

Trauma Informed Care 2025

Monday June 16th, 2025

Osler House, North Place, Headington, Oxford OX3 9BL

Chairs: Dr Mary Miller & Kate Butcher

09.45 **Coffee and registration**

10:00 **Welcome and Introduction**

10:15 **Learning from the evidence (Rebecca Salama)**

Explore international research on Trauma Informed Care, providing the foundation for our discussions throughout the day. Review of key literature in palliative care, highlighting what we currently know as well as the gaps which remain.

11:15 **Coffee Break**

11:30 **Practising in a trauma-informed way (Rebecca Salama and Dr Shaun Peter Qureshi)**

Presentation and discussion of two case studies, examining our current practices alongside best practice. We will explore how to apply our learning from these case studies into our own practice.

13:00 **Lunch**

14:00 **Breathwork (Kate Binnie)**

A practical session, providing tips to support trauma-informed practice with patients and their families. Kate will also guide us through some techniques to care for ourselves in challenging situations.

15:00 **Coffee Break**

15:20 **Trauma-informed approaches to palliative and end-of-life care for people experiencing marginalisation (Dr Shaun Peter Qureshi)**

Dr Qureshi will present recommendations developed from his Churchill Fellowship research, exploring trauma-informed approaches to palliative care that exist in North America, and considering how these approaches might be applied in the UK context. This session aims to inspire ideas for change for our own practice and to bring back to our workplaces.

16.15 **Summary and return to practice**

16.30 **End of Day**