



CENTRE FOR DEVELOPMENTAL AND COMPLEX TRAUMA (CDCT)

OCTOBER 2022



CDCT@stah.org



[@CDCT_Updates](https://twitter.com/CDCT_Updates)



www.stah.org/cdct/



CONTENTS

	PAGE
INTRODUCTION	3
WHAT WE DO	4
THE TEAM	5
RESEARCH PROGRAMME	6
STUDENT AND PROFESSIONAL TRAINING PLACEMENTS	7
INTERNATIONAL CONFERENCING PROGRAMME	8
CPD PROGRAMME	9
HIGHER EDUCATION	10
ADVISORS, GOVERNANCE AND OVERSIGHT	11
MEMBERSHIP OF THE CDCT	12
WORKING WITH US	13
OUR PUBLICATIONS	14-17
CONTACT US	18



INTRODUCTION

The CDCT was established in March 2020, as a part of St Andrew's Healthcare, with the central goal of improving outcomes for marginalised social groups who have experienced significant and prolonged exposure to trauma and adversity.

The CDCT focuses on working with the most disenfranchised sections of society, who are typically the most adversely impacted by psychological trauma. As such, we have a strong focus on social justice, empowerment and advocacy, with the goal of influencing local and national policies.

"The CDCT is a multidisciplinary unit aiming to improve the lives of those who have experienced psychological trauma. The team are producing high quality training and conduct research work that will have a direct impact on clinical practice in the UK and beyond."

Professor Thanos Karatzias, Professor of Mental Health, University of Napier

Our values

Our values integrate the contemporary frameworks of working with trauma-exposed populations, with a high level of academic rigour. Central to our values are the role of co-production and empowerment. The CDCT operates a highly collaborative working model, prioritizing developing relationships with stakeholder groups to ensure that our work is co-produced, relevant, impactful and translatable into practice and policy changes.

Of central importance is reducing the gap between research and clinical practice and ensuring that research is able to drive data-driven personalized care. To meet this goal, all of our CPD events, research and service development activities are conducted through an intersectional lens, with the differential impact of gender, neurodiversity and ethnicity playing a central role in the design and reporting of our activities.



WHAT WE DO

The core aim of the CDCT is to drive better outcomes for people who have experienced repeated incidents of trauma in early and later life. To achieve this goal, the CDCT delivers an growing portfolio of activities and services that seek to advance knowledge, skills and practice.

Currently, the CDCT offers four international annual international conferences and offers comprehensive research skills workshops. We have an evolving research programme with eight trauma focused work streams and over 20 active projects, many of which are conducted with University and non-profit organisation partners.

Research, service improvement & evaluation

Academic conferencing programme

Continued Professional Development events

Special Interest Groups (SIGs)

Clinical & research placements

Professional practice placements

Consultation & supervision





THE TEAM

The CDCT consists of core full-time members, students, professional training placements, secondments and an extended network of associates and volunteers.

The CDCT is led by a consultant clinical psychologist, Dr Deborah Morris, who has over 15 years post-qualified experience in working with different populations with trauma needs.

The core team also comprises experienced research assistants, as well as a peer policy and practice advisor.

The extended team consists of placement students and volunteers.

In keeping with the collaborative values of the CDCT, we have strong links to researchers and clinicians in university and clinical settings who specialise in trauma. . Since March 2020 we have worked and published with over 40 clinicians, students, volunteers and researchers.

"Working in the CDCT has enabled me to develop a wealth of advanced skills in research, leadership and teaching. The opportunities I have been given have provided me with a strong foundation for a career in applied research"

- Elanor, Senior Research Assistant Psychologist



Dr Deborah Morris
Director of Programmes
and the CDCT



Elanor Webb
Senior Research Assistant
Psychologist



Jemima Worsfold
Research Assistant
Psychologist



David Gibbs
Policy and Practice
Advisor



RESEARCH AND SERVICE DEVELOPMENT PROGRAMME

Our research programme

The CDCT aims to ensure that the differential experiences, clinical needs and outcomes of marginalised populations are better understood, resulting in personalised approaches to care. Delivering research and service improvement projects that meet these priorities is a core activity of the CDCT.

The CDCT has an evolving research and service development programme that spans six workstreams, as follows:

- Trauma in neurodiverse populations
- gendered approaches to trauma
- Complex trauma and comorbid needs
- Physical health of trauma populations
- Occupational Trauma
- Moral Injury

Applying an intersectional lens

An intersectional lens is adopted across our workstreams and encompassed projects to ensure that our understanding of individual needs reflect the experiences of all individuals in a given population. Research is approached through this lens across the various stages of the research cycle, from idea generation and research design, to write-up and dissemination.

Key outputs

Ensuring that our findings are disseminated is critical to reducing the gap between research and practice. We prioritise publishing in a range of forums. In our first two years, we have published:



17 journal papers and book chapters in a range of UK and international outlets



14 oral papers and 13 conference posters at national and international Conferences



Two invited podcast interviews in the UK and USA



STUDENT AND PROFESSIONAL PLACEMENTS

University placements

We host 12-month undergraduate placements that offer a combination of research and clinical activities. For medical and nursing students, briefer placements, can be negotiated.

The CDCT also hosts placements for those undertaking MSc, MRes and PhD studies. For MSc students, we offer a minimum 12-week placement. Placements are offered conditional to an informal interview.

All of our past students have secured a range of academic and clinical roles, commensurate with their level of experience, including assistant psychologist posts, and PhD and doctoral training positions.

Specialist Research placements

We can support students to develop their own trauma-related projects, as well as supporting the development of proposals drawn from the CDCT's own programme.

Additionally, we supervise students to develop skills in quantitative and qualitative methodologies.

The CDCT has a record of supporting postgraduate research dissertations that result in peer-reviewed publication. We work with students to present their findings at conferencing events and the majority of our students have presented at UK and international conferences.

"Working here has provided opportunities to apply and broaden my research and interpersonal skills, which I'm confident will be key for my future career in psychology"

- Petch, MRes student

Professional training placements

Specialist postgraduate psychology, nurse and psychiatry placements are also available, and are offered for a minimum of 12 weeks, up to 2 years.



INTERNATIONAL CONFERENCING PROGRAMME

The CDCT conference programme continues to grow as strong international events, attracting delegates and speakers from across the globe. Our events have an applied clinical focus on disseminating the latest evidence to guide clinical practice. We regularly collaborate with trauma and mental health organisations to ensure that our events reflect the needs of the populations we support.

- EVENTS FOCUSED ON KEY CLINICAL ISSUES
- DELIVERED BY WORLD CLASS EXPERTS
- HOSTED WITH ACCESSIBLE AND AFFORDABLE PLATFORMS
- INCLUSIVE OF THOSE WITH LIVED EXPERIENCE

Special interest conference events

To reflect the diverse nature and impact of trauma, the CDCT hosts smaller special interest conferences. These events mirror the format of the annual conferences and attract strong international interest from delegates and speakers.

“Thank you for a really engaging conference throughout!” delegate, TIC 2022

“Congratulations to all involved in delivering a very impressive conference,” delegate MI 2022

100%

of delegates reported they learnt something new at our events

99%

of delegates reported they would attend a future conference hosted by us

100%

of delegates report they would adapt their practice after attending one of our conferences

“Best conference of the year, two years running because you orchestrate inspiring, provocative conversations, and it’s so well run,” speaker MI 2022



CPD PROGRAMME

Workshops are delivered in person, though some can be accessed remotely.

The CDCT delivers a range of CPD workshops, offering clinicians the chance to develop skills that will improve the rigour of research in clinical settings. Our workshops cover all stages of the research cycle, from the development of research questions to the dissemination of findings, and are mapped onto the 'Researcher Development Framework' (RDF).

To ensure a high standard of delivery, workshops are facilitated by members of the CDCT who have published in peer-reviewed journals, and are experienced in the methodologies being taught.

The 'Research Skills for Clinicians' workshop brochure can be downloaded directly from our website at <https://www.stah.org/cdct/events>.

Attendee's benefit from ongoing access to a TEAMS channel containing a range of useful resources.

"The workshop session was really informative and enjoyable. I am now confident in creating a poster and possibly showcasing one at an academic conference."

'Developing Conference Posters' attendee



Alternatively, you can email us at CDCT@standrew.co.uk to request a copy of the brochure and booking form. .

"I enjoyed the application of knowledge and skills to a real paper. It is useful to support my MBA research and will be of value for future peer reviews that I am involved in as a reviewer or author."

'Reviewing Journal Articles' attendee



THE UNIVERSITY OF BUCKINGHAM MEDICAL SCHOOL

CENTRE FOR
DEVELOPMENTAL
AND COMPLEX
TRAUMA



HIGHER EDUCATION

In partnership with the Faculty of Medicine and Life Sciences, University of Buckingham, the CDCT have developed a series of six postgraduate courses that provide a strong academic and clinical framework to professional training in psychological trauma.

The series of courses, which are currently going through British Psychological Society accreditation processes, provide students with the comprehensive framework of knowledge and skills needed to function at an 'expert' level.

The first course, an MSc, 'Practitioner in psychological trauma'. will have its inaugural intake in September 2023. Additional postgraduate courses focusing on different aspects of psychological trauma, and trauma informed care, will follow.

Lectures, seminars and workshops for our postgraduate courses will take place at the CDCT post graduate centre in Northampton, in the dedicated Foster postgraduate centre facilities.

'Postgraduate programmes such as this are vital to ensure that our workforce receive the training they need to manage the complex world of healthcare delivery. The Faculty of Medicine and Health Sciences at University of Buckingham is delighted to be partnering with St Andrews to deliver this MSc in the all important area of psychological trauma.'



Professor Joanne Harris,
Dean, Faculty of Medicine
and life Sciences



ADVISORS, GOVERNANCE AND OVERSIGHT

Growing according to our values and retaining a high level of scientific and academic rigour is key to our future success.

To do so, we recognise that utilising the support and wisdom of experts in the field of trauma, government policy, academia and people management is needed.

To achieve this, the CDCT has established the 'Trauma Advisory Group' that oversees and supports its activities and development. Performance of the CDCT is in part measured by a series of Key Performance Indicators (KPI's).

The Trauma Advisory Group (TAG)

The TAG is chaired by Professor Thanos Karatzias, Professor of Mental Health and Director for Research and Development at Edinburgh Napier University. He is a leading global expert in psychological trauma.

THE TRAUMA CENTRE ADVISORY GROUP



Martin Kersey, Executive Director
HR, Charity trustee, St Andrew's
Healthcare,



Dr Emily Fox, President Society
for DBT, UK, Director of
Psychological Therapies, St
Andrew's Healthcare,



Professor Thanos Karatzias
Professor of Mental Health
University of Napier
CDCT consultant advisor,



Dr Annette Greenwood
Past Chair, Crisis, Disaster &
Trauma Section, BPS
Staff Trauma Lead, St Andrew's
Healthcare



MEMBERSHIP OF THE CDCT

The CDCT aims to bring together those with lived experience of trauma, and those involved in the delivery of care and treatment for people with trauma needs.

Membership to the CDCT is completely **free** and available for:

- Survivors of trauma and their families/carers
- Clinicians
- Academics
- Others responsible for or involved in the commissioning and delivery of trauma services

To join the CDCT, please download the membership form from our website at <https://www.stah.org/cdct/membership> and return this to the CDCT inbox at: CDCT@standrew.co.uk

Membership of the CDCT affords a range of benefits including:

1

Discounted rates on tickets for our programme of conferencing events

2

Preferential access to the Centre's research skills workshops and other CPD events

3

Unique opportunities to collaborate on research projects

4

Access to join the Centre's special interest group (SIG) networks



WORKING WITH US

Collaboration

A key aim of the CDCT is to develop partnerships between stakeholder groups and to facilitate inter-agency and interdisciplinary working. We are involved in a number of collaborations with leading universities and academics, support groups, organisations and charities. Past and present collaborators include:

- British Psychological Society, CDT section
- Revolving Doors Agency
- Moral Injury of Healthcare, US
- RADiANT, NHS research group
- Gendered Intelligence
- British Society for Mental Health and Deafness

Consultancy

The CDCT also offers support to researchers and organisations in the development of clinical research, on a consultancy basis. In the last two years, we have supported and advised a number of independent providers on research design and its implementation in clinical services.

Volunteering

The CDCT also facilitates opportunities for research experience on an honorary contract basis.

We recognise the mutuality of value that volunteers bring to the CDCT. Besides gaining applied skills and knowledge, our volunteers also receive support in preparing for the next stages of their career. This includes support with applications for professional training, and preparation for interviews, including role plays and scenario planning.

"Volunteering as an honorary research assistant gave me the invaluable opportunity to learn how skills taught at university are applied in a clinical setting.... I was able to co-author a published paper, which was really exciting and will be a great accolade to add to my CV and doctorate application later on."

All volunteers who have been with the CDCT for 6+ months have gone on to co-author research papers published in peer-reviewed scientific journals.

CENTRE FOR DEVELOPMENTAL AND COMPLEX TRAUMA

Academic Centre
St Andrew's Healthcare
Billing Road
Northampton
NN1 5DG



CDCT@stah.org



[@CDCT_Updates](https://twitter.com/CDCT_Updates)



www.stah.org/cdct/