

PTSD Resolution Conference - Agenda

Title:	Being Exceptional: The Challenge of Difference
Location:	Victory Services Club, 63-79 Seymour Street, London, W2 2HF
Date:	Saturday, 4 October 2025

The 2025 PTSD Resolution Conference will confront the realities of working with individuals who live outside the mainstream, those for whom systems often fail, and yet who show remarkable resilience in the face of trauma, addiction, social isolation, and more.

This year's theme, "Being Exceptional: The Challenge of Difference," challenges therapists, professionals, and organisations to look deeper, beyond box-ticking, to real engagement and transformation. As always, the conference is grounded in the mission of PTSD Resolution: to deliver fast, free, and effective therapy to veterans, reservists, and their families.

Start	End	Description	Speaker
09:00	09:15	Welcome to the day	Tony Gauvain
09:15	09:45	PTSD Resolution Update	Charles Highett
09:45	10:15	No Veteran Left Behind: Trauma, Addiction, and the Power of Integrated Care	Dr Ben Grall
10:15	10:45	Just What We Need for Veterans	Carmen Kane Chris Elliott
10:45	11:00	Coffee Break	
11:00	11:45	From Risk to Protection: Therapeutic Approaches in Safeguarding and Sexual Abuse Prevention	Adrian McNulty
11:45	12:00	Q & A	
12:00	12:45	Moral Injury: An introduction with consideration of veterans, socioeconomic determinants of health, and marginalised groups	Dr Sarah Troughton
12:45	13:00	Q & A	
13:00	14:00	Lunch	
14:00	14:45	LandWorks: Reimagining Rehabilitation and Resettlement	Chris Parsons Dr Julie Parsons
14:45	15:00	Q & A	
15:00	15:45	The Past, The Present & The Future: Frontiers in PTSD Resolution research	Bill Andrews
15:45	16:00	Q & A	
16:00	16:30	Close of the Event	Tony Gauvain Charles Highett

Chris Elliott

The *Just What We Need* therapeutic programme grew from the Human Givens framework, which first inspired Linda Hoggan and Carmen Kane to develop the model in 2007. In 2022, Carmen and Chris came together to adapt the approach for veterans, recognising that not all ex-service personnel want or need therapy and that some prefer alternatives to traditional talking groups, pubs, or breakfast clubs.

JWWN-V is an innovative, creative and active programme that helps individuals to:

- Understand their emotional needs
- Identify unmet needs, strengths and skills (resources)
- Learn new ways of perceiving challenges
- Set personal goals for change

Its structured, yet flexible, 12-week format builds on the strengths of both individuals and group work, providing a safe, positive and creative environment. The programme is accessible to anyone experiencing emotional distress and is designed to be adaptable for different community groups.

For veterans, JWWN was reshaped into workshops on Anxiety, Depression, Trauma and Addictions, piloted in Milton Keynes. Feedback has highlighted the power of group work using the Human Givens and JWWN framework particularly the value of therapist-and-veteran co-facilitation. Participants report benefits including greater self-awareness, improved coping strategies, and the development of new support networks.

JWWN-V is not about simply changing behaviour. It is about people coming to know themselves differently through increased self-awareness, a stronger sense of belonging, and practical strategies to meet their needs.

Carmen and Chris will share the journey of developing JWWN-V, their challenges and successes, and what they have learned from the pilot workshops. They will also reflect on the organic, evolving nature of the programme designed to grow and adapt in response to the needs of each group.



Carmen qualified as a Human Givens therapist in 2007. After 26 years working for the local authority on different aspect of community sports, community development, parenting and environmental services she took redundancy and set up private practice.

She works for a Clinical Commissioning Group with a cluster of health centres offering therapy to GPs and medical staff. Also a therapist and volunteer for Unity MK a local homeless charity, she writes and delivers workshops for other charities and community groups.

She is an experienced counsellor and trainer for Mind, Relate and has worked with veterans and PTSD Resolution since 2015 and seen over 100 veterans and family members.



Chris Elliott served for 22 years in the Royal Air Force as an aircraft engineer. A beneficiary of PTSD Resolution since 2020, he went on to become a Mental Health First Aider, fundraiser and ambassador for the charity.

He is now training as a Human Givens therapist and is an active advocate for veterans across a range of community groups.

Chris brings lived experience and professional training together in his work with the Just What We Need – Veterans programme.

Dr Ben Grall No Veteran Left Behind: Trauma, Addiction, and the Power of Integrated Care

More veterans in the UK now die by suicide than in combat. Hazardous drinking is widespread, and co-occurring PTSD and substance dependence remain among the biggest challenges. Too often, trauma and addiction are treated separately: therapy without stabilisation fails, and medical treatment without trauma work leaves relapse almost inevitable.

This presentation will show how Change Grow Live (CGL) and PTSD Resolution are breaking that cycle. By combining Human Givens Therapy with evidence-based addiction treatment (including medication-assisted recovery, detox pathways, and psychosocial interventions) we are building a model that is both practical and transformative.

Through case studies, new research, and lived experience, Dr Ben Grall will demonstrate how integrated care can reach veterans who have long fallen through the cracks. Together, we can create a future where recovery is no longer the exception, but the expectation and where by 2030, no veteran is left behind.



Dr Ben Grall is a Specialty Doctor in Addiction Psychiatry in Croydon and the National Lead for Veterans at Change Grow Live (CGL), the UK's largest provider of drug and alcohol services. A former Captain-Doctor in the French Army, he combines clinical expertise with a lived understanding of military culture to design innovative, recovery-focused approaches that integrate medical, psychological, and social support.

Within CGL, he has spearheaded initiatives to improve care for veterans with complex needs, including a national programme of veterans' support, an integrated triage pathway with NHS Op Courage, and a pioneering research collaboration with PTSD Resolution on combining Human Givens Therapy with addiction treatment. He also leads the development of veteran champions across the UK and fosters partnerships with organisations such as the Poppy Factory, the Royal Marines Charity, Tom Harrison House, and Heroic Hearts.

Alongside his veterans' work, Dr Grall conducts research on novel approaches to opioid treatment, including the Bernese method and the emergence of new synthetic opioids. A committed educator, he delivers teaching and training internationally. Beyond medicine, he enjoys cooking for his young daughter.

Adrian McNulty

**From Risk to Protection:
Therapeutic Approaches in Safeguarding and Sexual Abuse Prevention**

This session will explore working therapeutically in high-risk safeguarding environments, where trauma, technology and offending behaviour intersect.

Adrian will explore why people commit sexual offences, the nature and scale of child sexual abuse, the evolution of illegal online behaviour and the role pornography can play in increasing risk. He will take us through the response of the Stop It Now helpline, the largest helpline of its kind working with those who pose a risk to children, using case studies to illuminate the response and highlight the principles behind our approach. This will include the nature and type of calls received as well as some key concepts that have been found effective in reducing future risk and protecting children. Adrian will explain how the Lucy Faithfull Foundation (LFF) support staff who work in this challenging space.

Adrian will speak about the work of LFF, outlining their response to young people and harmful sexual behaviour, the support they offer to the friends and families of those who pose a risk, equipping professionals to make better safeguarding decisions, our advocacy and campaigning work as well as their contribution to child sexual abuse prevention research.



Adrian has over 30 years' experience in the criminal justice sector. A qualified probation officer and social worker, Adrian has operated as both a practitioner and manager in a variety of settings. He has worked in youth justice, case management and accredited programmes as well as being the senior lead on substance misuse and evidence informed practice. He has a history of leading projects and operations that drive community outcomes.

Adrian has been the Director of operations with Lucy Faithfull Foundation (LFF) since 2019, leading its delivery of child sexual abuse prevention work. Since 1992, LFF has worked to prevent child sexual abuse and exploitation. LFF protect children by working with people who pose a risk and preventing them from causing harm, both adult men and women, and children and young people themselves. LFF support individuals and families who have been affected by abuse and help professionals who work with families to create safer environments for children, through conducting risk assessments and interventions, and delivering training and consultancy.

Dr Sarah Troughton Moral Injury: An introduction with consideration of veterans, socioeconomic determinants of health, and marginalised groups

This session will begin with an introduction (or refresher, depending on prior knowledge) to the concept of moral injury. It will then trace the origins of this understanding in veterans' experiences of morally injurious events during military service.

The session will examine the impact of key social determinants of health on the experience of moral injury, including socioeconomic disadvantage, involvement with the justice system, substance use, and belonging to marginalised groups. This is particularly relevant in relation to veterans, as some – especially those affected by moral injury during service – encounter socioeconomic disadvantage and other adverse social determinants of health on leaving the military.

Finally, the session will consider the interplay of multiple morally injurious events arising from social disadvantage in an individual's life and reflect on why a clear understanding of these concepts is essential in our work.



Dr Sarah Troughton has been an Associate Specialist in addictions psychiatry for 20 years and has served as the psychiatrist within the Northeast and North Cumbria veterans' mental health services (currently Op Courage) for 13 years. She is also the Associate Dean for Veterans' Health (Northeast and North Cumbria), with responsibility for delivering training on veterans' awareness and health across the region. In this role she organises veterans' health conferences, provides representation on a range of forums, and supports the development and implementation of veterans' health strategies.

Dr Troughton has previously worked in military psychiatry (Tri Service). She has a particular interest in staff wellbeing, with a focus on the impact of moral injury in healthcare.

Beyond her professional responsibilities, she serves on the Newcastle Diocese Safeguarding Advisory Board and has been part of the steering group for Safe Spaces, an organisation supporting survivors of church-related abuse. She has delivered a conference on moral injury in the Church and contributed to various creative projects exploring the impact of church-related abuse, particularly through the perspective of moral injury.

She also has strong links with the International Centre for Moral Injury at Durham University.

Chris Parsons

LandWorks – Reimagining Rehabilitation and Resettlement

Dr Julie Parsons

LandWorks – Photographic Electronic Narrative (PEN) Project

LandWorks (LW) is a 'National Charity' award-winning resettlement and rehabilitation project, based in South Devon. It has been in operation since 2013 working with people caught up in the criminal justice system, referred to as trainees and then graduates, as most people who have been through the 6–9-month programme remain in touch long after they have finished with statutory organisations. To date it has worked with 300 people, in prison released on temporary licence, on release from prison and/or on community/suspended sentences, around 4% of its beneficiaries are veterans (that share many similarities with all trainees). The focus of the presentation is based on over a decade of success measured in terms of low reoffending and high employment data, which has been consistent over the last 12 years, with reoffending rates below 6% and employment rates for those eligible for employment above 90%. It is notable that those reporting PTSD has increased during this time, with an overall figure of 13% (2013-2025), rising to 36% for trainees over the last 12 months (2024-25). LW has adopted its own trauma-informed approach which will be explored in the presentation.



Chris Parsons is the founder and project director for national award-winning charity LandWorks <https://www.landworks.org.uk/>

The charity established in 2013 has worked with over 300 people caught up in the criminal justice system, in prison, after prison or at risk of going to prison.



Dr Julie Parsons is an associate professor in sociology and criminology at the University of Plymouth. She has been involved with the evaluation of the charity and set up the PeN project at LandWorks with funding from the Independent Social Research Foundation (ISRF) in 2016.

The Pen project shares some of the lived experiences of people on placement, what brought them to LandWorks, what they have been doing and their hopes for the future <https://penprojectlandworks.org/>

Bill Andrews The Past, The Present & The Future: Frontiers in PTSD Resolution research

In this presentation Bill will review some of the learning from Project-100, highlighting the important take-home messages before going on to look at what's currently happening in PTSD Resolution research. Bill will give a sneak preview of early results from Project ITQ which commenced as a pilot in October 2024. He will then look at the challenge of obtaining quality data before moving on to discuss some important new research ideas that are on the horizon.



Following a successful career in dentistry Bill went from 'dental' to 'mental', training as a Human Givens therapist graduating in 2004. For the last two decades Bill has been championing the need for evidence to demonstrate effectiveness, in particular, the need for practice-based evidence from the front line of everyday practice.

Bill is the author of several peer reviewed publications and he's passionate about the role of the practitioner in research. He has been a regular speaker on the topic of 'real-world' evidence for many years.

In his role as research coordinator with PTSD Resolution, following the completion of Project-100, a 27-month project that already has peer reviewed publication of results, Bill has been instrumental in moving the focus of the research of the charity towards understanding more about the clients who access our service and how best to meet their needs.