

Stephen Regel is Honorary Professor in the School of Education, Nottingham University and Senior Fellow of the Institute of Mental Health, Nottingham. He founded the Centre for Trauma, Resilience and Growth (CTRG) in 1998, where he was the Clinical Lead till his retirement after 50 years from the NHS in early 2023. The CTRG continues within the School of Education, University of Nottingham. Before establishing the CTRG, in his NHS role, he worked in a variety of roles in NHS mental health services, including acute in-patient settings, CAMHS, Addiction services, Community Mental Health Teams and manager for Psychotherapy Services. During that time, he also provided regular psychological input to staff in Critical Care as well as to patients and staff on Nottingham Regional Burns unit for over 18 years. In 1989 till 2023, he developed, managed, and provided training for the staff Peer Support initiative for those affected by workplace trauma in his NHS trust.

He remains actively involved with the teaching team of the MA in Trauma Informed Practice in the School of Education and with the Clinical Psychology Doctorate training in the Mental Health and Clinical Neurosciences Unit, School of Medicine at the University of Nottingham.

A mental health and general nurse by background, he trained as a CBT therapist in Sheffield in 1984, specializing in trauma and PTSD and has over four decades of experience working with a wide range of survivors of trauma and traumatic grief. An experienced EMDR therapist, he also trains mental health professionals in Narrative Exposure Therapy (NET), traumatic loss he also works closely with the emergency services. His time is currently divided between clinical, teaching and training activities. In 2014, under the auspices of Children and War (CAW)UK, he co-facilitated a training for health and mental health professionals in Seoul, South Korea, following the sinking of the Sewol ferry disaster involving the loss of 250 children.

Since 1992, he has worked regularly in Northern Ireland and was a visiting therapist/consultant for several years at the NHS (CAMHS) Family Trauma Centre in Belfast, Northern Ireland. In 1996 he developed the first academic Trauma Studies programme in the UK at Nottingham Trent University, which was also delivered for over six years to health, mental health and social care professionals in Northern Ireland following the NI Victims Commissioner's report on the lack of counselling services for survivors of the Troubles. He continues to work with a variety of agencies and the emergency services in Northern Ireland.

In 1996 he was invited to be a consultant to the International Federation of Red Cross and Red Crescent Societies (IFRC) Reference Centre for Psychosocial Support, undertaking assessment and training missions for the IFRC. These have included multiple assignments in Korea, Japan, Estonia, Kenya, Somaliland, Russia, Scandinavia, Uganda, Sri Lanka and following the conflict in Georgia. Between 2004-2021, he was part of the British Red Cross Psychosocial Support Team (PST), assisting UK nationals affected by incidents abroad. His main deployments were following the 2004 Asian tsunami, terrorist bombings in Sharm-el-sheik, Egypt and the Japanese tsunami of 2011, a psychosocial assessment of the crisis and needs of 140 asylum seekers and migrants in who arrived by boat in Cyprus in 2015 from Lebanon. Between 2015-2021, he was a Senior Psychosocial Practitioner/Volunteer with the British Red Cross (BRC) Psychosocial and Mental Health Team. In 2018, he was a project team lead for the BRC on the Resilient Responders Programme, a Libor funded project. During that time, he was responsible for developing and leading on the BRC Peer Support initiative, assisting with refugee support and psychosocial responses to critical incidents in the UK, including responding to crisis requests from public and private sector organisations for support during the pandemic.

Presently he consults and trains extensively with UK police forces, emergency services and health/social care services, nationally and internationally on the provision of workplace post trauma/Peer Support. The Peer Support Training he developed in 1989, continues to be delivered to emergency services, Social Services Departments, Health Trusts, humanitarian aid organisations and various health/mental health professionals in the UK and abroad. Following the NATO invasion of Kosovo, he acted as consultant to the UNHCR peer support programme, training UNHCR staff in Kosovo. Between 2006-2016, he was the

consultant/trainer for the International Committee of the Red Cross (ICRC) workplace post trauma peer support programme. He was also one of the lead trainers for the College of Policing/Oscar Kilo Emergency Services Trauma Intervention Programme between 2020-2022 and was on the advisory panel for the Suicide Awareness and Prevention in Firefighters. He continues in a voluntary capacity as a member of the Nottingham and Nottinghamshire Local Resilience Forum's Humanitarian Assistance Group for the development and training of Crisis Support Volunteers.

He was involved with Victim Support, UK in its various incarnations for over three decades and in 2013, acted as advisor/consultant to Victim Support's now established National Homicide Service. Over the years, he has worked with survivors of the Tunisia, Brussels, and Borough Market and Manchester terror attacks, the South Asian and Japanese Tsunamis, ex-hostages, veterans, torture survivors and members of the emergency services. Over the past thirty years a significant proportion of his caseload have been individuals and families affected by traumatic grief following suicide, accidental death, and homicide. He remains committed to early interventions for trauma. He presents workshops in the UK and abroad on Peer Support for the emergency services, promoting best evidence-based practice for workplace related trauma. He also provides training in Narrative Exposure Therapy (NET) and Traumatic Loss, especially early interventions with individuals and families affected by traumatic grief. In 2024, he set up the Special Interest Group (SIG) on traumatic Loss in the British Assoc., of Behavioural and Cognitive Psychotherapies (BABCP).

He is currently working on a new and revised edition of Post-Traumatic Stress: The facts (Oxford University Press) with co-author, Prof., Stephen Joseph. He regularly presents at national and international conferences and continues to write and publish on issues related to clinical practice, especially on trauma and loss and peer support for first responders and related personnel. He is trustee and mental health advisor for Hostage International, a trustee and training committee member for Children and War (CAW) UK and a member of the mental health panel of the National Emergencies Trust. An accredited CBT therapist with the BABCP, he volunteers with the Therapeutic Services Team at Treetops Hospice Derby, where he works with those affected by traumatic loss.

He was awarded an OBE in 2013 for services to victims of trauma.

Publications/Recent conference presentations:

Regel, S (2024) Traumatic Bereavement- the role and potential of CBT in connecting the words of trauma and loss. *CBTtoday, February 2024, p.12-14.*

Regel, S (2023) The pilgrim road to healing. *Newsletter for Confraternity of Pilgrims to Rome, No. 28, 2022 ISSN 2633-7193*

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- Regel, S and Joseph, S (2017(2nd Ed) *Post traumatic Stress: The Facts. Oxford University Press, Oxford*
- Fernandes, A., McDonnell, L., Regel, S (2016) Editorial: The role of general practice in following up patients with trauma. *British Journal of General Practice, January, 2016, DOI:10.3399/bjgp16X683065*
- Joseph, S, Murphy, D., Regel, S (2015) Posttraumatic growth in police officers: Guidelines for facilitating posttraumatic growth, Chapter 15, p.256-268. In: *Behind the Badge: A Psychological Treatment Handbook for Law Enforcement Officers (Eds) Freeman Clevenger, S.M., Moore, B A, Miller, L and Freeman, A. Routledge, New York.*
- Rudge, P and Regel, S (2014) Taken hostage. *Counselling at Work, Autumn, pp.9-13.*
- Regel, S (2014) The Nice Guidelines for PTSD: Help or hindrance? *Counselling at Work, Spring, 2014, pp.18-24*
- Regel, S and Dyregrov, A (2012) Commonalities and New Directions in Post Trauma Support Interventions: From Pathology to the Promotion of Post Traumatic Growth, Chapter4, p.48-68 In: *Hughes, R, Kinder, A and Cooper C (Eds) International Handbook of Workplace Trauma Support. Wiley-Blackwell. London*
- Murphy, D., Archard, P., Regel, S., and Joseph, S (2012) A Survey of specialized UK traumatic stress services. *Journal of Psychiatric and mental Health Nursing*
- Joseph, S., Murphy, D., and Regel, S (2012) An Affective-Cognitive Processing Model of Post Traumatic Growth. *Clinical Psychology and Psychotherapy, DOI:10.1002/cpp.1798.*
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- Coetzee, R & Regel, S (2005) Eye Movement Desensitization and Reprocessing (EMDR): An Update. *Advances in Psychiatric Treatment*, Vol.11, 347-354.
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Brief non-peer reviewed Red Cross articles from Coping with Crisis, the Newsletter of the International Reference for Psychosocial Support

The newsletter primarily aims at informing National Societies and other interested stakeholders about psychosocial support programmes and related activities, including specific projects, assessments, and evaluations. New developments and research are also highlighted through the newsletter, as well as

key meetings, trainings, and events.

Coping with Crisis is distributed electronically four times per year in the four Federation languages: Arabic, English, French and Spanish.

Regel, S (2010) Are we barking up the wrong research tree? The quest for evidence-based research in psychosocial interventions. *Coping with Crisis No.1, pp.7-9*

Henderson S., Regel S., Berliner P. (2008) Treatment of refugees suffering from traumatic stress. *Coping with Crisis No. 1, p.13*

Regel S. (2007) Psychological Support in Somalia. *Coping with Crisis No. 1, 2-5*

Regel S., Berliner P. (2007) Psychosocial Support Programmes following complex emergencies. *Coping with Crisis No. 1, 10-11*

Berliner P., Regel S. (2007) Social support and trauma – a review. *Coping with Crisis No. 2, 14-17*

Berliner P., Regel S. (2007) Children and Trauma in Areas of Disaster. *Coping with Crisis No. 3, 16-17*

Berliner P., Korngut S., Regel S. (2007) Disaster and Depression. *Coping with Crisis No. 4, 13-15*

Regel S., Healey A., Hahn M. (2005) British Red Cross response for UK survivors of the tsunami. *Coping with Crisis No. 1, 5-7*

Maeda J., Regel S., Saitoh Z. (2005) Experiences from the Niigatachuetsu earthquake. *Coping with Crisis No. 2, 7-9*