



5. Amy Hardy: Breaking the silence: Talking about trauma in psychosis

Abstract no 305

Two times the same, half-day workshop

We now know that childhood adversities are associated with psychosis, and empirical evidence investigating the causal mechanisms underlying this association is accruing (Bentall et al, 2014; Gibson et al, 2016; Hardy, 2017; Varese et al, 2012). People with psychosis are also at an increased risk of revictimisation and are more likely to experience a range of post-traumatic stress difficulties. In line with these findings, it is recommended that trauma and post-traumatic stress reactions are routinely assessed in people with psychosis, and therapy offered when indicated (NICE, 2014). Unfortunately, it is rare for traumatic experiences and post-traumatic stress to be recognised in psychosis services, preventing access to psychological treatments (de Bont et al, 2015). The challenge is to effectively disseminate trauma-informed care within frontline services and ensure people's needs are met. This workshop will start by exploring the principles of trauma-informed care, and opportunities and challenges of implementation in psychosis services. A framework for talking about trauma and responding to disclosures will be outlined. Preliminary findings from a pilot project using this framework in early intervention and promoting recovery services in inner city London will be shared.

Amy is a Research Clinical Psychologist based in the Department of Psychology, Institute of Psychiatry, Psychology & Neuroscience, King's College London and the Psychology Lead for Posttraumatic Stress in the Psychosis Clinical Academic Group, South London and Maudsley NHS Foundation Trust. Her research investigates the role of psychological processes in post-traumatic stress in psychosis and she is interested in the development, testing and implementation of trauma-informed practice and trauma-focused CBT for psychosis. She set-up the first specialist NHS clinic offering psychological assessment and treatment for post-traumatic stress in psychosis, and provides supervision, consultation and training in trauma-informed care to therapists and clinicians working in inpatient and community services across the psychosis spectrum. She also collaborates with inclusive designers and technologists on digital projects to enhance the usability and outcomes of psychological ways of managing distress and improving quality of life.

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