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CCATS 2022 conference, in collaboration with



CCATS ([www.ccats.org.uk](http://www.ccats.org.uk)), in collaboration with GBA Care ([www.gbacare.com](http://www.gbacare.com)) are pleased to present a one day remote conference via ZOOM:



## **Psychological Health: Advancement and Understanding**

### **Wednesday the 23<sup>rd</sup> February 2022**

**(9am to 4.15pm, UK Time)**

**Topics include:**

- ◆ **Child sexual abuse**
- ◆ **Institutional abuse**
- ◆ **Self-injury (Key note presentation by Dr. Kathryn Gardner)**
- ◆ **Staff trauma**
- ◆ **Sexual safety policy and trauma informed care**
- ◆ **Impact of COVID-19 on families of front-line workers**

**This is a free conference, and as such, places are limited. To book a place, please email Dr. Carol A. Ireland on:**

**[caireland@uclan.ac.uk](mailto:caireland@uclan.ac.uk)**



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## Psychological Health: Advancement and Understanding Wednesday the 23<sup>rd</sup> February 2022

### Schedule of Events

- 9am:** Opening and welcome to the conference
- 9.15am: Presentation  
Speaker: **Dr. Carol A. Ireland**  
Topic: **Child sexual exploitation (CSE), vulnerability and protective factors**
- 10am: Presentation  
Speaker: **Rebecca Ozanne**  
Topic: **Negative impacts and strength factors following institutional abuse**
- 10.45am:** Comfort break
- 11.15am: **Keynote Presentation**  
Speaker: **Dr. Kathryn Gardner**  
Topic: **The location of self-injury on the body: does it matter?**
- 12.15pm:** Lunch break
- 1.15pm: Presentation  
Speaker: **Daniel Beaumont**  
Topic: **Exploring trauma among police employees: developing a model of detection**
- 2pm: Presentation  
Speaker: **Kimberley McNeill**  
Topic: **Implementation of a sexual safety policy and trauma informed care: an evidence-based approach**
- 2.45pm:** Comfort break
- 3.15pm: Presentation:  
Speaker: **Caroline Mead**  
Topic: **Families of front-line workers during the COVID-19 Pandemic**
- 4pm: Conference closing speech
- 4.15pm:** Conference end



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## Presentations

Presentation

Speaker: **Dr. Carol A. Ireland**

**Topic: Child sexual exploitation (CSE), vulnerability and protective factors**

### Abstract

This research examined the prevalence of Child Sexual Exploitation (CSE) and factors connected in a young adult population, through a series of studies. Three of the studies looked at a young adult population, mainly female. Study one ( $n = 263$ ), Study two ( $n = 138$ ) and study three ( $n = 211$ ), predominantly collected via a series of online measures. The fourth study then built on this by interviewing from a professional's perspective, in this case, 20 police officers actively working with CSE victims under the age of 16 years, considering vulnerabilities and protective factors from a professional's perspective. Findings demonstrated that around half of children under 16 years had been approached sexually by an adult, with approximately one in four children subsequently exploited. Various results were noted, such as experiencing a primary caregiver as lacking in warmth and affection being associated with those reporting CSE, with further exposure to poly-victimisation contributing to a less functional coping style and insecure attachments. CSE was not associated with higher levels of adolescent risk-taking, poor bonds with the primary caregiver, fewer important childhood relationships and positive schemas. Professionals noted five overarching themes and nineteen sub-themes noted. The five overarching themes for victims of CSE being: *feelings of isolation, sense of instability, absence of positive attachment/protective structures, low self-esteem/lack of self-efficacy, and development and maturity*. Findings were combined to propose the Protect Against CSE model (PA-CSE), and the application of this to intervention and future research is acknowledged.

Three of these four studies have recently been accepted for publication as a multi-study paper: Alderson, K., Ireland, C.A., Khan, R., Ireland, J.L. & Lewis, M. (in press). Child Sexual Exploitation, Poly-victimisation and Resilience. *Journal of Criminological Research, Policy and Practice*.

### Biography

Dr. Carol A. Ireland is a Chartered Psychologist, Consultant Forensic Psychologist, Chartered Scientist and an Associate Fellow of the British Psychological Society. She is also a registered practitioner with the Health and Care Professions Council. Dr. Ireland works at CCATS, where she leads on assessment, intervention, research and consultancy. She has worked with individuals across the life span, addressing a wide range of forensic issues and trauma for over 25 years, and is an Accredited EMDR Therapist. This has included both the assessment of and intervention with such clients. She is also Senior Research Lead at the Ashworth Research Centre, Ashworth Hospital, as well as working at the University of Central Lancashire, where she is the Director of Studies for the MSc in Forensic Psychology, a Reader in Aggression, and where she supervises various PhD Doctoral students. Dr.



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Ireland has published extensively in the area of forensic psychology, and has over 80 publications, including journal articles and book chapters. Dr. Ireland was past Chair and past Vice-Chair of the British Psychological Societies Division of Forensic Psychology.

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Presentation

Speaker: **Rebecca Ozanne**

**Topic: Negative impacts and strength factors following institutional abuse**

### **Abstract**

While much research has explored the impact of child abuse, the impact of child abuse occurring specifically in an institutional setting have been less well examined. This research, therefore, aimed to add to this body of literature. Five studies have been completed to date: a systematic review of the literature, a Delphi study capturing the views of professionals, a qualitative study exploring the views of those who have experienced institutional abuse, a rapid evidence assessment of serious case reviews, and a quantitative study to explore the findings from earlier studies. This presentation will discuss the findings of the research, present a preliminary model of the impacts of institutional child abuse, and will explore the implication of this research for practice.

### **Biography**

Rebecca is a Lecturer in Psychology at the University of Central Lancashire, teaching in the areas of forensic, clinical and social psychology. She is currently completing her PhD exploring the impacts of institutional child abuse. Her research interests include childhood trauma, aggression, and eyewitness memory. Rebecca has previously worked in both secure and community settings conducting psychological assessment and delivering intervention.

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## **KEYNOTE Presentation**

Speaker: **Dr. Kathryn Gardner**

**Topic: The location of self-injury on the body: does it matter?**

### **Abstract**

The location of self-injury (i.e. where on the body an injury is directed) could be important both psychologically and clinically, potentially providing valuable insight into the drivers behind self-injury, its personal meaning, or the context within which this behaviour occurs. Yet there are to date few empirical studies that have sought to advance our understanding of the meaning of injury location, or how this is understood by clinical staff. In this keynote address I draw on findings from



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my own and other scholars' research with service users and staff and consider the potential clinical implications that stem directly from an improved understanding of the relevance of location of the injury. I argue that location choice, whether consciously selected or not, could be important to consider alongside other characteristics when preventing, detecting, understanding, and treating self-injury.

### **Biography**

Kathryn Gardner is a Senior Lecturer in Psychology at the University of Central Lancashire (UCLan). Kathryn is Programme Director for UCLan's MSc Applied Clinical Psychology and Postgraduate Diploma Associate Psychological Practitioner. Kathryn is co-founder of Suicide and Self-Harm Research North West, a collaboration between UCLan, Liverpool John Moores University, The University of Manchester, the Manchester Self-Harm Project, the Cheshire and Wirral Partnership NHS Trust and the NIHR Applied Research Collaborations. Kathryn's research specialisms include self-harm, particularly its functions/motivations, mechanisms and management; personality and borderline personality disorder; emotional and social cognition; emotion dysregulation; mechanisms of change in therapy.

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Presentation

Speaker: **Daniel Beaumont**

**Topic: Exploring trauma among police employees: developing a model of detection**

### **Abstract**

Police sickness is increasing whilst the trauma they face remains misunderstood. A potential consequence of this exposure is Post-Traumatic Stress Disorder (PTSD). PTSD is a traumatic stress reaction that develops in response to significant trauma. Despite this, the nature of trauma within the police has received little empirical attention. This deficit means the extent of the problem within England and Wales is unknown, although international literature suggests real problems exist (Bender et al., 2016; Foley & Massey, 2018). This has contributed toward ineffective police trauma interventions, despite workplaces having the ability to reduce employee trauma (Shane, 2010). To address this, a framework for identifying employees suffering traumatic reactions is needed. Such a framework should ascertain the nature of police trauma, barriers to reporting, organisational influences and the factors that predispose and safeguard against trauma symptoms. These are important considerations which will be discussed within the presentation.

### **Biography**

Daniel Beaumont is a Forensic Psychologist in Training with the Coastal Child and Adult Therapeutic Services (CCATS), currently working towards chartered status. Working under the supervision of Chartered Forensic Psychologists, Daniel is mainly involved in undertaking psychological



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assessments and interventions with looked after children, adolescents and adults for Local Authorities. He works with clients who present with a range of needs, including trauma, self-injury, going missing, substance use, harmful sexual behaviour and aggression. Daniel is also a PhD researcher at the University of Central Lancashire (UCLAN). His research seeks to explore the nature of trauma within the British police force. It is envisioned this will contribute towards a model of trauma detection, which can be used by the police to establish staff who are at risk and in need of help.

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Presentation

Speaker: **Kimberley McNeill**

**Topic: Implementation of a sexual safety policy and trauma informed care: an evidence-based approach**

### **Abstract**

In 2017, following concerns raised on an inspection of a mental health trust, the Care Quality Commission (CQC) carried out a review of reports on patient safety incidents on mental health wards in England. This led to the publication of national guidance '*Sexual Safety on Mental Health Wards*', which was released by the CQC in September 2018. This guidance emphasised the need for services to keep people safe from unwanted sexual behaviour, to respond appropriately to sexual safety incidents, and to actively promote the sexual safety of people using mental health services. CCATS supported the implementation of this guidance within an independent long-term complex care hospital. This presentation provides an overview of the approach undertaken and outcomes, with consideration of best practice guidelines and pertinent psychological literature. An overview of trauma-informed-care is also presented, with consideration of how key principles were integrated within aspects of this consultancy project. It is hoped that this presentation will be beneficial for services aiming to prioritise sexual safety and trauma-informed care within their service provision.

### **Biography**

Kimberley McNeill (MSc, CPsychol) is a Chartered Psychologist, and Registered Forensic Psychologist. She is registered with the Health Care and Professions Council and is a Chartered Member of the British Psychological Society, where she is a full member of the Division of Forensic Psychology. She is trained to deliver Eye Movement Desensitisation and Reprocessing (EMDR) therapy to adults and adolescents who present with trauma and other forms of distress. Furthermore, she is a Level 2 Accredited (APT) DBT Therapist, and a trained Critical Incident and Hostage Negotiator. In addition to her work at CCATS, Kimberley also holds positions as a Lecturer on the MSc in Forensic Psychology at the University of Central Lancashire, as a Research Associate at the Ashworth Research Centre, and she also works in secure psychiatric services. She is directly



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involved in the assessment and treatment of clients across the lifespan with a range forensic and mental health needs. Kimberley is also completing a PhD in the area of Critical Incidents (including hostage taking, barricades and protests) at the University of Central Lancashire, and as part of the Ashworth Research Centre.

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Presentation

Speaker: **Caroline Mead**

**Topic: Families of front-line workers during the COVID-19 Pandemic.**

### **Abstract**

The Coronavirus Disease (COVID-19) pandemic is a public health concern which has affected every continent around the world (WHO, 2021). In order to comprehend how family members of front-line workers coped and supported front-line workers throughout the COVID-19 pandemic, twenty-one semi-structured interviews were conducted utilising grounded theory (Glaser, & Strauss, 1967). Seven themes emerged, these were: elevated stress, enhancing wellbeing, unhelpful coping, connecting with nature, fear of transmission, psychological cost of caring, and support through online communication. The participants endured factors specifically derived as a result of living throughout the COVID-19 pandemic which affected them as individuals, as family members, and led to psychological stress, derived as a cost of a caring for their loved ones. The combination of these factors created a vulnerability to the development of pandemic induced stress. Nevertheless, spending time in nature, communication and engaging in hobbies, as an individual and as part of a family, mitigated against the pandemic induced stress and promoted resilience.

### **Biography**

Caroline Mead is a PhD researcher at the University of Central Lancashire (UCLan). Her research focuses on trauma, resilience and moral injury, and investigates how front-line workers and their families have coped and built resilience during the COVID-19 pandemic. It is hoped this research will provide a model to elucidate the protective and vulnerability factors of trauma and moral injury during public health crises. She is also a Research Associate based in Ashworth High Secure Hospital in Merseyside. In this role Caroline is involved in a wide range of research involving forensic psychiatric patients investigating trauma, childhood sexual abuse and evaluating forensic risk assessments. She also facilitates the Life Minus Violence Therapy and is involved in a range of psychological assessments with forensic psychiatric patients.

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### A little bit about us:



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#### CCATS

**Coastal Child and Adult Therapeutic Services (CCATS)** has extensive experience and a successful track record of providing psychological assessment and treatment services for children, young people, adults and families. We work throughout the north of England, covering a wide area including Lancashire, Manchester, Cheshire, Yorkshire and beyond.

We work in partnership with many organisations including the NHS, social care, Youth Offending Teams, GPs and schools. Specialist services for looked after children are provided in partnership with carefully selected children's residential care providers. We also work with adult care providers. Services have been commissioned not only by the residential care sector but also by over 30 local authorities and NHS commissioning groups from across the UK. We work with legal practices, acting in accordance with instructions from the Courts. Self-referrals are also accepted.

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GBA Care offer bespoke care packages working in conjunction with our Therapeutic partners CCATS to deliver a therapeutic led placement. This can continue from our first meeting right through to independence. GBA Care currently operates 3-4 bedded children's homes in the locality of Calderdale and Kirklees (UK), offering intimate settings with a high level of support and care for children and young people aged from 8-17 years.

The range of needs provided for by these settings includes:

- Social, Emotional and Behavioural Difficulties
- Mild Learning Difficulties
- Sexualised Behaviour
- Substance Misuse
- Child Sexual Exploitation Concerns
- Respite Care with Outreach Support

Our 16+ Supported Pathways Service offers a variety of placements that are flexible and dynamic allowing bespoke care packages to be implemented, which ensure that the individual needs of the young person are met. The success of these packages relies on our ability to provide 24/7 support, delivered by experienced workers with a broad variety of specific interests and skills which are matched to the individual Young Person.

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