



NHS Education for Scotland

Bereavement Education Conference 2022: 'Traumatic bereavement in children & young people' – promotional clip

Speaker: Dr David Trickey – Consultant Clinical Psychologist & Co- Director, UK Trauma Council

My name is David Trickey, I'm a Consultant, Clinical Psychologist and Co -Director of the UK Trauma Council. I spent some of my time working directly with traumatised and traumatically bereaved children, young people and families, and within the UK Trauma Council, I help the project to create resources to help those people who are working directly with traumatised children, young people and families.

So, my workshop will cover trauma and bereavement and traumatic bereavement. So we're going to start by thinking about how trauma works, and I'm going to use the cognitive model to explain that, and the cognitive model would suggest that you can be traumatised by an event, perhaps because of the memories you have for those events or maybe the meanings that you give to those events and sometimes those two things will work together and also the way that you maintain difficulties, usually by avoidance. So we'll look at that memory, meaning and maintenance of trauma and then we'll think about what happens if the death of someone close to you is a traumatic one and the way that the traumatic event of the death can sometimes get in the way of the natural grieving the loss. And we'll look at what it is that helps people to be able to process the event of the death sufficiently so that they can get on with the grieving of the loss.

The key learning points from the workshop will be the fact that we can understand trauma, it isn't something that is beyond our comprehension. And that means that we can understand how the traumatic nature of a death gets in the way of the grieving the loss, and most importantly, one of the key learning points is that there are things we can do to actually help the process.

The film was produced in October 2022 and can be found at <https://www.sad.scot.nhs.uk/events/2022-conference/> or <https://vimeo.com/756853716>

For more information visit www.sad.scot.nhs.uk or contact supportarounddeath@nes.scot.nhs.uk

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