

Biographies of Trainers

The Child and Adolescent Mental Health Forums and online counselling/arts therapy trainings



Dr Margot Sunderland

Expert in affective neuroscience, child psychotherapy and mental health.

Neuroscience scholar and Child, Adolescent and Adult Psychotherapist with over 30 years' experience. Author of over 20 books in child

mental health including *The Science of Parenting* (First Prize winner British Medical Association Book Awards). Studied under Professor Jaak Panksepp (Founder of Affective Neuroscience). Director of Education and Training, Centre for Child Mental Health. Director of Innovation and Research, Trauma Informed Schools UK.

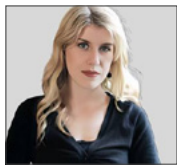


David Coleman

Expert by lived experience: PTSD, anxiety, depression, suicide

Age 18, deployed to the front line of Afghanistan. Blown up by a grenade. Lost many close friends. Diagnosed with severe anxiety,

depression, PTSD and actively suicidal. Flipped negatives into a positive by running a 43 mile run whilst nursing a broken ankle and raised over £20,000 for armed forces mental health. Now supports young people in dealing with adversity and setback.



Dr Eleanor Longden

Expert by lived experience and professional experience/research: complex trauma, psychosis and hearing voices

Postdoctoral Service User, Research Manager Psychosis Research Unit (Greater Manchester

Mental Health NHS Trust), Co-Director of Complex Trauma and Resilience Research Unit Manchester University. Research: The relationship between dissociation, trauma and voice-hearing. TED talk on voice-hearing – one of the “20 Online Talks That Could Change Your Life” (The Guardian), viewed 2.5m times. Co-author of *Relating to Voices Using Compassion Focused Therapy: A Self-Help Companion*.



Jack Nolan

Expert by lived experience: psychosis, paranoia, mania, bipolar disorder

As a child Jack was unable to read and write. Bullied and a victim of crime. Age 19 suffered a psychotic episode and diagnosed with bipolar

disorder. Sectioned twice. After rock bottom, he refused to let his mental health issues stop him from creating a positive impact in the world. He created *'You Can Become'* to help spread awareness of mental health, identifying early signs and empowering/motivating positive change in young people's lives. Published author.



Dr Tina Rae

Expert in emotionally based school avoidance, attachment disorders, autism spectrum, self-harm and suicide, child sexual exploitation.

Consultant Educational and Child Psychologist. Prolific author with over 100 publications.

Over 30 years' experience working with children, adults and families, in clinical and educational contexts within local authorities and specialist educational services. Supporting foster carers, social workers and looked after children. Previously Academic and Professional tutor for Doctorate in Educational and Child Psychology (UEL). Member of editorial board: Journal Emotional and Behavioural Difficulties and International Journal of Nurture in Education.



Vicky Smith

Expert in clinical work: complex trauma, eating disorders, dissociative identity disorders in acute mental health services and forensic services.

Programme Director MA Integrative Arts

Psychotherapy, UKCP and HCPC Integrative arts psychotherapist with extensive experience working in forensic services (both in HMPPS including the therapeutic prison Grendon, UK's only therapeutic prison community) and NHS acute mental health services and specialist complex trauma services.



Ellie Baker

Expert in arts therapy and child psychotherapy, supervision, illustration, parenting

Integrative Arts Psychotherapist/ Supervisor (UKCP) Work included: Lead Supervisor:

Adolescent Psychiatric Unit (Education), Clinical Lead Foster Care Support Multi-Disciplinary Assessment Treatment/Therapy Service. Head of Psychological Health and Wellbeing, Wave Multi Academy Trust. Artist Lead for Arts Lab Project (secondary education settings), Therapeutic Lead Attune Research Project (ACEs/ Trauma-Informed Practice Oxford, Falmouth and Kent Universities). Delivered parenting courses for decades. Chair for The Centre for Child Mental Health for 15 years.



Karen Stallard

Expert: Child and Adult Counselling trainer, art psychotherapy and therapy work in the community

Integrative Arts Psychotherapist/ Child Psychotherapist (UKCP, BACP, HCPC, BAAT).

Work experience includes NHS honorary Psychotherapist: Women's Service Oxley's Trust. Spiritual and Cultural Care coordinator East London and City Mental Health Trust. Set up charity called 'The Geoff Ashcroft Community' in Tower Hamlets to support people with mental health issues in the community. Board Member of various charities including Margins Homelessness project and Union Chapel Project. Church minister for over 20 years.



Aliyah Ali

Expert by lived and professional experience: school to prison pipe-line, complex PTSD, trauma informed care.

Founding Director of The Daddyless Daughters: a trauma informed, therapeutic organisation,

supporting girls and young women affected by family breakdown, abuse and adversity, to go on to enjoy quality of life. Passionate about preventing criminal and sexual exploitation. Co-Producer of the film *LAYERS: Looking Inside Holloway Prison* is an immersive exhibition of photographs, films letters that reveals the breadth of lives touched by the criminal justice system.