Cruse Scotland
Bereavement Support

# CONFERENCE ON TRAUMA & GRIEF

Whether you work directly with people experiencing grief and trauma, support families and communities, or help shape the services and systems around them, the conference offers an opportunity to learn, reflect and connect across professional boundaries.

The event is designed for professionals working across education, youth work, justice, legal services, housing, health, social care, local authorities, and voluntary and community organisations.

**Tuesday 16 March 2027**

**Apex Hotel, Dundee, DD1 3JP**

Thank You to Irwin Mitchell for their sponsorship support towards this event.

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## Early Bird Offer

**£120 per person — Early Bird rate if booked by 31 December 2026**
**£150 per person — Full price from 1 January 2027**

## To book

**www.crusescotland.org.uk/conf2027**

**conference@crusescotland.org.uk**

**Or scan the QR code below**

# PROGRAMME

Cruse Scotland
Bereavement Support

# Conference on Trauma & Grief

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| **9:00** | **Registration, Coffee & Networking** |
| **9:45** | **Welcome & Opening**<br>**Trauma & Grief: Why Understanding People Matters**<br>Welcome from Cruse Scotland Bereavement Support, setting the context for the day. The opening will explore why trauma and grief cannot be understood in isolation from the wider circumstances of people's lives, and why different services have an important role to play in supporting people through loss and change. |
| **10:00** | **KEYNOTE ADDRESS — David Trickey**<br>**Trauma, Loss & Grief**<br>David Trickey will explore the impact of trauma, loss and grief on children, young people and adults and what this means for the professionals around them. The keynote presentation will provide a powerful foundation for the wider conversations taking place throughout the day. |
| **11:00** | **Refreshment & Networking Break** |
| **11:30** | **FOCUS SESSION 1**<br>**Choose two focus sessions (one morning, one afternoon - from a choice of six)** |
| **12:45** | **Lunch & Networking** |
| **1:45** | **CROSS-SECTOR PANEL DISCUSSION**<br>**When Trauma & Grief Meet the System**<br>A facilitated conversation bringing together different perspectives on how people experience trauma and grief within the systems and services around them. The panel will bring together multi-sector professional expertise with lived experience. |
| **2:15** | **FOCUS SESSION 2**<br>**Choose two focus sessions (one morning, one afternoon - from a choice of six)** |
| **3:30** | **CLOSING SESSION**<br>**From Understanding to Action**<br>A whole-conference reflection bringing together the themes from the day. The session will bring together the different perspectives explored throughout the day and return to the central question: How can we better understand people experiencing trauma and grief — and change our practice accordingly? |
| **4:00** | **CONFERENCE CLOSE** |

Understanding people. Changing practice.

# KeyNote Speaker: David Trickey

We are delighted to welcome David Trickey as our keynote speaker. David will explore trauma, loss and grief in children and young people, drawing on his extensive experience of supporting professionals to understand the impact of trauma on development, relationships and behaviour.



David Trickey is a leading Consultant Clinical Psychologist and Co-Director of the UK Trauma Council. He has specialised in working with traumatised children, young people, and their families since 2000, particularly following domestic abuse and family homicide.

David continues to focus on direct clinical work, as well as the training, supervision and support of others and is clinical team lead for a specialist service for Children in Care.

# Focus Session Facilitators:

Our focus session facilitators will offer diverse perspectives and practical insight into how we can better understand grief and support those experiencing loss, wherever they live, learn, work or access services.

## Karen Lafferty



Karen is a BACP-accredited counsellor and supervisor specialising in grief, and a trainer for Cruse Scotland. With a longstanding personal interest in mindfulness, she completed an MSc in 2024 exploring the relationship between mindfulness and grief. Karen also hosts the Grief Unedited podcast, which explores the many dimensions of loss, creates space for honest conversations about grief and helps listeners feel less alone in their experiences.

## Sarah Kiely



Sarah is an experienced trainer in grief, loss and bereavement, with particular expertise in baby loss through her work with the charity Sands. With over 25 years' experience in the sector, she has established and managed bereavement support and counselling services, including the online counselling service GriefChat. Sarah has developed a range of specialist training for Cruse Scotland including Neurodiversity and Grief, Grief in Older Age, Disenfranchised Grief and Vicarious Trauma. Sarah is particularly interested in helping organisations make bereavement support accessible, inclusive and responsive to the needs of the people they serve.

## Maureen McClelland



Maureen is a person-centred counsellor working with bereaved children, young people and adults. A qualified counsellor and supervisor, she is also part of the Cruse Scotland workplace suicide response team. Before joining Cruse Scotland, Maureen worked as a nurse and latterly with PAMIS, providing guidance and support to families caring for people with profound learning disabilities and complex health needs. Her experience across health, social care and bereavement support makes her a valued member of the Cruse Scotland Training Team.

## Nicola Reed



Nicola brings a valuable blend of corporate and charity sector experience.
A chartered accountant for 20 years, she also serves as a board member of a baby loss charity and, until recently, was Director of Client Services for Cruse Scotland. Alongside her professional background, Nicola is a qualified counsellor and trainer, with particular expertise in helping organisations understand and respond to the impact of grief and loss in the workplace. She now brings these combined skills to her role as Business Development Manager for Cruse Scotland.

# Focus Sessions

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As part of the day each attendee can select two interactive focus sessions to join from a choice of six:

## Focus Session 1: When Grief Looks Like Something Else

Understanding withdrawal, anger and disengagement in grieving children and young people. Exploring the less obvious signs of grief and their impact on emotional wellbeing, relationships and behaviour, while considering how professionals can recognise underlying distress and respond with understanding, compassion and appropriate support.

## Focus Session 2: Trauma, Grief & Neurodiversity

Understanding how neurodivergent people may experience and communicate grief and trauma, and how support can be designed to meet the needs of the people who need it.

## Focus Session 3: Trauma, Grief & Risk-Behaviours

Exploring how unresolved grief and trauma can contribute to behaviours such as self-harm and risk-taking, the impact these can have on individuals and those around them, and how they can significantly increase vulnerability to involvement in the justice system.

## Focus Session 4: Trauma-Informed Practice for Employers

Looking at how workplaces can recognise the impact of trauma and grief on employees, and help create supportive, understanding and psychologically informed environments for their teams.

## Focus Session 5: Trauma, Loss & Life-Changing Event

Loss is not only associated with bereavement but can also follow major life events such as relationship breakdown, job loss, loss of independence, changes in health or a life-changing accident. Exploring how to professionally support clients when everything has changed, balancing empathy with professional boundaries, remaining compassionate without becoming emotionally overwhelmed, and building the foundations of a trusting professional relationship.

## Focus Session 6: The Professional & Vicarious Trauma

Who supports the people who support everyone else? Understanding the emotional impact of supporting people through trauma and loss, and recognising the importance of our own wellbeing in building resilience and preventing compassion fatigue.

# Who Should Attend?

This conference will be relevant to professionals working across:
**Education | Youth Work | Justice | Legal Services | Housing | Health | Social Care | Local Authorities | Voluntary & Community Organisations**

Whether you work directly with people experiencing grief and trauma, support families and communities, or help shape the services and systems around them, the conference offers an opportunity to learn, reflect and connect across professional boundaries.

# Why Attend?

**Hear — gain insight from leading voices, including keynote speaker David Trickey.**

**Understand — explore how trauma and grief can affect behaviour, relationships, communication and engagement.**

**Connect — meet professionals from different sectors and perspectives.**

**Explore — choose two practical workshops tailored to the challenges you face.**

**Apply — leave with ideas, approaches and reflections you can take back into practice.**

**For any enquiries about our conference please contact conference@crusescotland.org.uk or call 01738 444178**



**To access Bereavement Support for yourself, or to enquire about support for someone else you can contact Cruse Scotland in a range of ways.**

**Bereavement Helpline**
**T: 0808 802 6161 Monday - Friday 9am-5pm plus late night opening until 8pm each Monday and Thursday**

**Instant online counselling support via our website main page: crusescotland.org.uk**
**Email: support@crusescotland.org.uk**

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