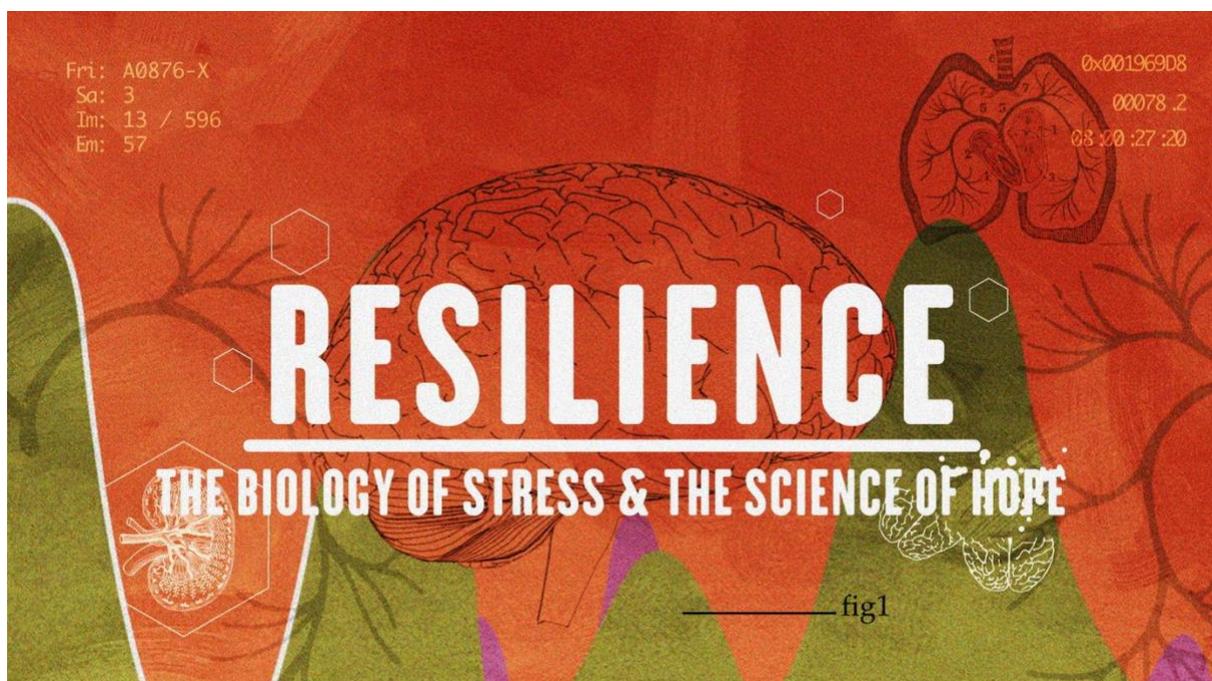


MENTAL HEALTH & THE ARTS SERIES

A new interdisciplinary, cross-border initiative

THE LONG-TERM IMPACT OF CHILDHOOD TRAUMA ON ADULT MENTAL & PHYSICAL HEALTH: A PUBLIC SCREENING & DISCUSSION OF *RESILIENCE* (2016)

Friday 12 October 2018 @ 6.00 pm-9.45 pm
Strand Arts Centre Cinema, Belfast



Venue

Cinema 4, Strand Arts Centre Cinema, 152-154 Hollywood Rd, Belfast BT4 1NY.

Directions: www.strandartscentre.com/your-visit/getting-here/

CPD Points

The Psychoanalytic Section of the Irish Council for Psychotherapy (ICP) has awarded this event **3.5 CPD points**: www.psychotherapyCouncil.ie CPD certificates will be available from the organisers after the event. Contact Dr Noreen Giffney: n.giffney@ulster.ac.uk with a copy of your ticket.

Event Description

This public screening and discussion will focus on the long-term psychological, emotional, physical and social impact of childhood trauma on the adult. We will be considering how trauma works psychically (in terms of the mind and the body, the individual) and socially

(within the context of the community, the group). Trauma can be large or small, a single devastating event or a cumulative set of experiences occurring over a long period of time. Each individual deals with trauma in their own way, but whatever our minds do to try to expunge it, it continues to bubble away and leak out of us in ways we cannot predict or control – in our feelings and thoughts, in how we behave and relate, in our bodies.

Trauma is created through directly experiencing, witnessing or living under the threat of violence and thus unfolds across whole societies that have endured conflict. The consequences of trauma on societies that have experienced conflict continue long after the conflict has ended, passed on through the generations in the intergenerational transmission of trauma. In Northern Ireland, children and young people never exposed to the violence of the Troubles live out the trauma of political violence experienced by previous generations. Rates of mental health problems and suicide are higher in Northern Ireland than other regions of the United Kingdom, a fact attributed to the legacy of the Troubles. Experts in the United States are beginning to develop mechanisms to protect children from the devastating effects of trauma. Their work offers insights for everyone committed to enhancing the life chances of the younger generations here in Northern Ireland.

This interdisciplinary, cross-border event will include a screening of a documentary film, *Resilience*. After the screening, we have invited five professionals to respond briefly to the film from their areas of expertise. These professionals work in the fields of Counselling, Psychotherapy, Physiotherapy, General Medicine, Social Work, and Documentary Filmmaking. Respondents include Dr Olive Buckley OBE, Ms Lynda Graham, Mr Michael McGibbon, Dr Jolene Mairs Dyer and Mr Christian van der Merwe. Dr Noreen Giffney will chair the responses. After the responses, the audience will be invited to engage in a facilitated discussion on the topic, which will be chaired by Dr Maggie Long. Some questions we have invited the respondents to consider include:

1. How might childhood psychological trauma impact on the family?
2. How might childhood psychological trauma manifest in the counselling consulting room with adult clients?
3. How might psychological trauma manifest in the body when it is too much for the mind to bear?
4. How might childhood psychological trauma enter the GP's consulting room, particularly as regards adults presenting with psychosomatic symptoms?

This event is open to all. It will be of particular interest to Counsellors, Psychotherapists, Physiotherapists, GPs, Psychiatrists, Psychologists, Nurses, Social Workers and other healthcare professionals, as well as academics and students working in the aforementioned fields. Practitioners in the visual arts and film, as well as academics and students in these fields with an interest in mental health, will also find something of interest here.

Resilience, dir. James Redford (2016)

'The child may not remember, but the body remembers'. Researchers have recently discovered a dangerous biological syndrome caused by abuse and neglect during childhood. As the new documentary *Resilience* reveals, toxic stress can trigger hormones that wreak havoc on the brains and bodies of children, putting them at a greater risk for disease, homelessness, prison time, and early death. While the broader impacts of poverty worsen the

risk, no segment of society is immune. *Resilience*, however, also chronicles the dawn of a movement that is determined to fight back. Trailblazers in pediatrics, education, and social welfare are using cutting-edge science and field-tested therapies to protect children from the insidious effects of toxic stress—and the dark legacy of a childhood that no child would choose. (Description from <https://kpfjfilms.co/resilience/about-the-film/>).

W: <https://kpfjfilms.co/resilience/>

Programme

6.00 pm-6.15 pm	<i>Registration</i>
6.15 pm-6.30 pm	<i>Welcome & opening remarks</i> by Noreen Giffney & Maggie Long
6.30 pm-7.30 pm	<i>Screening of Resilience</i>
7.30 pm-8.00 pm	<i>Tea & coffee break</i>
8.00 pm-8.35 pm	<i>Brief, informal responses to the film</i> from the perspectives of social work and counselling, psychotherapy, physiotherapy, general medicine, and documentary film-making. The speakers are: Lynda Graham, Michael McGibbon, Christian van der Merwe, Olive Buckley & Jolene Mairs Dyer. The responses will be chaired by Noreen
8.35 pm-9.35 pm	<i>Audience discussion:</i> The open discussion will be facilitated by Maggie
9.35 pm-9.45 pm	<i>Thanks & closing remarks</i> by Jolene

Registration

Pre-registration is necessary. Registration is open to all and is on a first-come, first-served basis. The registration fee is **£10 full fee (+£1 booking fee)/ £5 students, unwaged (+£1 booking fee)**. **Register here:** <https://belfastfilmfestival.org/films/mental-health-and-the-arts-series-a-screening-of-2017-documentary-resilience>

Places are limited and we expect the event to book out, so early registration is advised.

Conveners & Respondents

Dr Olive Buckley OBE MB|ChB|DRCOG|DFM|Hon FFILM|Hon DSC|MRCGP was one of the key drivers in the establishment of the Rowan Regional Sexual Assault Referral Centre which is located within the grounds of Antrim Area Hospital. In 2012 she was awarded an OBE for services to victims. She has been Clinical Director and Lead Forensic Medical Examiner since the Rowan opened in 2013. She is originally from County Tyrone and graduated from Sheffield Medical School in 1986. She has been working as a GP in Carrickfergus for the last twenty-eight years. She is also Chairperson of ECHO (Enhancing Care of the Homeless), a Northern Trust initiative set up to develop effective responses to the health and care needs of people facing homelessness.

W: <http://therowan.net>

Dr Noreen Giffney MNIIHR|MIFPP|MICP is a Psychoanalytic Psychotherapist in private practice, and Lecturer in Counselling in the School of Communication & Media at Ulster University. She is a fully-accredited clinical member of the Northern Ireland Institute of Human Relations, the Irish Forum for Psychoanalytic Psychotherapy, and the Psychoanalytic Section of the Irish Council for Psychotherapy. Her most recent book is *Clinical Encounters in Sexuality* (2017), co-edited with Dr Eve Watson. She is writing a clinical monograph entitled 'Visual Culture & the

Transference-Countertransference Experience: Psychoanalysis & the Non-Clinical Case Study', which will be published by Routledge. She is the Director of Psychoanalysis +, an interdisciplinary initiative that brings together clinical, academic and artistic approaches to, and applications of, psychoanalysis. She is the convener (with Lisa Moran, Curator of Engagement and Learning) of 'Unconscious Objects', a series of conversations around art and psychoanalysis, in IMMA – The Irish Museum of Modern Art in Dublin.

W: www.psychanalyticpsychotherapyclinic.ie, www.ulster.ac.uk/staff/n-giffney

Ms Lynda Graham works as a Counsellor and Independent Social Worker in private practice in Carrickfergus and Donaghadee. Lynda qualified as a Social Worker in 1986 and has worked in the areas of child protection, fostering and adoption. She has lectured in health and social care and delivers training for various organisations. In 2005 Lynda completed her Diploma in Counselling and went on to do an MSc in Counselling in 2013. For over fifteen years Lynda has specialised in the area of adoption, working with clients who find themselves on different sides of the adoption triangle. Lynda has a particular interest in post adoption depression and offers counselling to parents who feel they have experienced a level of depression following the placement of their child/children. Having completed research on this topic she now provides training to new adoptive parents, social workers and other professionals. Over the years Lynda has seen the impact trauma has had on children who have had numerous care placements before finally settling in their permanent homes. This not only impacts on the children but the families in which they find themselves.

W: www.lyndagrahamcounselling.co.uk

Dr Maggie Long is a Lecturer in Counselling in the School of Communication & Media at Ulster University. She is currently Course Director of the BSc Therapeutic Communication and Counselling Studies. With a background in Sociology, Maggie has a longstanding interest in the impact of social issues on mental health. Her research interests include mental health, with a specific focus on issues such as self-harm and suicide. By adopting an interdisciplinary approach to research, Maggie draws on concepts from Sociology and Psychology, including stigma, labeling, identity, and, gender to enhance understanding of mental health. Maggie has published in international peer review journals including *Qualitative Health Research*, *Journal of Mental Health*, and *Health Sociology Review*. Maggie supervises a range of PhD research, focusing on the adaptive processes of people overcoming adversity, for instance, resilience among carers and help-seeking in young people, and mental health issues in marginalised populations including minority ethnic groups in Northern Ireland.

W: www.ulster.ac.uk/staff/m-long

Dr Jolene Mairs Dyer is a Lecturer in Media Production at Ulster University and former Mental Health Social Worker and Therapist (Groupwork). She has research interests in collaborative documentary filmmaking/visual practice in post-conflict societies (particularly in post-agreement Northern Ireland) where the ownership of the material is shared between producer/director and the storyteller. She explored this in her PhD research, which considered how these practices impact on both participants and audiences. As part of this she produced two collaborative documentary films. She filmed and edited *Unheard Voices* (2009), a 30min documentary telling the stories of six people who lost a loved one or were themselves injured as a result of the Troubles. She also edited material from Cahal McLaughlin's *Prisons Memory Archive* to create *Unseen Women: Stories from Armagh*

Gaol (2011), a 26min documentary and multi-screen gallery installation shown at Belfast Exposed in June 2011. Her most recent work, *Women's Vision from Across the Barricades*, adopted similar collaborative practice in the creation of a photobook, which depicts issues affecting women living in interface areas of post-agreement Belfast.

W: www.ulster.ac.uk/staff/j-mairs-dyer

Mr Michael McGibbon currently works for the ROI Health Services as a Senior Clinical Psychotherapist in the area of developmental trauma. Michael has an extensive background in working on the continuum of developmental trauma, as a Clinical Psychotherapist, Supervisor, academic and trainer. Michael's background in developmental trauma has involved psychotherapy with children, adolescents and adults. Michael was previously a Principal Social Worker and Psychotherapist for Child and Adolescent Mental Health Services (CAMHS), which was subsequently followed on by extensive experience as a specialist Psychotherapist in Adult Mental Health, focusing on adults suffering with developmental trauma. Michael is also an lecturer and Course Director of the MSc Counselling programmes of Ulster University. Michael has designed and delivered bespoke training to professionals on working with developmental trauma.

Mr Christian van der Merwe MCSP|HCPC|BSc(HONS)|PgDip SOMM is a Chartered Physiotherapist. He has been a practising Physiotherapist for 18 years and has worked extensively in the NHS, private practice and elite sport settings. He relocated to Derry in 2016 and has established a physiotherapy business, providing an outpatient service for people with musculoskeletal conditions, sports injuries and complex pain presentations, working closely with GPs and other healthcare professionals where these clients often present with other physical or mental health related co-morbidities. He also works with Ulster University, providing teaching services on their Physiotherapy degree programmes. Furthermore, his business will provide occupational health and wellbeing services to corporate organisations in the Foyle area.

W: www.thephysiospace.com

Video of Interest

There is no preparation required in order to attend this event. Delegates might be interested in the following talk by Dr Nadine Burke Harris, a paediatrician: *How Childhood Trauma Affects Health across a Lifetime* (TEDMED 2014).

W: www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime

Organisers

This event is a collaboration between [Dr Noreen Giffney](#), [Dr Maggie Long](#) & [Dr Jolene Mairs Dyer](#), all of whom are Lecturers in the School of Communication & Media at Ulster University.

E: n.giffney@ulster.ac.uk, m.long@ulster.ac.uk and j.mairs-dyer@ulster.ac.uk

Mental Health & the Arts Series

This public screening and discussion is the first in [a new series of interdisciplinary, cross-border events on mental health and the arts](#). The series is committed to considering what can happen in the gaps, overlaps and disjunctions between different disciplines, approaches, practices and locations. The series is [founded and directed by Dr Noreen Giffney, Dr Maggie Long & Dr Jolene](#)

[Mairs Dyer](#). Contact Noreen, Maggie & Jolene to join the mailing list for upcoming events, or if you are interested in collaborating on an event as part of the series.

Sponsors

This event is sponsored by the [Centre for Media Research at Ulster University](#) & the [Belfast Film Festival](#).

Centre for Media Research at Ulster University



Over nearly four decades researchers in Media Studies at Ulster have been at the forefront of the development and growth of the discipline. Ulster pioneered research led teaching in Media Studies in the late 1970s, and since then Ulster researchers have played a key and direct role in the establishment of the first RAE panel in the subject in 1996 and in subsequent research exercises such as RAE 2008. In its current form, The Centre for Media Research was established in 2004 with a £3.1 million grant under the Support Programme for University Research (SPUR2). Building on this significant success, Ulster research in Media was ranked tenth best in the 2008 Research Assessment Exercise (RAE) In the 2014 REF, the research profile for Media Studies showed that 60% of all work has been judged as being of ‘international excellence’; within this proportion, 21% is judged as having the highest accolade: ‘world leading’. The unit also scored highly in the Impact section of the REF, with 100% of its impact case studies scored at 4*/3*. W: <https://www.ulster.ac.uk/research/institutes/media-research>

Belfast Film Festival



The Belfast Film Festival began in 1995 as part of *Féile An Phobail* and has developed hand in hand with the evolving culture of film patronage and filmmaking in the city. We believe that film should be an experience, and so, as well as presenting the best in new, short and classic cinema in our spring and summer festivals, we’ve set ourselves apart by having site-specific screenings. For us, site-specific cinema means hosting the classics of the silver screen in surroundings that enhance and intensify your experience of our films. What’s more, we pride ourselves on experimenting with media in all its forms. To celebrate quality cinema, we have also established a documentary film competition in The Maysles Brothers Award. Due to our love of film, we are also heavily involved in promoting film education and nurturing practical filmmaking skills throughout the North. That’s why we are currently working on a programme of community outreach projects that we hope will galvanise people’s accessibility to, and awareness and enjoyment of film culture in hard to reach and underprivileged areas. We will

be working with community groups to offer writing and filmmaking workshops, industry discussion panels, special screenings and master classes. W: <https://belfastfilmfestival.org>

Counselling, Psychotherapy & Counselling Psychology Resources

Should attendees find that topics talked about in the documentary or during the post-screening discussion bring up painful memories or experiences from their own lives, a list of accredited Counsellors and Psychotherapists and chartered Counselling Psychologists can be found at the following websites:

- British Association for Counselling and Psychotherapy (BACP)
www.bacp.co.uk/search/Therapists
- UK Council for Psychotherapy (UKCP)
www.psychotherapy.org.uk
- Northern Ireland Institute of Human Relations (NIIHR)
www.niihr.org
- Irish Council for Psychotherapy (ICP)
www.psychotherapycouncil.ie
- Irish Association for Counselling and Psychotherapy (IACP)
www.iacp.ie
- British Psychological Society
www.bps.org.uk
- Psychological Society of Ireland
www.psychologicalsociety.ie

Organisations Providing Trauma Support

The following organisations provide support and services for people who have experienced, or are experiencing, trauma in their lives:

- Nexus NI
<http://nexusni.org>
- The Rowan: Sexual Assault Referral Centre
<http://therowan.net>
- Wave Trauma Centre
www.wavetraumacentre.org.uk/home
- The HSE National Counselling Service
www.hse.ie/eng/services/list/4/mental-health-services/national-counselling-service/

Courses in Counselling Studies & Therapeutic Communication

Undergraduate Course: BSc in Therapeutic Communication & Counselling Studies

This is an innovative course which has been designed to meet the needs of students who wish to undertake the study of communication with a specific focus on its application within therapeutic and helping contexts. This creative programme is for people who are interested in:

- Learning more about themselves and other people
- Developing their understanding of the areas of human growth and development; personal development; mental health and well-being
- Studying how we communicate as individuals and as groups
- Developing relationship building skills

- Understanding counselling as a professional activity and the range of professional contexts in which counselling is practiced
- Developing understanding of counselling theories and the underpinning philosophies and ethics
- Developing the ability to carry out research projects

This degree is not formal counsellor training and will not provide accreditation with a professional counselling body. Instead it is concerned with equipping students with a knowledge base of therapeutic communication and associated communication and counselling skills that can be built upon after graduation. This course provides an excellent springboard for students who wish to pursue professional counselling training and accreditation following graduation or who wish to pursue further training for careers in a range of therapeutic or helping roles (social work, nursing, teaching, occupational therapy). The course is available on a full-time basis and a part-time basis. Further details from Dr Maggie Long, Subject Head, Course Director & Lecturer in Counselling, Counselling & Health Communication Team, School of Communication & Media, Ulster University: m.long@ulster.ac.uk

Postgraduate Course: MSc in Counselling Studies & Therapeutic Communication

An academic course in counselling studies and theories, which aims to assist students to understand a range of counselling theories and approaches. This course is for you if you are interested in the field of counselling, or want to develop and hone your existing professional skills. It offers theoretical knowledge and an academic foundation in counselling studies and theories for a variety of helping skills in professional contexts. Modules include Introduction to Counselling, Counselling & Therapeutic Framework, Human Growth & Transition, Health Communication, Humanistic Approaches, Psychodynamic Approaches, Integrative Approaches, and Research Methods. Please note: This academic course is not clinical counselling training, and thus will not make you a registered counsellor. Previous students have developed their work activities in counselling and associated areas. Additionally, past students have used the course themes to support their existing work in areas, such as community work, youth work, social work, education, and health care more broadly. This course is available on a full-time basis and a part-time basis. Further details from Dr Anne Moorhead, Course Director & Senior Lecturer in Health Communication, Counselling & Health Communication Team, School of Communication & Media, Ulster University: a.moorhead@ulster.ac.uk

Postgraduate Research Training: PhD Study in Counselling & Health Communication

PhD study can be undertaken on a full-time basis or a part-time basis: www.ulster.ac.uk/doctoralcollege The members of the Counselling & Health Communication Team at Ulster University have a range of research expertise in the fields of, for example, counselling, psychotherapy, health and therapeutic communication, psychoanalysis, mental health, nursing, psychosocial studies, visual culture, as well as qualitative, quantitative, mixed and theoretical research methods. To find out further details about opportunities available for doctoral research with academic supervision provided by members of the Counselling Team, see the links and email addresses below:

- Dr Paula Brogan: www.ulster.ac.uk/staff/pm-brogan | pm.brogan@ulster.ac.uk
- Dr Noreen Giffney: www.ulster.ac.uk/staff/n-giffney | n.giffney@ulster.ac.uk
- Dr Maggie Long: www.ulster.ac.uk/staff/m-long | m.long@ulster.ac.uk
- Dr Anne Moorhead: www.ulster.ac.uk/staff/a-moorhead | a.moorhead@ulster.ac.uk

Short Course: Trauma Management

A continuing professional development course that will be delivered over 4 full days in March-April 2019 at Ulster University on the Jordanstown campus.

This short course aims to provide a conceptual understanding of psychological trauma, specifically focusing on early trauma. It will include evidence-based therapeutic techniques for working with clients manifesting signs of trauma. This is a specialist course designed to provide a foundation for a deeper understanding of the range of the impacts of childhood/developmental trauma. The key focus is the integration of theory and practice and critical engagement with current research. The course will introduce key therapeutic approaches in dealing with trauma manifestations in clinical practice, and explore how trauma interventions fit within different models of trauma management at organisational, community and societal levels. It aims to provide the conceptual basis for the critical analysis of research and a framework for the development of safe practice in the professional setting, together with opportunities for critical self-evaluation and reflection by considering the wider impacts of trauma on self and society.

Content will include:

- *Understanding Trauma* – This will include definitions and perspectives of early trauma, the role of stress in the development of trauma and PTSD, the assessment of trauma clients and research in the area of practice and recovery.
- *Trauma and Society* – This includes the influence of society and culture on trauma experiences and its treatment and management.
- *Practical* – Specialist counselling and psychotherapeutic skills in working with trauma, ranging from allowing clients to tell their story to specific trauma interventions.

Pre-requisites for attendance:

This course is open to Counsellors, Psychotherapists and Counselling Psychologists.

For further information, contact:

Dr Anne Moorhead, Senior Lecturer in Health Communication, Counselling & Health Communication Team, School of Communication & Media, Ulster University: [028 9036 8905](tel:02890368905) | a.moorhead@ulster.ac.uk

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