

A webinar on: Trauma & Recovery An Introduction to the Journey

Friday 23rd April
9.30am - 1pm

| Time | Item | Presenter |
|--------------------|--|--|
| 9.30am | Welcome & Housekeeping | Catherine Brogan (MC) Deputy Chief Executive Officer, Mental Health Ireland |
| 9.35am | My creative journey through trauma to recovery A personal narrative about a journey through trauma using the Creativity | Dominika Stoppa Entrepreneur, artist, educator, founder of Creative Mandala™ Method, illustrator, owner at Stoppa Art + Design Shop, blogger, YouTuber (Creativity For Wellbeing) Vice-President of Network Ireland Kilkenny, and Manager of the Castlecomer Craft Yard |
| 9.50am | If it doesn't kill us... How trauma-informed care can be integrated into mental health service delivery. Possible opportunities and challenges in the context of policy implementation. | John Saunders Outgoing CEO of Shine, supporting people affected by mental ill health, incoming Executive Director of EUFAMI, a European NGO supporting family organisations in mental health, board member of the Citizens Information Board, Chair of the Mental Health Commission, Chair of the National Implementation Monitoring Group established to oversee and report on the implementation of Sharing the Vision, the current National Mental Health Policy |
| 10.05am | Applying trauma research to service design and delivery What impact does psychological trauma have on how we think and feel and why does matter for how we design and deliver services? | Dr Sharon Lambert Lecturer in the School of Applied Psychology in University College Cork since 2014, following a number of years working within community-based settings that provide supports to marginalised groups. Sharon's research interests revolve primarily around the impact of trauma on development, its link with substance dependence and mental health and consequent considerations for service design and delivery. |
| 10.55am 11:05am | <ul style="list-style-type: none"> Tea Break Virtual Nature Walk This video is from Woodlands for health in partnership with Sport Ireland, Coillte, Mental Health Ireland, and Get Ireland Walking, University of Limerick, funded by the Dormant Accounts Fund.) | |
| 11.10am | Poetry & Music by Billy Clarke. Poem entitled "This Part of Me (Frozen in Time)" and song entitled "Such a Weight". | Billy Clarke Billy Clarke is a Recovery Education Facilitator with the Mayo Recovery College. He is a musician, poet and writer who uses the creative arts as a means of healing, making sense of, and recovering from the effects of trauma. |
| 11.15am | When Trauma Speaks: Healing past hurts so that we can live in the present How can we relate to the wounds of our past so that we live with them and beyond them? This talk will bring together recent insights and research about healing trauma in our lives and what it takes. | Dr Tony Bates Tony was the Head of Psychology for 30 years in St James's Hospital, Dublin. Trained for seven years in the USA with Cognitive Therapy Centre in University of Pennsylvania, where he carried out his doctoral research. Established and directed the MSc in Cognitive Psychotherapy in TCD (1997). Founded Jigsaw – The National Centre for Youth Mental Health in 2006. Appointed Adjunct Professor of Psychology UCD (2018). Columnist with the Irish Times and broadcaster on RTE. |
| 12.15pm | Q&A / Panel Discussion on the theme of Trauma Attendees are welcome to submit questions to the Panel live or can send questions in advance of the webinar to training@mentalhealthireland.ie with 'Panel Question' in the subject line. | Dr Sharon Lambert, Billy Clarke, Dr Marie Oppebeon, John Saunders, Dominika Stoppa, Dr Tony Bates. MC - Catherine Brogan |
| 12.50pm 12:55pm | Closing Statement Closing Exercise with Dr Tony Bates | Catherine Brogan Dr Tony Bates |