing

15 September | 11:15 – 12:45
Exeter Marquee



Lucas Casanova

Healing is not only personal- it is relational and collective. In this session, you will explore how science, embodiment and spirituality inform one another through the shared architecture of the nervous system. Drawing from secular Buddhist psychology, contemplative science, trauma research and embodiment, this session reframes spiritus (breath, aliveness) and religare (to reconnect) as physiological states that enable insight, connection and compassion.

We explore how ancient contemplative maps echo neuroendocrine and interoceptive pathways, how

trauma disrupts our capacity for belonging, and how Spiritual Safety arises when the body becomes a place of coherence rather than fear. Through short practices and shared inquiry, participants experience how the body acts as the living bridge between mind and spirit, allowing science and contemplative wisdom to illuminate one another.

The session invites not only understanding, but presence- bridging knowledge and experience in service of a more compassionate humanity.

Brainspotting, Trauma Release, Nutrigenomics & The Nervous System – Women's Space

15 September | 11:15 – 12:45
Trinity Garden Room



Jo Lothian

Women's Nervous System & Hormonal Regulation Space - In this session, participants will explore how hormonal transitions, accumulated stress load and life history intersect within the female nervous system. Group Brainspotting will support access to emotional layers that often surface during perimenopause and menopause, while trauma release practices allow long-held tension to discharge through the body. Nutritional insight will address the interplay between cortisol, oestrogen, blood sugar regulation and mood. This is an immersive, contained women-only space where physiology, identity and shared experience are approached as interconnected.

Unfortunately, we are unable to support those who:

- Have had major surgery in the past 2 months
- Pregnant (unless you have done TRE before and are in the 2nd or 3rd trimester)
- 6 weeks post-partum
- Uncontrolled high blood pressure
- Severe heart conditions or recent stroke
- Brain tumours
- Have the following conditions: Untreated psychosis, schizophrenia, BPD or severe depression epilepsy or seizures

By joining, you are acknowledging that you have none of the above conditions.

NOTE: This session will not be live streamed.

In Unequal Systems, Who Has to Soften the Truth?

15 September | 11:15 – 12:45
Debating Space - Town Hall, Council Chambers



Donald 'Del' Laverdure, Linda Thai, Yemi Penn

In workplaces, institutions, and public life, difficult truths are not always heard on their own terms. How they are received can depend on timing, tone, trust, status, relationship, and risk.

For some, this makes strategy essential. Choosing how and when to speak can be a way to protect the message, protect the messenger, and make change more possible. In unequal systems, being strategic is not necessarily avoidance. It can be skill, care, and political wisdom.

For others, the expectation to soften the truth raises a different concern. Who is being asked to carry the burden of making hard realities easier to hear? When does strategy become self-silencing? And when does

the focus on delivery shift attention away from the conditions that made the truth necessary in the first place?

This debate asks a difficult question: in unequal systems, is softening the truth a necessary part of effecting change, or does it risk making those with less power responsible for managing the discomfort of those with more power?

Drawing on leadership, social justice, psychology, and lived experience, the speakers will explore what is gained, what is lost, and who carries the cost when difficult truths have to be carefully held in order to be heard.

Session overviews

Self, All-Self, and the Living Body: Parts Work, the Body, and the Systems We Live In



15 September | 11:15 – 12:45
Randolph Ballroom

Dick Schwartz
Jeanne Catanzaro
Prentis Hemphill

Nature Abhors a Vacuum: Neglect Trauma and the Problem of Faith – CE Session



15 September | 11:15 – 12:45
Sheldonian

Ruth Cohn

This three-way conversation brings together Dick Schwartz, Jeanne Catanzaro, and Prentis Hemphill to explore how parts work, embodiment, and social systems meet in the work of trauma healing. Dick offers the IFS understanding of Self as an inner presence that is calm, compassionate, and able to lead our internal systems with clarity. Prentis introduces the all-self within The Three Body States, an expanded awareness that helps a person move out of protective physiology and into greater coherence, relationship, and choice. Jeanne brings a deeply embodied lens, tracing how internal dynamics, relational patterns, and culturally shaped burdens live in the body and shape a person's access to Self and all-self states.

From there, the dialogue connects the inner system to the social one. The roles our parts take on are not neutral. A protector can be racialized. A burden can be gendered. An exile can hold what a person's body has meant in a given world. Together, Dick, Prentis, and Jeanne consider how IFS relates to the social systems we live within, what it means to face the issues of our time from the perspective of parts work, and how to keep the body at the center of how we engage, listen to, and integrate the parts of ourselves and one another.

Participants will leave with a felt and clinical sense of how these frameworks converge to create conditions for transformation that are scientifically grounded, relationally honest, and rooted in the living body.

According to Aristotle, nature abhors a vacuum: if space is empty, something will rush to fill it.

Neglect trauma is a vast void, a gaping gulf of empty space. An infant, like any creature, any element of matter will reach and cry into the emptiness, groping desperately for something or someone to fill it.

The infant brain develops in resonance, with the caregiver, the self and ultimately the soul emerge from that resonance. The wide expanse of “nothing” defies nature. The infant's imperative then becomes a quest to satisfy nature's design and fill the void with something. What follows is an exploration of that: various roads and roadblocks in that quest.

This session examines how neglect trauma can shape an individual's lifelong search for attachment, meaning, faith, and belonging, often increasing vulnerability to spiritual idealization, coercive systems, charismatic authority, or relational bypass. Through a neglect-informed lens, participants will explore the intersections of developmental trauma, spirituality, survival adaptations, and the quest to fill profound internal absence. The workshop will also consider how faith, skepticism, ritual, and spiritual frameworks may function as both sources of healing and forms of avoidance, while equipping clinicians to better understand the relational and existential complexities neglect survivors may bring into therapeutic practice.

Celtic Grace: Return to Stillness - A Healing, Soothing, Science-Backed Experience for Releasing Trauma & Restoring Connection



15 September | 13:00 - 14:00
Trinity Lecture Theatre

Eileen Beamish, David Williams

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, this experience provides a meaningful, natural pathway toward restoring balance and well-being.

Dissociation: The Missing Link in Complex Trauma Recovery - CE Session



15 September | 14:15 - 15:45
Sheldonian

Ruth Lanius

Dissociation often keeps clients trapped in cycles of suffering, shaping their experience of time, thought, body, emotion, and relationships. In this session, clinicians will learn a neuroscience-informed approach that reframes dissociation as the critical missing link in complex trauma recovery. The session will also explore how emerging insights into the neuroscience of dissociation can help guide treatment selection and sequencing, leading to more effective interventions. Participants will explore how healing emerges through the integration of scientific understanding, a grounded sense of presence rooted in gravitational security, and the restoration of connection to self and others. Once a solid foundation is in place, Deep Brain Reorienting (DBR) is introduced as a targeted intervention to address trauma-related shock and reintegrate fragmented experience.

Safety is the Treatment: A Lay Approach to Inner Safety in War Zones



15 September | 13:00 - 14:00
Randolph Ballroom

Mike Niconchuk
Noura Amkieh

This immersive session lets participants experience Inner Safety Project's flagship Salama curriculum for war and disaster-affected communities. Designed by individuals with lived experience of war and its accompanying distress, the program blends storytelling, psychoeducation, and practical activities to help participants understand the impact of trauma on their inner and community lives, even when material or physical safety remains uncertain. Its core aim is to expand curiosity about the various effects of conflict-related stress on the mind, body, and community and to encourage stewardship of inner safety resources, coping skills, and collective support. This experimental module will focus on humiliation, injustice, change, and breaking intergenerational trauma cycles. Modeled on work with Syrian refugees in Jordan, it roots psychological change in social ecology and a holistic view of selfhood, addressing trauma through both spirit and body.

Session overviews

5 Aspects of the Self



15 September | 14:15 – 15:45
Exeter Marquee

Sat Dharam Kaur

Multiple models of the self are described in various psychotherapy and spiritual traditions. Each of these models incorporates different views of the self.

This presentation on the 5 Aspects of the Self delivers a practical model of the self that can be useful to both clinicians and clients in helping to answer the questions, “Who am I, what happened to me, who can I be, and where am I going?” It provides a foundation for working cognitively, emotionally, somatically and spiritually in a relationally held therapeutic container to reveal and transform unconscious beliefs and somatic imprints that constrict the client’s day-to-day experience.

The SAH Method: A Somatic Dance Experience



15 September | 14:15 – 15:45
Town Hall, Main Hall

Sah D'Simone

The Somatic Activated Healing (SAH) Method integrates trance dance, rhythmic movement, dynamic meditation and breathwork, to support nervous system regulation, emotional processing, and psychological integration. It looks like a rave and lands like years of therapy. Loud bass. Sweaty bodies moving like whatever was locked just broke open. Grief moves. Rage moves. Joy shows up uninvited and takes over the room. The body leads. And when the charge drops, what remains is a freedom most people forgot. 95% of participants report a positive shift in wellbeing after one session. The data says what the room already feels: something real just happened.

Grief, the Body, and the Spirit: Healing Across Generations



15 September | 14:15 – 15:45
Balliol Marquee

Julia Samuel, Sophie Samuel, Emily Samuel

Grief is often understood as an emotional experience, yet loss affects every dimension of our being: body, relationships, identity, and meaning. In this panel conversation, psychotherapist Julia Samuel joins her psychotherapist daughters Emily and Sophie to explore how healing after loss unfolds in the body, in the family system, and the spiritual dimension of human experience.

Drawing on clinical work, lived experience, and contemporary research, the panel will examine how grief lives in the nervous system and shapes physical and emotional regulation. We will explore how family

members grieve differently, how these differences can fragment relationships, and how understanding family systems can help restore connection. The discussion will also consider intergenerational patterns of coping with loss and how to heal across generations.

Through short clinical stories and reflections, the session will explore continuing bonds with those who have died, the role of faith and meaning making, and the possibility of growth after trauma.

Healing after loss is not about leaving grief behind but about adapting to a changed reality while carrying love forward.

From Damnation to Liberation: The Synthesis of Healing from Sacred Scars



15 September | 14:15 – 15:45
Weston Library

Chantelle Thomas

This presentation is designed to align with the conference theme, Science, Spirit, and the Body: The Synthesis of Healing, by exploring the profound impact of relational religious trauma—often introduced by primary attachment figures—on an individual's sense of self-worth and spiritual connection. Even after distancing themselves from religion, individuals can be plagued by psychic imprints, such as existential fears of damnation, which undermine pathways to genuine spiritual connection and innate worthiness.

In the context of psychedelic-assisted therapy, the non-ordinary experience can bring these deeply entrenched familial and existential imprints to the surface. We will detail how critical periods of neuroplasticity, induced by psychedelics, can soften rigid self-protective structures, allowing religious trauma to be explored, recontextualized, and integrated within a renewed sense of safety and meaning.

The session will focus on the thoughtful, embodied, and relational preparation necessary to navigate this high-stakes process and support a shift toward spiritual liberation driven by innate healing instincts.

Tr-AUM-a: The Alchemy of Forgiveness, Neuroscience & the Sacred Heart



15 September | 14:15 – 15:45
Randolph Ballroom

Karen Whelan

This session explores trauma as both an imprint of wounding and a portal to transcendence— a phenomenon held simultaneously in the body, the psyche, and the soul.

Drawing on my Masters research *Awe of Self: Self-Love as a Spiritual Practice*, and my lived experience of forgiving my abuser at nineteen, this talk bridges neuroscience, somatic psychology, and mystical experience to illuminate what healing truly is.

Relational Regulation in Practice: Embodied Boundaries and Safer Connection



15 September | 14:15 – 15:45
Trinity Garden Room

Swan Dao

A practice-based session focused on building safety and repair through the body in real-time relationships. Learn embodied boundary sensing, consent-based communication, and co-regulation micro-skills for working with freeze, fawn, conflict, and rupture, strengthening safety, clarity, and connection.

- Sense embodied boundaries
- Practise consent-based communication
- Build repair and co-regulation skills

NOTE: This session is not being live-streamed.

Session overviews

Broken No More - Rewriting the Ending

15 September | 14:15 – 15:45
Trinity Lecture Theatre



Paddy Creedon, Eileen Beamish, David Williams

Following the deeply moving response to Broken No More – Transform Trauma last year, this sequel asks a more powerful question: What does it take to heal?

Rewriting the Ending is a courageous and compassionate exploration of trauma resolution. Blending lived experience, evidence-based insight, poetry, music and reflection, the session moves beyond awareness into practical hope.

This is not about pretending the past didn't happen. It is about understanding what happened within us, in our nervous systems, our beliefs, our relationships and discovering that healing is not only possible, it is accessible.

Through personal story-telling and grounded science, the session explores how trauma can be integrated rather than avoided, how resilience can be strengthened, and how emotional maturity can be cultivated — so that pain no longer dictates our future.

Paddy Creedon will narrate Broken No More 2 with a musical backdrop provided by Eileen Beamish and David Williams of Celtic Grace.

Embracing Our Fragmented Selves: A Mindful Approach to Working with Trauma-Related Parts – CE Session

15 September | 16:30 – 18:00
Sheldonian



Janina Fisher

Why does trauma result in fragmentation? Because traumatic experiences are too overwhelming to be tolerated or processed, especially by a child's still developing brains. The mental ability of dissociation provides a way for children to get a psychological buffer from what is happening. The child can watch from a distance and observes what is happening to that other child. Fragmenting helps us to survive the moment and becomes a chronic response to the dangers facing children in unsafe environments.

Understanding the effects of trauma rather than focusing on the events that caused them opens up a new pathway to healing even for survivors who have had many years of therapy.

Rather than pathologizing trauma-related symptoms and the parts that carry them, the Trauma-Informed Stabilization Treatment approach emphasizes accepting the effects of trauma as the implicit memories of parts still afraid and braced for threat. Making use of Buddhist beliefs and mindful awareness helps clients begin to be interested in their parts rather than avoidant.

By helping clients befriend their wounded, vulnerable parts and their darkest, most destructive parts, we can help them find wholeness, self-compassion, and healing. Befriending that which we fear or hate is a spiritual practice that achieves a scientific effect of memory reconsolidation.

Sound as Ceremony: Rhythm, Regulation, and the Synthesis of Healing



Ajoia

15 September | 16:30 – 18:00
Town Hall, Main Hall

In this experiential Ajoia session, we invite participants into a live, co-created sound journey that sits at the meeting point of science, spirit, and the body. Blending live percussion, voice, ambient soundscapes, and guided practice, we explore how rhythm and listening can help transform states of threat, overwhelm, and numbness into greater safety, presence, and connection.

We will briefly ground the experience in accessible neuroscience of rhythm, tempo, and the autonomic nervous system, and then move into a trauma-

sensitive sonic ceremony: beginning in stillness, gradually opening into movement, and gently returning to rest and integration. There will be time for quiet reflection and group sharing at the end, to help participants translate the experience into their own practice and context.

This session is suitable for clinicians, facilitators, and practitioners who are curious about how music and ritual can support embodied, relational, and spiritual dimensions of healing.

Beneath the Score: Tapping Into Who You Are, and What's Still Possible



Poppy Delbridge

15 September | 16:30 – 18:00
Exeter Marquee

A live Emotional Freedom Techniques (EFT) & Rapid Tapping® experience — energy psychology, neuroplasticity, mindset and manifestation

This conference will explore, brilliantly, how trauma is held, understood and released. This session asks the question that rarely follows: then what? If the body keeps the score, healing cannot end with settling it. Beneath every stored experience is a self that was never damaged, waiting to be unlocked — and a nervous system that, once safe, can be taught not just to rest, but to reach. The body can be safe and still veto the future, so how do we support our patients and clients to create their desires?

Poppy Delbridge shares two simple, portable frameworks from her new book *Unlock Your Power*. The 3As: Acknowledge, Accept, Affirm — a sequence

for moving through stuck feelings, everyday imposter syndrome, doubt and overwhelming stress. And the work of debunking and ditching the Invisible Mind Patterns™ that drive our reactions — a powerful intervention for interrupting the beliefs we never chose. Woven through is her seven-step Desire-to-Done system, transforming mindset through the lens of energy psychology, neuroplasticity, and reconnection to the self beneath the story.

Bringing the clinical evidence of EFT together with her possibility-centred, future-pacing Rapid Tapping® method, she shows how belief change and manifestation actually work: not as magical thinking, but as nervous-system regulation, visualisation, and Hebbian repetition — what you rehearse, you reinforce.

Session overviews

Unspeakable: trauma, language and therapy



15 September | 16:30 – 18:00
Balliol Marquee

Gwen Adshead

This session will explore the importance of language in healing following exposure to different kinds of trauma. It will compare the impact of trauma experienced in childhood with trauma experienced in adulthood, examining the different forms of speechlessness that can emerge and their influence on the development of narrative identity.

The session will delve into the science of speechlessness, with a particular focus on neuronal function and connectivity, and examine how trauma shapes different types of memory, especially autobiographical memory. It will explore how these changes influence the stories people tell about

themselves and the meaning they make of their traumatic experiences.

Finally, the session will consider the implications of the science of speechlessness for trauma recovery and the role of therapeutic relationships in supporting the discovery of a new voice. By bringing together neuroscience, narrative identity, and the therapeutic relationship, it highlights how healing can emerge through the integration of brain, story, and human connection, reflecting the conference theme of Science, Spirit, and the Body: The Synthesis of Healing.

Open Dialogue & Mindful Listening: How Healing Happens in Relationship – CE Session



15 September | 16:30 – 18:00
Trinity Lecture Theatre

Russell Razzaque

In this highly experiential workshop, consultant psychiatrist and Open Dialogue trainer Dr Russell Razzaque explores how healing can emerge through the simple but often overlooked act of truly listening. Drawing on more than 25 years of experience in mental healthcare, mindfulness practice and the implementation of Open Dialogue within the NHS, Russell will introduce participants to a way of listening that helps people feel safe, understood and able to make sense of difficult experiences. Through guided mindfulness and practical teaching and experiential practice, participants will discover how the quality of our attention can transform conversations and strengthen the healing potential of human relationships. No prior knowledge of mindfulness or Open Dialogue is required.

Polyvagal Theory meets Heartfulness



15 September | 16:30 – 18:00
Trinity Garden Room

Vasco Gaspar

Using the language of the autonomic nervous system and trauma-informed regulation, this session focuses on safety as a prerequisite for presence.

Participants are guided through Heartfulness Relaxation, followed by Heartfulness Meditation, experiencing how nervous system regulation and heart-based awareness mutually support one another.

NOTE: This session will not be live streamed.

What have we always known about trauma? CE Session

15 September | 16:30 – 18:00
Weston Library



Christy Gibson

Join Dr. Christy Gibson for an exploration about ancestral practices and our modern awareness of their physiological implications. Dr. Gibson is a global teacher and practitioner, having traveled to >70 countries and worked in many long-term. She is also an academic physician who can interpret the science of ancient techniques, such as chanting or singing that activates vagal tone, circle dancing that co-regulates our mirror neurons, or herbal medicines and their receptors. Learn about the ancient and modern

practice of psychedelics and altered states, about how bilateral stimulation through movement including Qigong and EFT work at a neurophysiological level, and about a daily Ayurvedic-informed ritual that heals mind, body, and spirit. We have always known how to heal trauma; it's time that we collectively remember.

This session will be evidence-informed but also embodied, as participants will be invited to use gaze, breath, touch, imagery, and movement to add to their clinical toolkit.

On “Unchilding”: Spirituality & Healing Trauma in War & Displacement

15 September | 16:30 – 18:00
Randolph Ballroom



Alexandra Chen

Dr. Alexandra Chen will present a timely exploration of the psychological realities facing war-affected children and families from Gaza, Iraq, Syria, and Yemen. Drawing on over 18 years of experience working with children in armed conflict, Dr. Chen will share a new series of clinical case studies, the talk examines the complex manifestations of trauma among children living not only with the aftermath of acute violence, displacement, and loss, but also with the chronic stress, uncertainty, and the rupture of social fabric. The presentation will explore approaches in child trauma therapy that integrate indigenous languages, cultures, and spirituality alongside somatic and expressive therapies. Between poetry, play, and prayer, Dr. Chen will share interventions that recognise the central role of caregivers and relational safety; community identity; and meaning-making in grief processes among war-affected populations. Central to the

presentation is an investigation into the clinical manifestations of “unchilding” (Shalhoub-Kevorkian, 2015) among children in war, where innocence, safety, attachment, and futures are repeatedly disrupted or denied. The talk will examine the developmental and existential implications of growing up in contexts where grief, fear, and precarity become normalised conditions of daily life. Particular attention will be given to how children grapple with forced adulthood. Finally, Dr. Chen will reflect on the ethical and operational realities of humanitarian mental health leadership through her work as CEO of Early Light Foundation and Clinical Director of Healing for Gaza, now a 180-member global initiative. Grounded in the realities of genocide, armed conflict, and mass displacement, the talk calls for a paradigm shift in how the global mental health field understands and responds to war trauma.

Session overviews



Gabor Maté x Kirkland Newman x Christopher Plowman Live In Conversation

16 September | 09:00 - 11:00
New Theatre



Gabor Maté, Kirkland Newman
Christopher Plowman

Join Gabor Maté, Christopher Plowman and Kirkland Newman live in conversation for a thought-provoking exploration of mental health, trauma, healing and the future of wellbeing.

Drawing on Gabor Maté's pioneering work on trauma, addiction and the mind-body connection, Christopher Plowman's experience leading global wellbeing platform Insight Timer, and Kirkland Newman's expertise in integrative mental health, this conversation brings together three distinctive perspectives on how we understand and support human wellbeing.

**Resilience from Shaolin Practice:
Chan (Zen) and Trauma
integration**



16 September | 09:30 - 11:00
Sheldonian

Shi Heng Yi

In this intimate fireside chat, Shi Heng Yi explores how the ancient principles of Chan (Zen) Buddhism—deeply rooted in the Shaolin tradition—can offer profound insights into trauma recovery, resilience, and healing. Situated at the intersection of spiritual philosophy and embodied practice, this session examines how physical practice can serve as a bridge to the mind. Participants will also gain a deeper understanding of how looking “beyond body and mind” can support trauma integration and contribute to greater emotional, mental, and spiritual balance.

**Numinous Breathwork with
Jamie Clements**



16 September | 09:30 - 11:00
Town Hall, Main Hall

Jamie Clements

An immersive live breathwork experience exploring the power of Conscious Connected Breathing. This practice can open expansive, non-ordinary states of awareness that support emotional processing, integration, and deep inner connection. Held in a safe and intentional space, the session invites participants to explore healing, insight, and meaning through the simple yet profound act of breathing together.

**Soul Wounds: Understanding the biological and psychological toll of emotional
abuse and discrimination, and leveraging communities for healing – CE Session**



16 September | 09:30 - 11:00
Exeter Marquee

Wendy D'Andrea

Research has a bad habit of staying away from nebulous concepts like “meaning,” favoring constructs which it can assume to be more observable or objective. And yet, some of our most formative experiences are impactful precisely because of their subjective meaning—because they tell us who we are and to whom we belong. In attempts to establish validity, mental health diagnostic systems have followed this norm set by research, particularly in approaches to understanding trauma, by focusing on objective and observable harm in the form of physical violence and life threat. In doing so, the field has foreclosed our ability to understand exactly why we are so impacted by multiple forms of adverse treatment; namely, it has left out the meaning we make of the pain we endure. This

meaning-based construction of trauma is especially salient when no physical contact has occurred. In this talk, we will highlight two overlooked forms of violence—emotional abuse and discrimination—as demonstration that we can better understand human suffering through meaning-based constructions of harm. Drawing from research produced by my lab, I will share our group’s cutting edge studies on emotional abuse, discrimination, shame, embodiment, and psychobiology, demonstrating that scientific rigor and subjectivity are not at odds but can instead be true allies in the struggle to understand humanity. Lastly, we will share work from community-based intervention settings which demonstrates that the pain from our soul wounds can be eased when we incorporate relationality.

Session overviews

Panel: When Trauma Is Structural: Poverty, Neglect, and the Developing Self – CE Session

16 September | 09:30 - 11:00
Balliol Marquee



Ruth Cohn, Ed Tronick, Darren McGarvey

Trauma does not arise in a vacuum. Poverty, social abandonment, and neglect profoundly shape the conditions in which trauma emerges, particularly in childhood, where the body, brain, and sense of self are still forming. This panel explores how structural deprivation becomes biologically embedded, relationally organised, and morally felt across the lifespan.

Bringing together perspectives from developmental science, lived experience, and relational practice, the conversation examines how chronic insecurity alters stress-regulation systems, attachment patterns, and embodied responses to the world (science and

body), while also shaping meaning, dignity, rage, hope, and agency (spirit). Panelists will reflect on the gap between real lives and the ways trauma is often framed, medicalised, or consumed within clinical, media, and policy contexts.

Grounded and unflinching, this session asks what genuinely reparative care requires when trauma is understood not only as an individual wound, but as the downstream consequence of neglect, inequality, and unmet collective responsibility- and what healing might look like when science, embodiment, and moral imagination are brought back into conversation.

Where the Selves Meet: Dissociation and the Sacred Architecture of Multiplicity



16 September | 09:30 - 11:00
Randolph Ballroom

Mariah Rooney

What if plurality is not a pathology to be managed, but a reflection of a deeper spiritual, relational, and biological truth? Together we will engage in a re-examination of dissociation and identity through the lens of unity manifested in diversity. Drawing on contemporary neuroscience, liberatory psychology, and the lived expertise of people with Dissociative Identity Disorder (DID), this session reframes plurality as a profound expression of the human capacity for adaptation, survival, and meaning-making.

Rather than seeing difference as separation (I am not you) we explore plurality as reflection - I am another manifestation of you, and of us. This reframing aligns with both spiritual traditions that understand the self as multiple and interconnected.



Transforming Cultural Trauma with a Decolonised Lens



16 September | 09:30 - 11:00
Trinity Lecture Theatre

Yemi Penn

In this experiential session, Dr. Yemi Joy Penn explores cultural trauma and its transformation through a decolonized lens, integrating spirituality, indigenous wisdom, documentary storytelling, and embodied group inquiry.

Drawing from her award-winning PhD research on transforming cultural trauma through documentary filmmaking, Yemi invites participants to move beyond individual pathology and into collective responsibility. Through selected clips from her documentary 'Wounds and Wisdom', reflective dialogue, and partnered embodied exercises, this session bridges science, spirit, and the body as equal partners in trauma transformation.

Grounding the Nervous System: A Polyvagal-Informed Yoga and Breath Practice



16 September | 09:30 - 11:00
Trinity Garden Room

Ashleigh Abramovici

This gently guided, trauma-informed morning session weaves together polyvagal-informed nervous system education with accessible breath and mindful movement inspired by yoga traditions. Through simple practices such as conscious breathing, slow rhythmic movement, and moments of stillness, participants will be invited to arrive in embodied awareness and explore how the body can become a resource for regulation, safety, and connection.

The session is inclusive and adaptable for all bodies and experience levels.

Debate: Private mental health providers should prioritise expanding capacity over specialising in niche treatments



16 September | 09:30 - 11:00
Town Hall, Council Chambers

Niraj Arora, Robin Lefever, Josh Dickson

Against a backdrop of rising demand and a constrained mental health workforce, private providers face an important strategic choice: should they focus primarily on expanding access to established services, or invest in increasingly specialised pathways for particular conditions and patient groups?

This debate will examine whether increasing overall capacity offers the greatest benefit to patients and the wider mental health system, or whether specialisation is essential to deliver expertise, innovation and better outcomes for people with complex or underserved needs.

Session overviews

Science and Spirituality: Finding the Common Ground Through Integrating Consciousness – CE Session



16 September | 11:30 - 13:00
New Theatre

Dan Siegel, William Sieghart

This presentation will invite participants to explore their own journeys to understand the three elements of “a spiritual life”: meaning beyond survival, connection beyond the skin of the body, and flow beyond clock-time. Using the science-based consilient approach of interpersonal neurobiology and examining the findings of a survey of 73,000 individuals who’ve participated in-person in the Wheel of Awareness practice, we’ll dive into a proposal of how energy flow, through the lens of modern physics, can be seen as revealing two

realms that offer a scientific view of a time-bound and a time-free realm of our one reality. These two realms match Indigenous and contemplative wisdom traditions and enable us to bridge the two worlds of our noun-like, separated entities, everyday bodily-based lives and our deeply connected, verb-like, numinous lives often attributed to what the “spiritual journey” involves. Here we explore how this can become part of an integrated life of wholeness, meaning, equanimity and connection.

The Neuroscience and Energetics of Longevity: Body, Mind and Spirit



16 September | 11:30 - 13:00
Sheldonian

Tara Swart, Poppy Delbridge

This 90-minute immersive session unites two complementary lenses on human longevity- the measurable science of the brain and body, with the lived experience of energy regulation and spiritual connection.

Dr Tara Swart will discuss the neuroscience of longevity, a rapidly evolving field that integrates modern scientific innovation with insights drawn from ancient wisdom traditions. She will explore the gut-brain-immune axis, mitochondrial function, intercellular pathways, biohacking models and the importance of connection — to self, others, and something greater.

Building from this foundation, Poppy Delbridge will offer an embodied, evidence-informed and experiential approach to longevity and healing, designed to anchor the understanding in lived integration. Through three regulating Rapid Tapping experiences, participants will explore how embodied mindset and nervous system coherence support the recalibration of stress and belief patterns, unlocking potential and fostering sustained health.

Rewire Your Brain With Your Own Voice – The Auditive Soul Hunting Process



16 September | 11:30 - 13:00
Town Hall, Main Hall

Bea Palya

In this workshop we explore how the human voice can become a living meeting point of science, spirit, and the body. Our sound is not just communication — it is vibration, breath, and neural activation all at once. When we use our voice consciously, we can shift the nervous system from vigilance into presence, from fragmentation into integration. A neuroscientist-psychotherapist participant once told me that the Auditive Soul Hunting process “quieted her over-awakened prefrontal cortex” and opened a pathway to parts of herself she had only reached before through altered states.

We begin with grounding and embodied vocal warm-ups, gently awakening the resonance of the chest, belly, bones, skin. Then we step into deeper territories: giving voice to instinctual inner characters — roaring, sighing, whispering, wailing. Through these unfamiliar sounds we move beyond our habitual identity, entering a somatic and spiritual field where emotion, memory, and intuition can reorganize.

You leave with a felt sense of wholeness — an experience of how your own voice can be a daily tool for healing, coherence, and courage.

Panel: Disrupting the Loops of Addiction: Mechanistic Potential of Psychedelic-Assisted Care

16 September | 11:30 - 13:00
Balliol Marquee



Rick Doblin, Bessel van der Kolk
Chantelle Thomas, David Nutt, Rayyan Zafar

Substance use disorders are often understood through a pathological lens or framed exclusively as a “chronic relapsing disease.” Emerging psychedelic research supports an alternative, humanistic perspective, suggesting that addiction may be an adaptive response to neurobiology, unresolved trauma, and a profound loss of meaning and agency. While conventional treatments often prioritize symptom management or focus solely on behavioural abstinence, psychedelics can offer a radical disruption of deeply ingrained compulsive patterns and self-limiting identities. By softening rigid defensive

structures, these compounds may allow individuals to move beyond a stigmatized, addiction-defined identity and toward a reclaimed sense of agency, capacity, and hope.

This panel brings together clinicians, researchers, and practitioners to explore how psychedelics may support addiction recovery across multiple dimensions-addressing not only neurobiology, but also the impact on trauma, attachment, embodiment, and existential disconnection.

Session overviews

Becoming Us: Practical Strategies for Building Relational Resilience in Early Life – CE Session

16 September | 11:30 - 13:00
Exeter Marquee



Ed Tronick, Jaclyn Ruggiero

When a baby is born prematurely, life begins in a world of uncertainty for both infant and parent. In the NICU, stress is not a single traumatic event but an ongoing relational experience, as infants and caregivers continually adapt to complex physical and emotional demands within an unpredictable medical course.

Early in life, regulation is fragile. The nervous system, stress response, and social connection are still developing, leaving premature infants with limited regulatory capacity and a narrow window of tolerance. For these infants, stability depends profoundly on the environment around them, with parents playing a central role in co-regulation,

connection, and healing. At the same time, the emotional strain, uncertainty, and fear experienced by parents can significantly challenge their own capacity to remain regulated and emotionally available.

Yet within these deeply challenging circumstances, many families and clinicians describe something beyond physiology alone: a profound force of hope, spirit, and relational determination that sustains both infant and caregiver through extraordinary adversity. In the NICU, resilience is often built not only through medical intervention and developmental care, but through the remarkable interplay of science, relationship, and the intangible strength of human spirit.

The Wisdom of the Ineffable: How Experiential Knowing Moves Us Beyond Conceptual Limitations

16 September | 11:30 - 13:00
Weston Library



Caroline Welch

The Greek term “gnosis” means knowledge or awareness, particularly direct, experiential, or mystical knowledge, rather than intellectual or theoretical learning. It is a deep, experiential and personal understanding, wisdom, insight, awareness, comprehension or perception. The profound insights we can experience can cause us to pivot off of one path to another, and even to completely change our life trajectory.

This session will focus on proactive pivoting, as distinguished from crisis pivoting. Proactive pivoting requires us to examine what’s most important to us, what gives our lives meaning. Before pivoting there is an experiential knowing, a wisdom of the body. It could be that tapping into the body gives access to intuitive knowing.

Interoception monitors our vital functions such as heartbeat and hunger, thereby playing a central role in emotional regulation and self-care. It is the sense of the internal state of the body, allowing the brain to perceive, interpret and integrate signals from internal organs.

The mind functions as both a constructor and a conduit. A thought, for example, is a construction, but the ineffable flows through us when the mind serves as a conduit. Contemplative and indigenous teachings reference an energy of the universe that can flow through the mind. The body then may be accessing a flow of energy in fields of wisdom.

Road to Resilience - How to Reclaim Brain, Body & Spirit after Narcissistic Trauma

16 September | 11:30 - 13:00
Trinity Lecture Theatre



Ronia Fraser

Despite having become a buzzword in recent years, Narcissistic Abuse remains one of the most common yet least acknowledged forms of abuse, which without fail has a detrimental and life-altering impact on the survivor's health and quality of life. The damage occurs on every level of our being: mentally, emotionally, physically, and spiritually.

Narcissistic Abuse is not limited to romantic relationships. It can occur in families, friendships and workplaces just as easily - and it doesn't discriminate

based on age, gender, nationality, or sexual orientation.

Whether you are a medical professional or therapist wanting to support your clients better, an abuse survivor yourself, or simply someone with a professional curiosity about what the fuss is all about... this is for you.

Brainspotting, Trauma Release, Nutrigenomics & The Nervous System - Ancestral Trauma

16 September | 11:30 - 13:00
Trinity Garden Room



Jo Lothian

In this session, participants will explore how inherited stress patterns and family narratives shape physiology, behaviour and relational dynamics. Through guided group Brainspotting and tension and trauma release, we will work with patterns that feel both personal and intergenerational. Nutritional insight will focus on supporting stability during deeper processing, including inflammation awareness and metabolic resilience. This session is experiential and reflective, examining what has been carried forward and how collective regulation can alter its expression.

Unfortunately, we are unable to support those who:

- Have had major surgery in the past 2 months
- Pregnant (unless you have done TRE before and are in the 2nd or 3rd trimester)
- 6 weeks post-partum
- Uncontrolled high blood pressure
- Severe heart conditions or recent stroke
- Brain tumours
- Have the following conditions: Untreated psychosis, schizophrenia, BPD or severe depression epilepsy or seizures

By joining, you are acknowledging that you have none of the above conditions.

NOTE: This session will not be live streamed.

Session overviews

This house believes that agency is the missing variable in mental health-and that ignoring it is holding therapy back



16 September | 11:30 - 13:00

Debating Space - Town Hall, Council Chambers

Josh Dickson, Darren McGarvey, Alexandra Chen

The dominant frameworks in mental health- particularly trauma-informed approaches- have become so focused on what happened to people that they've inadvertently eroded the therapeutic importance of what people can do. The nature/nurture binary is well-trodden, but there's a third pillar almost entirely absent from clinical discourse: agency. This debate will examine whether the field's reluctance to foreground personal agency is limiting

therapeutic progress, or whether emphasising agency risks minimising the real constraints that trauma, adversity, and inequality place on individual choice. Grounded in self-determination theory, flow science, and neuroplasticity research, this session promises a rigorous and timely exchange on one of the most important unspoken tensions in modern mental health practice.

Reclaiming Inner Knowing & Restoring Self-Trust: Why Intuition Matters in Trauma Healing



16 September | 11:30 - 13:00

Randolph Ballroom

Sarah Woodhouse

The traumatic reaction exponentially disconnects us from our body, the present moment and the world around us. As the nervous system pulls us into bracing and contraction, we simultaneously lose connection to our authentic self and our instinctive knowing and inner wisdom – our intuition.

While the study of neuroscience, psychology and psychotherapy has advanced our understanding of trauma's impact on the nervous system and self-concept, the role of intuition—long referenced in spiritual traditions—remains underexplored within the mainstream trauma field.

We'll explore how intuition can be safely re-cultivated, and the empowerment and agency this reconnection brings. We'll also examine how intuition differs from trauma-led reactions and consider ways we can all understand, and experience, this difference. We'll also consider, and celebrate, the essential role a practitioner's intuition plays as we guide our clients through trauma healing.

The session will blend presentation, reflection and experiential practice to cultivate a scientific and spiritual learning experience.

Embodied Awareness in Action: Case Studies in Treating Traumatic Stress



16 September | 14:15 - 15:45
New Theatre

Bessel van der Kolk, Licia Sky

This case-based workshop explores how embodied awareness can be integrated into the treatment of traumatic stress through real-world clinical examples. Through the combined perspectives of Bessel van der Kolk and Licia Sky, the session will examine how trauma healing is deepened when scientific understanding of the nervous system is held alongside the body's capacity for meaning, presence, and spiritual connection.

Drawing on child and adult case studies, the session will examine how chronic trauma, abuse, and neglect shape brain development, attachment patterns, and self-regulation across the lifespan. Bessel will focus on the relationship between science and the body, exploring how traumatic stress is expressed through

neurobiological dysregulation, defensive adaptations, and disruptions in embodiment. Licia will bring a spirituality-and-body perspective, considering how embodied awareness, presence, and connection to something larger than the self can support integration, agency, and healing.

Participants will explore how trauma manifests somatically through posture, breath, movement, voice, and sensory experience, and how these expressions reflect underlying neurobiological and relational processes. Through guided analysis of case material, the workshop will illustrate how clinicians can identify patterns of hyperarousal, hypoarousal, and dissociation, and apply somatically informed interventions to support regulation and integration.

COMING BACK TO HUMAN: Why the Next Frontier of Mental Health Is Not More Information, but Deeper Connection



16 September | 14:15 - 15:45
Sheldonian

Miles Adcox

In a field filled with models, methods, and modalities, this session invites us back to one of the most ancient forms of medicine we have: human presence.

Across the mental health field, clinicians are finding themselves treating increasingly dysregulated, overwhelmed, and emotionally disconnected clients while quietly carrying their own exhaustion beneath the surface. Global trends continue to show rising levels of stress, emotional fatigue, loneliness, and relational disconnection, with the APA's 2025 stress report describing what many now experience as a growing "crisis of connection."

But what if healing begins before insight? What if the nervous system starts regulating long before a therapeutic intervention ever occurs?

Drawing from relational neuroscience, attachment theory, trauma-informed care, and Onsite's pioneering work in therapeutic intensives and healing hospitality, this experiential keynote explores what happens biologically, emotionally, and spiritually when people feel deeply welcomed, emotionally safe, and genuinely seen.

Through story, reflection, nervous system education, and immersive audience moments, participants will explore "the biology of welcome" — the idea that hospitality, presence, attunement, and relational safety are not extras in the healing process, but essential ingredients of transformation.

This is more than a conversation about mental health. It is an invitation to remember what makes us human.

Session overviews

The Power of Presence: Healing and Breaking Free



16 September | 14:15 - 15:45
Exeter Marquee

Ruby Wax, Trudy Goodman, Caroline Welch

This panel brings together three women with decades of experience in mindfulness, psychotherapy, and organizational leadership. Each arrived at mindful awareness by very different routes.

Ruby Wax, author of *A Mindfulness guide for the Frazzled, Sane New World*, *How to Be Human: The Manual* and *I'm Not as Well as I Thought I Was*, has spoken about her experience with a mood disorder, including hospitalizations, and came to understand mindfulness not as a spiritual luxury, but as a medical lifeline. Trudy Goodman, founder of InsightLA and the Institute for Meditation and Psychotherapy, was one of the very first MBSR teachers with Jon Kabat-Zinn and has spent over 50 years integrating Buddhist contemplative practices with psychotherapy. Caroline Welch, co-founder of the Mindsight Institute, came

to her practice while working as an English teacher decades ago in Japan. In her book, *The Gift of Presence: A Mindfulness Guide for Women*, she uses presence as the foundation for her “mindfulness with work boots on” framework of the 3Ps: Purpose, Pivoting and Pacing.

Together these three women will honestly explore the power of mindful presence to heal and support freedom, inner and outer. They will straightforwardly address the resistance all three encountered early in their professional careers in male-structured hierarchies – from Buddhist institutions, to corporate litigation, to television and adventure travel and offer the tools and perspectives that help people thrive beyond limitations they encounter.

IFS, Legacy Burdens & Spirituality – CE Session



16 September | 14:15 - 15:45
Balliol Marquee

Dick Schwartz

This experiential workshop introduces participants to working with legacy burdens within the Internal Family Systems (IFS) model developed by Dr. Richard Schwartz. Designed for clinicians, helpers, and anyone interested in deep personal and collective healing, the workshop offers a framework for understanding the emotional burdens people carry, both from their own lives and from generations before them.

IFS understands the mind as naturally composed of distinct inner “parts,” each playing a role in shaping our internal experience. Some parts carry personal burdens, painful emotions, limiting beliefs, or protective strategies that formed in response to difficult life events. Within the IFS model, the process of unburdening involves helping parts release the

beliefs and emotional weight they carry so they no longer need to organize the system around those experiences. During this process, some individuals report experiences that they understand in spiritual terms, such as a sense of connection to something larger than themselves, encounters with symbolic or ancestral figures, or the presence of a guiding wisdom.

This workshop does not assume a spiritual interpretation of these experiences. Instead, it offers clinicians and practitioners a grounded framework for working with such phenomena when they arise in the course of IFS work, allowing them to remain curious, respectful, and clinically attuned to the meaning these experiences hold for the individual.

Family Constellations & Homeopathy for Family Trauma, Personal Trauma & Chronic Disease

16 September | 14:15 - 15:45
Randolph Ballroom



Ameet Aggarwal

Many persistent struggles—including mental health issues, relationship challenges, self-sabotage, and chronic disease—are often signaling the unresolved burden of systemic or ancestral trauma. This heart-centered session will explore the profound power of Family Constellations Therapy through compelling case studies, including cancer, anxiety, seizures, and chronic pain, showing resolution achieved where other therapies did not work.

Drawing on these powerful examples, the lecture will demonstrate how Family Constellations initiates immediate, profound shifts that restructure the

client's internal system. The talk interweaves the core spiritual principles of systemic healing with practical applications for resolving trauma at its root. Time permitting, a brief experiential exercise will allow delegates to feel the profound and rapid nature of this work.

Delegates will also learn how to integrate Homeopathy as a distinct, gentle tool crucial for stabilizing the emotional and physical body. It provides the necessary somatic and emotional stability required during and after deep, systemic healing work.

Nine Months of Therapy in Three Days: The Transformative Power of Intensive Trauma-Informed Couple Therapy – CE Session

16 September | 14:15 - 15:45
Trinity Lecture Theatre



Priscilla Short

In this presentation I use case studies and research to show why intensive therapy should be considered as an approach for couples struggling with relational trauma. By the time highly reactive couples seek help, they rarely have the relational capacity to tolerate the destabilisation that couple therapy inevitably provokes. Therapy therefore either progresses very slowly, or activation escalates without enough support between sessions to sustain change.

Many couples become despondent about both therapy and their relationship, sometimes separating in the hope that a new partner will resolve their issues. Yet second relationships are even more likely to fail when the underlying relational trauma remains unresolved.

Research and clinical experience show that relationships transform, and sustain change, more successfully when couple therapy is delivered intensively over consecutive days rather than weekly over months or years. This reflects the reality that couple relationships are living, relational and spiritual systems in which two nervous systems with their respective trauma histories are interacting in real time. Most couples know what they should do, but trauma constrains their capacity to do it.

In this presentation I'll show how working intensively allows therapists to intervene in a trauma informed way with the living relationship as it unfolds in real time, creating the conditions for entrenched patterns to be rewired and relational energy restored.

Session overviews

Healing the Self: Loss, Longing and the Return Home



16 September | 14:15 - 15:45
Weston Library

Michele Morphitis

Something was lost. You may not be able to name it. Yet you feel it—in the stories you tell about yourself, in the relationships that repeat, and in the distance between who you are and who you know yourself to be. What we lose does not disappear. It goes underground, shaping our lives from beneath the surface.

In this powerful experiential workshop, psychotherapist Michele Morphitis introduces the concept from her forthcoming book, *The Return of the Lost Loved Object – Transforming Loss Into Joy*, followed by an in-depth discussion on the themes with Dr Niall Campbell and welcoming discussion with the audience.

Throughout life, we lose people, places, relationships, dreams and parts of ourselves. Yet what is lost does not simply disappear. It returns in unexpected ways—a familiar song, an old photograph, a remembered story, a place revisited, or a forgotten aspect of ourselves rediscovered. This workshop explores how we can consciously engage with these returns and transform loss into growth, meaning and joy.

Combining a dynamic audiovisual presentation with case vignettes, guided reflection and experiential exercises, this workshop explores the universal journey of loss, longing and return through both personal and clinical lenses.

The Therapy Room as Sanctuary: Story, Presence, and the Realm of Possibility



16 September | 14:15 - 15:45
Town Hall Main Hall

Paul Browde

In trauma, mental health, and relational work, we often focus on what is broken. Yet genuine healing emerges when the therapy room becomes a sanctuary, a space where presence, curiosity, and relational openness widen what Dr. Paul Browde calls the 'realm of possibility'. In this keynote, Dr. Paul Browde explores how therapists can reliably create such a space, integrating story, neuroscience, relational philosophy, and embodied presence. Storytelling is central. Through personal clinical stories and lived moments from his own journey, the keynote becomes an experiential encounter for the

audience, not simply ideas but felt experience. We will explore "listening as constitutive," including how the way we listen shapes what another person becomes able to say. Dr. Paul Browde will also introduce a practical, future-oriented method that invites clients to dream from abundance rather than deficit, which expands therapeutic direction beyond problem-solving.

Finally, Dr. Paul Browde will offer a reframing of mortality and how being in relationship with our own dying deepens our aliveness and enhances our capacity for I-Thou presence.

When Trauma Goes Viral, What Happens to the Truth?



16 September | 14:15 - 15:45

Debating Space - Town Hall, Council Chambers

Darren McGarvey, Keisha Sirboe, James Oliver

Trauma language is everywhere online. People are learning about nervous systems, triggers, attachment, boundaries and healing through social media platforms, podcasts and online communities, often before they ever speak to a therapist, enter a classroom or receive formal support.

For many people, this has opened something important. Social media has helped them find language for experiences they may have carried alone for years. It has made trauma education easier to access. It has created recognition and community, especially for people who have been excluded from traditional systems of care. But there is another side to this.

What happens to our understanding of trauma when complex ideas are reduced to viral content shaped by algorithms that prioritise visibility, engagement and shareability?

This debate asks whether social media has made trauma education more democratic, or whether it is reshaping public understanding in ways we have not yet fully reckoned with.

The speakers will explore what online trauma education has made possible, what it may be distorting, and what is at stake when the language of healing becomes public, popular and highly shareable.

Expressive Voice Therapy: Resonance and Repair



16 September | 14:15 - 15:45
Trinity Garden Room

Swan Dao

An experiential exploration of voice as a pathway for regulation, resilience, and reconnection. Through breath, resonance, humming/toning, and relational listening practices, experience how sound can support safety, co-regulation, and emotional processing.

- Regulate through breath and sound
- Explore resonance and vocal release
- Practise vocal co-regulation

NOTE: This session is not being live-streamed.

Love as Medicine: The Science, Spirit and Biology of Human Connection



16 September | 16:30 - 18:00
New Theatre

Dan Siegel
Tara Swart

Love has long been explored through philosophy, spirituality and poetry, yet neuroscience increasingly suggests it may also be one of the most powerful forces influencing our minds, bodies and capacity for transformation.

In this special fireside conversation, Dr Tara Swart and Dr Dan Siegel explore love through the lenses of neuroscience, interpersonal biology and spirituality. Together, they will examine how connection shapes our nervous system, how our thoughts, beliefs and relationships influence wellbeing, and why compassion, presence and purpose may be central to both healing and human flourishing.

Session overviews

The Brain That Learns Too Well; Vulnerability, Addiction, and the Science of Resilience – CE Session

16 September | 16:30 - 18:00
Exeter Marquee



Rayyan Zafar

Why do some experiences entrench suffering, while others catalyse profound healing?

This session explores vulnerability and resilience through the lens of neuroplasticity, examining how the same learning mechanisms that enable adaptation can, under conditions of stress and trauma, give rise to rigidity, maladaptive behaviours and addiction. Neuroscience teaches us that Dopamine-mediated learning systems shape how we assign importance to our environment, how we form habits and how we predict safety or reward across the lifespan. When these systems become biased by adversity, suffering or overwhelming reinforcement, the brain can narrow its behavioural repertoire, learning too well the patterns that temporarily relieve distress.

Framed within the conference theme of Science, Spirit, and the Body, the session integrates contemporary neuroscience with lived experience. Drawing on reflections from both ceremonial and clinical psychedelic contexts, including personal accounts, this session will explore relational and spiritually oriented healing and how these are transferred into structured and medically contained psychedelic therapy delivered in labs and hospitals. This talk examines how distinct healing environments, from the jungle to the clinic, can engage similar mechanisms of plasticity while differing profoundly in meaning, embodiment, and communal processing.

Lulu and Betsy Explore Trauma, Spirituality, and Music

16 September | 16:30 - 18:00
Town Hall, Main Hall



Betsy Polatin, Lulu

The Way Out of the Body is Through the Body. Many spiritual practices seek an out-of-body ecstatic experience. But these can be problematic or even traumatic, if executed without connection to the support of the ground and recognition of the body, embodiment. The body is our vehicle for feeling and expressing our connection to the sacred; it has a specific design for maximum function, proven by neuroscience. When you honor and work with this design, you can be free to let your spirit soar.

All spiritual, religious, and mystical practices grew out of ritual and involve the body in one way or another. Trauma can disrupt this spiritual connection. As Lulu, the legendary singer behind the iconic hit “Shout”, and Betsy Polatin, internationally renowned somatic movement educator and author, discuss and explore how traumatic patterns can fragment our bodies and lives, we will practice reconnecting our body, mind and spirit through awareness, movement, and music. This can lead to an integrated spiritual experience.

MDMA-Assisted Therapy for PTSD: Pillars of Transformation



16 September | 16:30 - 18:00
Balliol Marquee

Rick Doblin

The healing potential of MDMA-assisted therapy for posttraumatic stress disorder (PTSD) is based on the combination of the (1) psychopharmacological effects of MDMA and (2) therapeutic approach, inner-directed therapy, developed by MAPS. Former Director of the National Institute of Mental Health (2002-2015), Thomas Insel, M.D., “believe[s] the key innovation here was the proposal to combine medication and psychotherapy as a bundled intervention.” Rick Doblin, Ph.D., will discuss MDMA’s mechanism of action, both physiological and therapeutic, as well as the development of MDMA-

assisted group therapy for PTSD, including a study at Cambridge University. As we aspire for a world of net-zero trauma by 2070, Doblin will share a series of global projects in high-trauma, low-resource countries. He will explore the latest regulatory developments involving MDMA-assisted therapy for PTSD, both in the U.S. with the Food and Drug Administration (FDA) and abroad. This spring, MAPS celebrated the 40th anniversary of its founding in 1986 and looks forward to gathering with the expansive community at Psychedelic Science 2027 in Denver, Colorado.

Must We Forgive? Four Frameworks For (and Against) Forgiveness in Family Estrangement



16 September | 16:30 - 18:00
Sheldonian

Matthias Barker

Should clinicians encourage forgiveness after severe family harm? In the context of parent-child estrangement, the pressure to forgive can leave clients feeling dismissed or even retraumatized: silencing their story, shaming their anger, and rushing them toward premature reconciliation. Yet holding onto resentment carries its own physiological and psychological costs. Most clinicians sense this tension but lack a framework for navigating it. This workshop cuts through the confusion by presenting four distinct approaches: the Pragmatic Case (Enright’s research on forgiveness and wellness); the Ethical Case Against (Murphy’s argument that

resentment can be an expression of self-respect); and the millennia old Spiritual Pathways of Christianity (surrendering justice to God) and Buddhism (metta and liberation from suffering). Each framework offers a different conception of harm, a different endpoint, and a different set of practices. This session moves beyond the binary of “forgiving vs. holding a grudge.” Participants will learn to assess which framework a client is operating from and how to leverage that worldview to process pain without bypassing it. You will leave with concrete interventions for each path equipping you to guide clients toward an endpoint that honors both their values and their wellbeing.

Session overviews

The Spirituality of the Body: Science, Imagination, and the Art of Healing



16 September | 16:30 - 18:00
Randolph Ballroom

Melinda Ashley Meyer

This session explores The Spirituality of the Body as a pathway to healing trauma. Drawing from the Expressive Arts in Transition (EXIT) model, developed and researched with survivors of war, displacement, and collective trauma, the presentation invites participants into a lived experience of how the arts mobilize the body's innate self-regulating and meaning-making capacities.

Grounded in research on vagal tone and sensory regulation, EXIT offers a self regulation program. A process that transforms fragmentation into form. Through intermodal arts practices, movement, imagery and sound, participants experience how the body itself becomes a vessel of spirituality: a living landscape where science and spirit meet.

Energy, Awakening Consciousness and the New Therapeutic Paradigm: Transforming Trauma using, our higher self



16 September | 16:30 - 18:00
Weston Library

Ruthie Smith

This presentation on the new therapeutic paradigm is contextualised within the multi-disciplinary worlds of depth psychotherapy, working with trauma, aspects of contemporary science and 'subtle 'energy'. All this is taking place within the extraordinary 'Shift' currently occurring on our planet, and as we live through this break-down of outworn structures, prophets have foretold the birth of a 'Golden Age', of 'Heaven on Earth'.

As our states of consciousness evolve and we connect directly with the Unified Field, many of us are 'waking up' from centuries of dis-connection from our souls and developing intuitive insights, where synchronicities abound. Energy psychotherapy and Energy psychology methods offer well-researched evidence-based modalities for transforming trauma, often with astonishingly beneficial results.

Faith, Neuroscience, and the Limits of the Secular Trauma Work in Religiously Conservative Contexts



16 September | 16:30 - 18:00
Trinity Lecture Theatre

Alexandra Chen, Mike Niconchuk
Myira Khan, Noura Amkieh

This panel confronts the tensions between trauma healing paradigms—often secular, neurobiological, and Western—and the lived spiritual frameworks of the communities most affected by chronic adversity. In many societies, including those of the Middle East, South Asia, and Africa, healing is inseparable from faith, ritual, and moral life. Yet people of faith

remain underrepresented in neuroscience research, clinical training, and trauma recovery discourse, resulting in a gap between evidence and experience. The panel invites scholars and practitioners to explore how trauma-informed care can enter dialogue with religious epistemologies rather than skirt them, and not avoid the fact that much of the world is religious.

IFS meets Heartfulness



16 September | 16:30 - 18:00
Trinity Garden Room

Vasco Gaspar

Drawing on Internal Family Systems, this session explores inner multiplicity and emotional residue as natural responses to life experience.

Participants are introduced to Heartfulness Cleaning as a gentle practice of emotional hygiene, followed by Heartfulness Meditation, highlighting the resonance between the IFS concept of Self and the heart-based awareness cultivated in Heartfulness.

NOTE: This session will not be live streamed.

This House Believes AI Is Becoming Part of How We Heal-And Trauma Practitioners Must Engage With It



16 September | 16:30 - 18:00
Town Hall, Council Chambers

Steve Siddals
Scott Lyons
Susanna Petche

As artificial intelligence rapidly enters the therapeutic landscape, profound questions are emerging around ethics, effectiveness, and the future of trauma care. In this dynamic debate, Steve Siddals and Scott Lyons explore whether AI represents an essential evolution in healing or a concerning shift away from the deeply human foundations of therapeutic practice. Examining innovation, accessibility, relational depth, and the risks of technological overreach, this conversation will challenge attendees to consider what role AI should play in the future of trauma healing-and whether practitioners can afford not to engage with it.

Human School Live from Oxford



16 September | 19:30 - 21:00
New Theatre

Matthias Barker, Miles Adcox

In this special live recording of the Human School podcast, Onsite Wellness' Miles Adcox joins therapist, educator, and one of today's most influential voices translating psychology for a modern audience, Matthias Barker, to explore one of the defining questions in modern mental health: What actually changes us?

We've never known more about mental health or had greater access to therapeutic resources, podcasts, books, social media, and psychological insight. Yet anxiety, loneliness, and disconnection continue to

rise. In an age overflowing with information, why isn't greater awareness leading to greater transformation? Together, two leading voices exploring the intersection of clinical psychology and lived experience will explore what transforms insight into lasting change, why relationships remain central to healing, and what it takes to move beyond understanding ourselves to actually living differently. The conversation concludes with a live audience Q&A.

Session overviews



Separating the Wound from God: How to Heal from Religious Trauma

17 September | 09:00 – 10:30
Trinity Lecture Theatre



Oscar Rivas

Most trauma therapists are trained to work around a client's faith. Few are trained to work through it, especially when faith itself has become the carrier of the wound.

Religion and spirituality are not neutral background in the lives of traumatized clients. For many, faith is where morality, safety, identity, and attachment were first organized, and where developmental and intergenerational trauma became invisible, because it was moralized, normalized, or spiritually idealized.

This session introduces a clinical framework identifying twelve recurring patterns — religious biases — through which unresolved trauma hides inside spiritual meaning. These patterns are not doctrine-specific. They emerge across Christianity,

Judaism, Buddhism, and contemporary spirituality alike: fear-based morality, performance-driven devotion, , idealization of suffering, abuse of consciousness, militarization of faith, etc.

Drawing on attachment science, polyvagal theory, and neurobiological models of threat and meaning-making, the session equips clinicians with a trauma-informed, interreligious lens to answer the question that matters most in the room: Is this client's spirituality integrating their experience, or reenacting their trauma?

This session is for clinicians who want to stop tiptoeing around faith and start working with it skillfully.

IPNB in Action: A Living Synthesis of Science, Spirit, and Healing – CE Session

17 September | 09:00 – 10:30
New Theatre



Dan Siegel, Sally Maslansky

Please consider this an invitation to a conversation – not a lecture, but a live dialogue between Daniel J. Siegel, MD and Sally Maslansky, LMFT.

Thirty-five years after their work together began, Sally and Dan are now, by mutual choice, comfortable bringing their work into public view, revisiting Sally's own treatment for and full recovery from Dissociative Identity Disorder (DID), formerly known as Multiple Personality Disorder (MPD) under Dr. Siegel's care.

Speaking together as patient and clinician, they explore the power of the therapeutic bond where

science, embodied experience, and relational attunement connect to make healing possible. At the center of their conversation is Making Sense – the integrative process at the heart of Interpersonal Neurobiology – traced through Implicit Memory, the Window of Tolerance, the Wheel of Awareness, and the Plane of Possibility, illuminating how each concept supported Sally's path toward Coherence and Integration.

Taking Note of Development, Dynamic Dyadic Systems, and Trauma – CE Session

17 September | 09:00 – 10:30
Sheldonian



Ed Tronick

Developmental processes are among the most powerful mechanisms of change. However, much of the work on psychopathology, including trauma, takes little note of development. In this presentation, I focus on a fundamental aspect of development: The necessity for the infant/child, as an open dynamic system, to be part of a dyadic system (infant and caregiver) that scaffolds the infant/child's appropriation of energy and information. Instantiating that principle requires focusing on the universality and trans-developmental process of meaning-making; the formation of dyadic states of consciousness; the

messy mismatch -repair organization of interactions; and the ways in which accumulated, reiterated experiences sculpt growth and development. The implications of this developmental perspective suggest limitations of being "trauma-informed," especially in the before, after, and in-between times around putatively traumatizing events. The talk will be illustrated with videos of the Still-Face paradigm with infants and young children, including infants' responses to threat and violations of their personal space.

Session overviews

The Three Body States: Integrating Stress Science, Embodiment, and Spiritual Resource for Trauma Healing



17 September | 09:00 – 10:30
Town Hall, Main Hall

Prentis Hemphill

This keynote introduces The Three Body States, a framework in Prentis's work that integrates physiology, personal identity, and spiritual awareness into one coherent map of trauma healing. The model describes three layers of experience. The first is the reactive body, which is shaped by the survival responses of the nervous system. The second is the individual self, which organizes meaning, history, and personal identity. The third is an expanded field of awareness that connects a person to something larger than their individual life. Prentis teaches that healing requires learning to inhabit a blended middle state where the body and the larger field of awareness operate together as active sources of resource.

The scientific foundation of this approach is informed by a stress model in which stress is understood as the perceived discrepancy between a challenge and the resources someone believes they have available. This understanding shifts stress from being a sign of pathology to being a directional signal that guides us toward necessary internal, interpersonal, or spiritual resources. It also prevents the common mistake of layering skills onto a defended system and helps clinicians support genuine physiological and spiritual access.

Panel: Beyond the Individual: Psychedelics, Community, and the Science of Transformative States

17 September | 09:00 – 10:30
Exeter Marquee



Lauren Macdonald, Rick Doblin
Chantelle Thomas, Licia Sky

As psychedelic therapies move rapidly from the margins into clinical and cultural mainstreams, the conversation has often narrowed to individual treatment outcomes and biomedical frameworks. Yet across human history, psychedelic substances were rarely used alone. They were embedded in collective rituals, communal containers, spiritual cosmologies, and relational ecosystems that shaped their meaning and impact.

As psychedelic-assisted therapy becomes formalised, regulated, and medicalised, there is a growing risk that the practices become disconnected from the relational, cultural, and spiritual ecosystems that have long supported them. This panel invites a dialogue between worlds- clinical, ancestral, somatic, spiritual- to ask how these medicines can be integrated responsibly and holistically into contemporary healing.

Ancient Wisdoms to Navigate the Polycrises: Suffering, Freedom and the Language of the Soul – CE Session

17 September | 09:00 – 10:30
Balliol Marquee



Linda Thai

In an era defined by polycrises, clinicians and healing professionals are encountering forms of overwhelm, fragmentation, and existential fatigue that exceed the capacity of conventional models. Symptoms such as anxiety, depression, and developmental stuckness often mask deeper questions of identity, belonging, and purpose. Suffering is increasingly experienced not just as a personal challenge, but as a signal of a world and culture in urgent need

In this keynote, we will explore the Buddha's Four Noble Truths and Five Remembrances as ancient manuals and maps in a world that is crying out for genuine adulthood and courageous presence. Drawing on Bill Plotkin's nature based model of human development and rites of passage and

Francis Weller's "apprenticeship with sorrow" as thresholds for initiation and maturation of the soul, we will explore dukkha (suffering) as a signal that the identities we have been given by a traumatized culture are too small for the soul's longings.

Through brief guided practices, story, and case based reflection, this session invites clinicians and healing professionals to steward these soulful longings and collective calls in the therapy room. Together we will translate ancient Buddhist insight, trauma science, and initiation-based perspectives into accessible, evidence informed approaches that honor science, spirit, and the body while reducing unnecessary suffering and resourcing people for the demands of this historical moment.

Mind&Music: The Power of Frequency in Clinical Technique

17 September | 09:00 – 10:30
Randolph Ballroom



William Washington

Explore how music's core elements—rhythm, tempo, pitch, and dynamic intensity—can be used as evidence-informed clinical tools to improve affect regulation, deepen therapeutic processing, and transform catharsis into lasting psychological integration. Drawing from findings in music therapy research and affective neuroscience, the training reframes "frequency" as clinically observable input that can shift attention, modulate arousal, and support emotional learning through structured, ethically guided interventions.

Participants will learn repeatable micro-interventions including tempo titration for regulation, structured receptive listening for emotional access, lyric-based

prompts for cognitive reappraisal, and rhythm-based grounding to support stabilization. Integrating modern positive psychology principles (values, savoring, see-the-good without bypassing the hard), attendees will practice turning emotional release into insight, agency, and behaviorally relevant change.

Designed for collegiate post-graduates and early-career clinicians, the training blends brief didactic teaching, demonstration, and rapid practice loops, with a focus on clinical decision-making, contraindications, and documentation strategies that support ethical clinical standards.

Session overviews

Embedding Trauma Informed Practice into Education, Health and Social Care



17 September | 09:00 – 10:30
Weston Library

Asha Patel

Dr Asha Patel founded Innovating Minds in 2016, informed by her earlier work in forensic mental health with high-profile offenders. During this time, she identified a consistent pattern: many individuals in secure settings had histories of unaddressed childhood trauma and unmet psychological needs. This underscored the systemic challenge of intervention occurring too late in the life course. Innovating Minds was established to address this gap by developing scalable, evidence-based models of early, trauma-informed support. The organisation has since advanced the training of practitioners across education, health, and social care, embedding programmes that respond to the needs of children and families affected by domestic abuse, anxiety, and emotional regulation difficulties. Dr Patel's work

highlights the translation of trauma informed theory into everyday practice, demonstrating how trauma-informed frameworks can be operationalised within systems to improve outcomes and build sustainable, preventative approaches to trauma and mental ill health.

The purpose of the workshop is to share how Dr Patel has enabled the public and private sector operating within education, health and social care to adopt and implement sustainable trauma informed practices into core services and evaluate the impact. By doing so, the audience will be able to identify how they can also support the integration of trauma informed practice into systems that support children and families affected by trauma and mental ill health.

Trauma Beyond the Story: Integrative Strategies for Repair and Transformation



17 September | 11:15 - 12:45
Sheldonian

Frank Anderson, Janina Fisher

The effects of trauma don't end when the event is over—they live on in the nervous system, the body, and the beliefs people hold about themselves and the world. Dr. Janina Fisher and Dr. Frank Anderson offer an integrative clinical framework that focuses not on what happened, but on how the trauma still shapes clients' present-day experiences.

Drawing from neuroscience, somatic awareness, parts work, and decades of clinical practice, this course invites therapists to move beyond single-modality models. Dr. Fisher will share how the living legacy of trauma—expressed through shame, fear, dissociation,

and chronic dysregulation—can be transformed through a repair-oriented lens that addresses the effects, not just the memories.

Dr. Anderson will offer complementary strategies to help clients relate to their survival responses with curiosity and compassion, rather than judgment or avoidance. Together, they will explore how to identify adaptive behaviors as expressions of brilliance under threat, how to create separation between present-day identity and past-based defenses, and how to reintroduce self-agency, emotional regulation, and connection.

Yoga with Paul Denniston



17 September | 09:00 – 10:30
Trinity Garden Room

Paul Denniston

Paul Denniston, founder of Grief Yoga® and author of *Healing Through Yoga: Transform Loss into Empowerment*, will introduce his compassionate, body-based approach to transforming grief and trauma through movement, breath, and sound.

This experiential workshop will explore how to choose trauma-sensitive practices to meet clients' needs, cultivate empathy without carrying another's pain, and use embodied practices to support healing for both themselves and those they serve.

NOTE: This session will not be live streamed

Learning from Our Own Trauma



17 September | 11:15 – 12:45
New Theatre

Ruby Wax,
Dan Siegel,
Jack Kornfield

This session brings together three leaders in the field to speak candidly about their own lived experiences of trauma and the personal journeys that shaped their understanding of healing and recovery.

Through honest reflection and storytelling, each speaker will explore the challenges, insights, and transformations that emerged from their experiences, creating a deeply engaging conversation. Together, the discussion offers a powerful framework for exploring broader questions around trauma, resilience, healing, and what it means to navigate recovery both personally and professionally.

The Ultimate Medicine: Healing by Directly Accessing Our Essential Self



17 September | 11:15 – 12:45
Town Hall, Main Hall

Loch Kelly

How do we find the best resources for healing, true connection and optimal well being in today's world? In this session, Loch Kelly will offer participants experiential micro-meditations to directly access our Authentic Self which is the most effective healer of trauma.

Rooted in the world's wisdom traditions, Internal Family Systems (IFS) psychotherapy, and evidence-based neuroscience, Loch's embodied Effortless Mindfulness approach has proven most effective in long lasting healing and optimal living. It is clear today that only a limited amount of psychological healing and spiritual awakening can occur without discovering our True Nature or Authentic Self.

The great discovery and opportunity today are that we do not have to heal all of our traumatic parts first or become an Olympic athlete of meditation. This is

because the Authentic Self, which has been valued throughout history, is already inherent within each of us. We will learn short mindful glimpses, such as Loch's highly effective inquiries to discover authentic Self immediately: "What is here now, when there is no problem to solve?" "Where are you aware from?" "What is the relationship between this awareness and experiences?"

This transformative session is grounded in the well-established science of healing and recovery from trauma. Participants will leave with new powerful and practical tools drawn from the ancient wisdom lineages of embodied effortless mindfulness and current best practices of research based psychology and neuroscience. The result of healing with effortless mindfulness is to live a life of awake loving flow with eyes open, creating and relating in the world.

Session overviews

“But only children ask for care” A decade of working with men in war and displacement – CE Session

17 September | 11:15 - 12:45
Exeter Marquee



Mike Niconchuk, Gabriella Brent

Children and women in violent conflict, forced displacement and migration face well-documented vulnerabilities. Yet the mental health of men in these same settings is often sidelined, often due to practical realities of limited data, limited service seeking, and limited practitioners with specific relevant expertise.

Data on depression, anxiety, PTSD, and other mental health issues among men remains limited. Adult men are rarely prioritized in mental health and psychosocial support programs and are less likely

to engage with them when available. Their inner lives-shaped by war, displacement, and violence-are frequently overlooked or reduced to narrow narratives that frame them as potential sources of further harm rather than as individuals with complex needs and experiences.

This session builds on 15 years of direct work with men in conflict and post-conflict zones. It delves into the mental health and psychosocial care of men, with a particular focus on the voices of Syrian men.

IFS, Food, and the Body: Self as Synthesizer – CE Session

17 September | 11:15 - 12:45
Balliol Marquee



Jeanne Catanzaro

Burdened by shame, fear, and worthlessness, people often look outside themselves for rules about how to control or fix the body. This can make them vulnerable to scientific misinformation, moralized beliefs, and extreme practices around food and the body. IFS helps heal burdened parts so people can reconnect to their innate wisdom and relate to these external messages with greater discernment. From a Self-led place, they can sort through competing information, respond instead of react, and integrate what is truly supportive.

Many clinicians feel underprepared to work with disordered eating, in part because this work can activate their own burdens around food, the body, and health, as well as fears of being ineffective or inadvertently causing harm. This workshop supports clinicians in recognizing and unblending from the parts that arise in response to this complexity, so they can access more of their own inner wisdom and create the conditions for clients to do the same.

Radical Healing: Integrating Anti-Opressive Self-Care, Spirituality, Social Justice and Relational Growth for Well-being – CE Session

17 September | 11:15 - 12:45
Randolph Ballroom



Myira Khan

Radical Healing explores how anti-oppressive frameworks, spirituality, social responsibility, relational and lived experiences, and neuroscience intersect to sustain the wellbeing of practitioners and clients. Grounded in research, clinical practice and lived experience, this experiential session reframes self-care as a radical act of nurturing personal, spiritual and relationship growth.

Drawing on insights from Working Within Diversity and A Muslim Guide to Wellbeing, this presentation session integrates evidence, clinical experience, and spiritual wisdom to create practical strategies for radical healing and towards a sustainable and optimal self-care and well-being practice.

Perceiving Transformation: The Science and Spirit of Belonging – CE Session

17 September | 11:15 - 12:45
Trinity Lecture Theatre



Martha Newson

In this session, we draw on cutting edge science from psychology and cognitive anthropology to explore what it means to belong— how profound connection emerges not only from shared experiences, but from the sense of transformation. The perception that others have also transformed, regardless of what the experience stems from, can be enough to unite people usually excluded by stigma, including those with a prison history.

Drawing on two decades of academic research in anthropology and psychology — from football stadiums and festivals to prisons and psychedelic therapy — Dr Newson will share how collective rituals and peak experiences reshape identity with enduring effects on wellbeing and behaviours.

This cross-cultural work, integrating illuminates the biological and relational mechanisms through which humans find a sense of belonging.

Bridging the scientific and the spiritual, Martha will connect these findings to her psychosynthesis coaching practice, where the same principles of transformation and belonging are applied to leadership, organisational culture, and personal growth. In workplaces, as in ritual contexts, people thrive when they feel connected to something larger than themselves — a shared purpose that integrates intellect, emotion, and spirit.

Session overviews

Shaping Neural Pathways with the Wisdom of the Body



17 September | 11:15 - 12:45
Weston Library

Kate Truitt

The human brain is shaped by experience—and under prolonged stress or trauma, it adapts in ways that prioritize survival. These adaptations, known as stress-induced structural plasticity (SISP), often result in increased reactivity, reduced flexibility, and difficulty accessing safety or connection. While protective, these patterns can become deeply embedded.

This session explores how the body's ancient wisdom offers a powerful pathway to shift those patterns. Through somatic micro-practices—including mindful touch, paced breathing, and sensory orientation—participants will learn how to send consistent safety signals that support neural recalibration and soften

the brain's threat defaults through somatic micro-practices- including mindful touch, paced breathing, and sensory orientation. These practices activate C-tactile (CT) fibers, promote oxytocin release, and increase interoceptive awareness—restoring balance and regulation from the bottom up.

Rooted in the science of neuroplasticity, this session emphasizes the body's capacity to guide healing. Participants will leave with a practical toolkit of simple, repeatable somatic strategies that foster emotional regulation, flexible nervous system responses, and long-term resilience—one micro-moment at a time.

CST Workshop - Listening Through the Body: Therapeutic Touch, Presence and Nervous System Regulation



17 September | 11:15 - 12:45
Trinity Garden Room

Dorine Siccama, Lizette Villaverde

Experience how gentle therapeutic touch can shift nervous system state in real time - and what becomes possible when the body leads the change.

The nervous system communicates through the body in rhythms, tissue tone, fluid movement, and autonomic responses. This guided experiential workshop explores how therapeutic contact can directly support the regulation and organisation of these physiological processes as they occur. Participants gain a direct felt understanding of regulation through embodied experience alongside clinical context.

Using listening-based Craniosacral therapeutic contact, participants are introduced to recognising

and working with physiological patterns that reflect nervous system states. Participants begin to perceive shifts in tissue tension, rhythmic organisation, and systemic settling, and explore how nervous system change can occur through relational touch, and how regulation in the body can reorganise perception and sense of self, opening deeper states of embodied awareness.

Through guided partner and self-practices, participants notice how gentle, precise contact and attentive presence support regulation and foster safety, while tracking physiological change as it unfolds moment by moment.

The War on Drugs: Victory, Defeat or Stalemate?



17 September | 11:15 - 12:45

Debating Space - Town Hall, Council Chambers

Rick Doblin, Rayyan Zafar, Matthew Sadlier

For decades, the “War on Drugs” has shaped criminal justice systems, public health policy, and societal attitudes around the world. But has prohibition reduced harm, or has it inadvertently fuelled trauma, inequality, and organised crime? As scientific understanding of addiction and neuroscience evolves-and as formerly prohibited substances begin to emerge as potential therapeutic tools-fundamental questions about policy, ethics and personal autonomy are being revisited.

In this lively debate, we will examine whether current approaches to drug prohibition remain fit for

purpose. Drawing on perspectives from neuroscience, psychiatry, psychedelic research, social policy, ethics and politics, the debate will consider the impact of drug legislation on individuals and communities, the balance between state intervention and personal freedom, and the growing evidence for therapeutic uses of previously illicit substances.

Attendees will be challenged to think critically about one of the most polarising issues in modern society and whether the future lies in continued prohibition, reform or an entirely new approach.

Relationship Roots: Teachings and Healing Through Singing, Drumming, and Receiving Spirit



17 September | 14:15 - 15:45

Balliol Marquee

Donald 'Del' Laverdure, Eddy Robinson,
Lawrence Plenty Hawk

This experiential session invites participants into a connected relationship with specific and longstanding plant relatives via ritual, song, and reciprocity. Supported by indigenous singing and drumming, the space offers relational practices rooted in care, continuity, and respect. Participants will be introduced and guided to reflect upon how specific plants have long been engaged as allies in healing traditions, including through practices such as burning and intentional offerings. The session explores indigenous cultural knowledge held not only in chemistry and spiritual utility, but within ecosystems of reciprocity that carry spiritual, cultural, and ecological meaning.

In the session, exploration is focused on the power of small, consistent ceremony - everyday intentions and practices that cultivate a relationship with the natural world and create a reliable place of return during times of life adversity. While large-scale transformation can feel abstract and/or overwhelming, these ceremonial micro-practices offer stability, grounding, and embodiment. This session invites participants to consider how healing emerges through simple, repeatable acts of relationship - honoring plants not as resources to be extracted, but as teachers within a shared, living system.

Session overviews

Growing Up with Addiction and Relational Trauma: Healing the Adult Child Legacy: Codependency, cPTSD



17 September | 14:15 - 15:45
Town Hall, Main Hall

Tian Dayton

Growing up in a family shaped by addiction often leaves a quiet but powerful legacy. Long after substances are gone—or never acknowledged—the nervous system remembers. Adult children of alcoholics and other dysfunctional families frequently carry patterns of hyper-responsibility, emotional vigilance, shame, people-pleasing, and relational confusion that are better understood as adaptations to early attachment trauma, rather than character flaws or pathology.

This 90-minute experiential workshop offers a compassionate, neurobiology-informed approach to healing these inherited patterns using Relational Trauma Repair (RTR)—an embodied, experiential

model rooted in sociometry, psychodrama, attachment theory, and interpersonal neurobiology. Rather than relying on insight alone, participants engage the body, the relational field, and the present moment to gently reorganize traumatic memory and restore choice.

This workshop is both psychoeducational and experiential, offering participants a felt sense of how healing happens in relationship, through co-regulation, role clarity, and the restoration of agency. Whether you identify as an Adult Child, a clinician, or both, this workshop invites a deeper understanding of how trauma becomes an inheritance—and how it can be transformed.

A Comedian and a Monk Walk into a Theatre



16 September | 14:15 - 15:45
Exeter Marquee

Ruby Wax
Gelong Thubten

What happens when two people from seemingly opposite worlds come together to explore one of humanity's oldest practices?

In this unique on-stage conversation, Ruby Wax, comedian, bestselling author and mental health advocate, joins Gelong Thubten, Buddhist monk, meditation teacher and bestselling author, to explore meditation, mindfulness and the search for meaning in the modern world.

Blending humour, wisdom and personal reflection, they examine how contemplative practice can support healing, resilience and wellbeing, and where science and spirituality meet in helping us navigate life's challenges.

The Psycho-Bio-Spiritual Evolution of Trauma Healing



17 September | 14:15 - 15:45
New Theatre

Scott Lyons

Dr. Scott Lyons explores trauma healing across psychological, biological, and spiritual dimensions, showing why true resolution requires working with all three. Drawing from trauma science, somatic psychology, developmental theory, and depth traditions, the class presents trauma as a multi-layered process involving biological responses, psychological adaptations, and meaning-making. Rather than separating mind, body, and spirit, Dr. Lyons offers an integrated, embodied, relational framework for healing—one that honors biology without reductionism, psychology without over-pathologizing, and spirituality without bypassing.

The Psychedelic Mindset: Healing Beyond the Medicine



17 September | 14:15 - 15:45
Randolph Ballroom

Nick Brüss

Modern trauma healing stands at a profound convergence of evidence-based neuroscience, contemplative wisdom, somatic intelligence, and emerging psychedelic research. Drawing from my work as a Phase 3 FDA researcher, Internal Family Systems (IFS) therapist, and meditation teacher, this workshop introduces The Psychedelic Mindset: a science-backed, spiritually informed framework that reveals what psychedelics teach us about healing, even when no substances are used.

Non-ordinary experiences often open people to experience a larger field of awareness, profound connection, and meaning, explore how these same spiritual capacities can be cultivated safely through relational, somatic, and contemplative practices.

Participants will learn how three universal mechanisms of transformation operate across science and spirituality:

- (1) System: the nervous system's protective architecture and predictive priors;
- (2) Stream: the flow of sensation, emotion, and narrative through consciousness;
- (3) Stance: the relational posture toward experience that determines whether we resist or heal.

This workshop is entirely non-substance-based and is appropriate for clinicians, researchers, and practitioners across modalities.

The Missing Dimension: Integrating the Soul into Clinical Practice



17 September | 14:15 - 15:45
Trinity Lecture Theatre

Cheryl Donaldson

Despite remarkable advances in neuroscience, attachment theory, trauma treatment, and the understanding of the nervous system, many clients continue to ask questions that psychology alone cannot answer: Who am I? Why do I suffer? What gives my life meaning? Where is God in my pain?

Join therapist, speaker and leadership development expert Cheryl Donaldson, MA, LCPC, LMFT, as she explores one of the most overlooked dimensions of contemporary psychotherapy: the integration of the soul into clinical practice.

Participants will examine historical, philosophical, psychological, and spiritual understandings of the soul before exploring Cheryl's clinical definition and integrative model. Through case examples, discussion, and practical application, clinicians will learn to incorporate four original assessment instruments—the Image of God Inventory, Soul Inventory, Soul Wounds Inventory, and Spiritual Beliefs Inventory—to deepen assessment, strengthen case conceptualization, and facilitate meaningful therapeutic conversations around spirituality, identity, suffering, and healing.

Session overviews

The Body Remembers, the Immune System Responds: Inflammation and Resilience

17 September | 14:15 - 15:45
Sheldonian



Gordan Lauc

This session explores how stress and trauma influence immune function and long-term health through their effects on the nervous, endocrine, and inflammatory systems. Drawing on emerging research in glycan biology and immune regulation, the presentation introduces a systems-based model linking stress and trauma to changes in inflammatory tone and resilience across the lifespan. Participants will gain an accessible understanding of how biomarkers such as IgG glycosylation can provide insight into immune ageing, physiological stress load, and long-term health trajectories.

Aligned with the conference theme Science, Spirit, and the Body: The Synthesis of Healing, this session highlights how biological processes reflect lived experience- including stress, connection, meaning, and recovery. By bridging molecular science with whole-person approaches to health, the presentation offers a framework for understanding resilience as both a physiological and experiential process.

Should Psychedelic Therapy Remain Within Strictly Clinical Frameworks?

17 September | 14:15 - 15:45
Town Hall, Council Chambers



Catherine Hood
Grace Blest-Hopley
Lucy Challenger

As psychedelic therapies move from the margins towards mainstream healthcare, a fundamental question continues to shape the future of the field: should psychedelic therapy remain within strictly clinical frameworks, or is there an essential role for non-clinical, community-based, spiritual, and traditional approaches?

This debate brings together two leading voices with differing perspectives to explore the opportunities, limitations, and ethical considerations surrounding the medicalisation of psychedelic care. Drawing on research, clinical practice, lived experience, and the wider history of psychedelic use, the discussion will examine questions of safety, accessibility, efficacy, regulation, training, and cultural context.



Expressive Therapy: Working Beyond Words



17 September | 14:15 - 15:45
Trinity Garden Room

Swan Dao

A practice-based session exploring how creative and embodied processes can support trauma integration when talk isn't enough. Work with simple methods drawn from movement, image, symbol, and gentle enactment to support nervous system regulation, meaning-making, and integration.

- Work beyond verbal processing
- Use creative tools for integration
- Support regulation through expression

NOTE: This session is not being live-streamed.

Trauma and Who We Really Are: The Heart's Deepest Need – CE Session



17 September | 16:30 - 18:00
New Theatre

Jack Kornfield

Together we will reframe the importance of understanding trauma and the limitations of how it is held, and explore the powerful transformative release from a spiritual dimension.

Through teaching stories, case studies, powerful practice together, and Q&A we will open our perspectives and learn about trauma in new ways.

Neuroscience, Attachment, and New Modalities: Rethinking the Treatment of Traumatic Stress – CE Session



17 September | 16:30 - 18:00
Sheldonian

Bessel van der Kolk

As the field of trauma treatment evolves, advances in neuroscience, attachment research, and emerging therapeutic modalities are inviting clinicians to rethink healing through the interconnected lens of science, spirit, and the body. This workshop explores how developmental trauma and attachment disruption shape brain networks involved in emotion regulation, memory, perception, and self-experience, while also considering how healing requires more than symptom reduction alone: it asks for reconnection to embodiment, relational safety, and meaning.

The workshop will also explore how emerging trauma treatments-including neurofeedback, somatic therapies, EMDR, mindfulness-based approaches, and psychedelic-assisted therapies-can be understood within an integrative framework that brings together scientific evidence, embodied experience, and the deeper human search for coherence, connection, and transformation. In this way, the session considers not only how trauma disrupts the brain and body, but also how healing may involve restoring presence, relationship, and a renewed sense of self.

Session overviews

Embodied Spirituality



17 September | 16:30 - 18:00
Town Hall, Main Hall

Shi Heng Yi

The ancient Shaolin tradition views pain, resistance, and inner conflict not as disruption, but as valuable raw material for personal transformation. Shaolin philosophy offers tools that promote inner stability and stress reduction, cultivating a state of presence and connection that promotes healing. The physical practice, combined with Zen teachings, allows us to penetrate to very deep levels of being. We now want to explore the central question of how this wisdom can not only be understood, but also integrated into everyday life – in posture, movement, decision-making, and interpersonal interactions. We want to create an inner space in which clarity, focus, and inner strength can develop and grow.

The audience will tangibly experience how these exercises open spaces to access deeper levels of consciousness. Through this, we no longer fight against old patterns, but rather consciously regulate and gradually integrate them. Through this mindful approach, deep-seated tensions, frozen stress responses, and inner blockages can dissolve.

Through the combination of movement, breath, and inner stillness, we enter a state of being fully present in the current moment, free from judgment and resistance. This is the moment when we gain profound insights, release emotional burdens, and experience healing on a fundamental level.

The Myth of 'Healed': What Wellness Actually Looks Like



17 September | 16:30 - 18:00
Exeter Marquee

Sah D'Simone, Luis Mojica

Somewhere along the way we were sold the idea that healing means you stop hurting. That enough therapy, enough meditation, enough inner work will make you immune to pain, immune to mental illness, immune to the inevitable catastrophe that comes with being human. That wellness means being happy all of the time. It doesn't. And believing that it should is one of the most dangerous ideas in modern healing culture.

Sah D'Simone and Luis Mojica have spent their careers in the body of this question. In this panel they unpack what wellness actually looks like when you stop chasing immunity and start building capacity. What does it mean to fall apart and still be well? To grieve, to rage, to lose your mind and call that part of the process? This is a conversation about what comes after the fantasy of "healed" dies and something more honest takes its place.

Collective Brainspotting, Trauma Release & Healing



17 September | 16:30 - 18:00
Randolph Ballroom

Jo Lothian

In this closing session, participants will enter a large shared field designed to support the release and integration of the week's learning and lived experience. Across the conference, insight accumulates - intellectually, emotionally and physiologically. This session provides space for the body to process what has been activated. Through large-group Brainspotting and facilitated tension and trauma release, we will work with the collective nervous system of the room, allowing tension, charge and unintegrated material to reorganise within a contained environment. Working at scale changes the dynamic, regulation becomes visible, relational and amplified. Shared presence strengthens safety. Collective rhythm deepens release. There will be guided grounding and integration to help participants

consolidate what has shifted, ensuring they leave not only informed, but recalibrated.

Unfortunately, we are unable to support those who:

- Have had major surgery in the past 2 months
- Pregnant (unless you have done TRE before and are in the 2nd or 3rd trimester)
- 6 weeks post-partum
- Uncontrolled high blood pressure
- Severe heart conditions or recent stroke
- Brain tumours
- Have the following conditions: Untreated psychosis, schizophrenia, BPD or severe depression epilepsy or seizures

By joining, you are acknowledging that you have none of the above conditions.

NOTE: This session will not be live streamed.

From Trauma to Punchlines: Using Humor and Creative Writing in Therapeutic Practice



17 September | 16:30 - 18:00
Weston Library

Finn Mott

Trauma-informed storytelling is a powerful tool for processing difficult experiences, fostering resilience, and strengthening the therapeutic alliance. In this interactive workshop, participants will learn how to integrate creative writing and humor-based techniques into clinical or group settings to support emotional processing, self-reflection, and patient engagement.

This session is ideal for psychologists, therapists, counselors, social workers, art therapists, creative writing therapists, and educators working in trauma-informed care. This session is also for individuals who have experience with trauma, illness, and grief.

Session overviews

Uncertainty as Medicine: Neurobiology, Ritual, and the Healing Power of Not Knowing – CE Session



17 September | 16:30 - 18:00
Balliol Marquee

Arabella Begin

Across cultures and millennia, humans have turned to rituals, belief systems, and communal practices to soothe one of our deepest evolutionary discomforts: uncertainty. Today we face unprecedented levels of collective and personal ambiguity—from global instability and widening inequality to the dizzying pace of AI and medical technology. Yet our biology has not evolved at the same speed. This widening gap fuels anxiety, conflict, perfectionism, and the medicalisation and commercialisation of fear. It also shapes how we experience trauma and how we attempt to heal it.

By linking the science of uncertainty with the conference theme of Transform Trauma: Science, Spirit, and the Body, this session highlights how learning to navigate the unknown is central to both individual and collective healing. Through science, story, and reflection, attendees will learn how embracing uncertainty can quiet the survival brain, expand meaning-making, and cultivate a more resilient, connected, and compassionate world.

Compassion Meets Heartfulness - From Relational Awareness to Shared Humanity



17 September | 16:30 - 18:00
Trinity Garden Room

Vasco Gaspar

This session focuses on trauma as a relational experience and compassion as a regulated, embodied capacity rather than a moral ideal.

Participants engage in a simple, trauma-informed relational compassion practice in pairs, preceded by Heartfulness Meditation, allowing relational awareness to naturally unfold into a felt sense of shared humanity and heart connection.



Private sector is becoming a substitute for public mental health care-and that's dangerous

17 September | 16:30 - 18:00

Debating Space - Town Hall, Council Chambers



George Broke, Johan Sorensen, Susanna Petche

As demand for mental healthcare continues to exceed the capacity available within public services, private providers are increasingly delivering assessment, treatment and continuing care that might otherwise have been provided by the public sector.

This debate will examine the proposition that the private sector's growing role as a substitute for public mental health provision is inherently dangerous.

George Broke will argue against the motion, making the case that private provision can offer additional capacity, patient choice, specialist expertise and timely access to care, and that substitution is not

necessarily harmful where services are clinically robust, appropriately regulated and integrated with the wider healthcare system.

The debate will consider whether the principal concern should be who provides mental healthcare, or whether greater attention should instead be paid to the quality, accessibility, accountability and continuity of the care being delivered. It will also explore the safeguards required to ensure that an expanded private-sector role contributes constructively to overall mental health provision rather than increasing fragmentation or inequality.

Fields of Fear, Fields of Possibility: Collective Trauma, Imagination, and Repair

17 September | 16:30 - 18:00

Trinity Lecture Theatre



Swan Dao, Jessica Bockler

Contemporary trauma discourse has deepened understanding of nervous system regulation, attachment, and embodied distress. Yet trauma is still often framed primarily as an individual experience, under-recognising the collective, historical, and cultural conditions through which suffering is produced and sustained. This session explores trauma through integrative, transpersonal, and systemic lenses, examining how it becomes embedded in social norms, institutions, collective narratives, and perceptual fields. Drawing on transpersonal psychology and social field theory, we will explore what becomes possible when trauma - and trauma healing - are understood as relational, collective, and civilisational in scope.

We will give particular attention to social imaginaries: the deeper values, assumptions, narratives, and emotional atmospheres through which societies organise belonging and collective vision. These often-invisible fields of our collective imagination shape our responses to crises and conflicts, as well as driving ecological breakdown and social polarisation. Drawing on transpersonal perspectives on dehumanisation and genocide, we will explore how dissociation, ideological identification, and pseudo-spiritual narratives emerge within traumatised social fields, allowing violence against humans and nature to become normalised and valorised.

Session overviews

The Final Gathering, a closing celebration with Julia Samuel, Face Soul and Sukina

17 September | 18:45 - 20:30
New Theatre



Julia Samuel, FaceSoul, Sukina Noor

As the conference draws to a close, this final gathering offers a space to arrive together in reflection, gratitude, and celebration-honouring all that has been stirred in mind, heart, and body across these days of shared exploration.

Julia Samuel will help open that space with a brief reflection, drawing together the tenderness, courage, and insight that have moved through the week. From there, Sukina Noor will bring her distinctive poetic voice-rooted in healing, spirituality, and the transformative power of words- inviting us more deeply into presence.

The evening will then move into a powerful closing performance from FaceSoul. Born Faisal Salah in East Africa, FaceSoul's soulful blend of spoken word and music creates a space that is at once intimate, uplifting, and expansive. His work draws on themes

of healing, possibility, spiritual depth, and human connection, making it a fitting culmination of a conference shaped by the theme Science, Spirit, and the Body: The Synthesis of Healing.

Moving between high energy celebration and moments of profound reflection, this is not simply an ending, nor is it solely a celebration. It holds both.

Together, Julia Samuel, Sukina Noor, and FaceSoul invite us into a final shared experience of integration, aliveness, and connection-a chance to honour what has emerged over these four days and carry it forward into our lives and communities.

Join us for a moving and unforgettable closing ceremony that brings together reflection, celebration, and community.

Thank you!

Get your pre-sale Transform Trauma
Oxford 2027 ticket at an exclusive
discounted rate.
13th - 16th September, 2027



Continuing education accreditation

Continuing Professional Development (CPD)

Choose this option if you require a CPD certificate to record your professional development.

Transform Trauma Oxford 2026 is certified by The CPD Certification Service. After the conference, you will be able to download your CPD certificate online. We will email you shortly after the event with details.

Continuing Education (CE)

Choose this option if you are claiming accredited Continuing Education (CE) credits for your profession.

In support of improving patient care, this activity has been planned and implemented by Pinnacle Conference, LLC and Masters Events. Pinnacle Conference, LLC is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Professional accreditations

This activity is accredited for up to 40 CE hours with the following institutions:

- Accreditation Council for Continuing Medical Education, AMA PRA Category 1™
- Accreditation Council for Pharmacy Education, ACPE CPE
- American Nurses Credentialing Center, ANCC NCPD (CNE)
- American Academy of PAs, AAPA Category 1
- American Psychological Association, APA CE
- Association of Social Work Boards, ASWB-ACE
- Commission on Dietetic Registration, CDR CPE
- Interprofessional Continuing Education: IPCE

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

Live CE Credit

- Attend the session (in-person or online)
- Attendance will be tracked via in-room scanning or platform viewing
- At the end of each day, you will receive a link to complete your CE evaluation
- Select the sessions you attended and complete the evaluation form
- Once attendance has been verified, your certificate will be issued (allow 2-3 weeks after the event)

Enduring CE Credit

- Attend the session (in-person or online)
- Attendance will be tracked via in-room scanning or platform viewing.
- At the end of each day, you will receive a link to complete your CE evaluation.
- Select the sessions you attended and complete the evaluation form.
- Once attendance has been verified, your certificate will be issued. (allow 2-3 weeks after the event)

Enduring CE Credit

If you do not attend a session live, you will still be able to claim CE credit by watching the recording after the event. On-demand recordings will be available immediately after the event, with CE links made available shortly after.

- Access the session via the event platform
- Use the CE link provided in the session description
- Complete the post-test questions and evaluation
- Submit your responses — your certificate will be issued upon successful completion

Please note

- CE credit requires both verified attendance for live sessions and completion of the evaluation or post-test.
- Only sessions you attend live or on demand can be claimed.
- Please ensure you use the same email address as your event registration when completing evaluations or post-tests.
- Recordings will be available for 90 days after the event.





Working with a Common Cause

Transform Trauma Oxford is
produced by Masters Events as
part of the Common Cause group.

We believe that meaningful change begins when knowledge is shared and so, our organisational structure has been designed to help bring about these changes. This is our reason for being.

We do so by connecting people, ideas and experiences across the fields of trauma healing, mental health and wellbeing. Every conference, conversation, partnership and community we create is designed to help research, evidence, experience and innovation reach the people who can turn insight into action.

Our organisations each play a distinct role within that shared mission. Masters Events brings together world-leading experts through conferences and educational experiences. Mint Partnership helps organisations and individuals extend the reach and impact of their work through strategic communications and marketing. Common Threads is a learning community for professionals to connect and collaborate beyond individual events. MEvents provides the technology that makes digital event experiences possible.

Together, we form an ecosystem that supports the exchange of ideas, encourages collaboration and helps advance healing knowledge without compromising the credibility, integrity or independence of the people behind it.

Whether you discover us through a conference, a professional community or a strategic partnership, our purpose is the same: to connect people, amplify knowledge and help create the change we need to see.

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Continue the conversation

Expert learning, practical insight, professional connection.

Common Threads brings together a professional community of people working with trauma to provide a space year-round for staying close to the questions that shape the field.

Live conversations with globally renowned trauma experts

Explore the insights and experiences shaping their work, and connect with practitioners who understand the realities of trauma-informed practice.

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