

#tipcon22



In from the Margins

Trauma Informed Practice as a Driver for Inclusion

CONFERENCE 2022

THURSDAY 17TH NOVEMBER

The Royal Marine Hotel, Dún Laoghaire



Welcome to the Second National Trauma Informed Care in Practice Conference

As the movement for trauma-informed practice builds across front-line human services in Ireland, this conference presents an opportunity to share and consolidate learning and good practice across diverse sectors. Quality Matters and Novas are delighted to welcome our colleagues to this space.

The theme for this year's conference is 'In from the Margins: Trauma Informed Practice as a Driver for Inclusion'. In this conference, we seek to platform voices of those working to create inclusive services for communities and individuals most affected by trauma as well as those affected by trauma who seek to promote the importance of trauma-awareness among professionals.

9.00-9.30 **Registration: Tea & Coffee in the Pavillion**

9.30-11.15 **WELCOME, KEYNOTE AND PLENARY**

Carlisle Suite

Ailbhe Smyth

Welcome

Dr Sandra Ferguson, NHS Scotland

From Grassroots to Government: Lessons from Trauma Informed Practice Implementation in Scotland

Dr Sindy Joyce, University of Limerick

Trauma in the Indigenous Irish Traveller Community and Best Practice Responses

Dr Cliona Ni Cheallaigh, TCD & St James Hospital

Trauma-Informed Care in Hospitals

11.15-11.35 **Tea & Coffee Break in the Pavillion**

11.35-12.45 **SIX BY SEVEN: LESSONS IN TRAUMA INFORMED PRACTICE**

Carlisle Suite

Sam Blackensee, Maynooth University

An insider/outsider experience on trauma from a trans perspective

Sue Cushen, Expert by Experience

The Liberating Power of Trauma Education

Ejiro Ogbevoen, Black Therapists Ireland

Supporting Dignity through Trauma Informed Practice for Minoritised People

Don O'Leary, Cork Life Centre

How Do We Avoid Trauma Becoming Another Business Buzzword?

Sandra Cogan Williamson, Cork Trauma Sensitive Cities

Developing a Shared Vision for a Trauma Sensitive City

Aoife Dermody, Quality Matters

Collaborating to Design Irish Standards for Trauma Informed Practice

Q&A from the Audience

Chair: Dermot O'Brien

12:45-1:45 Light Lunch

The Laurels
and Dun
restaurants

A three course lunch will be served. After lunch stay and meet other attendees.
Alternatively, attend one of the lunchtime self care sessions:

SELF CARE LUNCH SESSIONS

Grounding Lunch 1: Sound bath

1.2.45-1.45 - Hardy's Bistro

Marta Toropow & Aoife Connors

This is an opportunity for participants to immerse themselves in a meditative experience of a soundbath, helping them to be calm and refreshed for the second half of the day

Grounding Lunch 2: Meditation

1.25-1.45 - Martello Suite One

Emily Cramp

After lunch in the Laurels or Dun Emily will lead a Metta meditation for delegates. This is an opportunity to recharge and refresh through a soothing somatic meditative session.

1:45-2:45 Break-out Sessions

Break-out sessions run twice in the day, first at 1.45-2.45 then again at 3.00-4.00.

Delegates will receive stickers for their name badges.

Circles indicate attendance for the first session, rectangles for the second.

SESSION 1

WE'RE TRAINED - WHAT NEXT? LESSONS ON IMPLEMENTATION FROM THE FRONT LINE



Martello Suite 1

Sharon McCormack
Barnardos

Implementation of Trauma Informed Practice in Barnardos

Dr Una Burns
Novas

Creating a 'Good Enough' Trauma Informed Culture

**Niamh Randall
& Louisa Carr**
Respond

People, Persistence and Patience: What We Have learned on Our Trauma Informed Journey So Far

Caroline Gardner
Quality Matters

Chair

SESSION 2

JUST JUSTICE



Martello Suite 2

**Richard Kelly &
Deirdre Moore**
The Courts Service

Driving Trauma Informed Practice in The Courts Service

Dr Jane Mulcahy
UL & The Heart Centre

Responding to Nervous System Dysregulation with Compassion to Reduce Re-Offending

Tony Duffin
Ana Liffey Drug Project

A Health Diversion Programme for People in Possession of Drugs for Personal Use - A Trauma-Informed Response?

Martin Quigley
Pobal

Chair

SESSION 3

SUPPORTING STAFF TO BE TRAUMA INFORMED



Carlisle Suite

**Dr Judith Butler &
Dr Annie Cummins**
MTU

Teaching Trauma: Lessons Learned from Children Fleeing War

Sinéad Heffernan
UCC

Building Communities of Practice: Lessons from CAMHS

Dr Meg Ryan
TCD

A Trauma Informed Peer Supervision Model for Staff in Humanitarian Crisis Programmes

Aoife Dermody
Quality Matters

Chair

1:45-2:45 Break-out Sessions.....continued

SESSION 4 TRAUMA INFORMED EDUCATION

Kingstown Suite

David Cashman
Educate Together

Implementing Trauma - Awareness and Trauma Interventions in Educate Together Schools

Dr Katie McQuillan
TCD

School-based Trauma-informed Care for Migrant and Refugee Youth; a Systematic Review of Mental Health and Psychosocial Support Practices

Ruth Mac Kernan & Dr Caitriona O'Toole
NUIM

Supporting Schools to Co-Design and Self-Assess Trauma Sensitive Practices

Dr Emma Hurley
Quality Matters

Chair

SESSION 5 INTERACTIVE SKILLS WORKSHOP 1

Mariner Suite

Derek McDonnell
Big Picture Consultancy

Thrive: Internal De-Escalation Techniques for Building Resilience in Stressful Situations

Being triggered without the ability to regulate (dysregulation) can cause us to feel out of control, and be less skillful in our responses to challenging situations. Participants will be introduced to practitioner's techniques to stay within their window of tolerance, learning to manage autonomic states and take control of their responses to stressors.

*Places are limited to 25 - these are allocated on a first come first served basis.
Each delegate can only go to one practical skills workshop.*

SESSION 6 INTERACTIVE SKILLS WORKSHOP 2

Dunleary Suite

Dr Liam MacGabhann
DCU

Unresolved Trauma, the Felt Sense and Healing in Organisations.

In this interactive workshop, Dr MacGabhann brings participants beyond trauma-awareness to explore the felt sense of unresolved trauma, how it may manifest in people lives and how people and organisations can renegotiate the interrelated processes between the experience of maladaptive trauma responses and organisational healing responses.

*Places are limited to 25 - these are allocated on a first come first served basis.
Each delegate can only go to one practical skills workshop.*

2:45-3:00 Tea/Coffee Break

3:00-4:00 Breakout Sessions: Repeat of Morning Sessions

Please note session 3 and session 1 will switch locations for the second break out session

4:00-4:10 Comfort Break

4:10-5:25 THE TWO NORRIES IN CONVERSATION WITH DR AUSTIN O'CARROLL & DR SHARON LAMBERT

Carlisle Suite

This final session involves a conversation between four people, each of whom is making an indelible impression on our national conversations about who gets to be included, who gets to heal and flourish, and why. This promises to leave participants feeling motivated, entertained and challenged.

5:25 Close

5.40-7.00 Networking Reception

Pavillion Bar

Please feel free to stay and network, there will be live music and a limited bar will be provided.