

Stephen Regel is Director of the Centre for Trauma, Resilience and Growth (CTRG), Nottinghamshire Healthcare NHS Foundation Trust, Honorary Professor in the School of Education, Nottingham University and a Senior Fellow of the Institute of Mental Health, Nottingham. He has over 30 years experience working with trauma and Post Traumatic Stress Disorder (PTSD) and his time is divided between clinical, teaching and training activities. He is on the Board of Overseers of the Children and War Foundation (www.childrenandwar.org), principal advisor on psychological and family support for Hostage UK and a trustee of Escaping Victimhood, a UK based charity, supporting families affected by homicide and other serious trauma in the UK. Between 2002-2010, he was a visiting therapist/consultant at the Family Trauma Centre in Belfast, Northern Ireland and also provided regular psychological input and staff support to Nottingham Burns unit for over 18 years. In 1996 he set up the first academic Trauma Studies programme in the UK, which was delivered to health and social care professionals in Northern Ireland between 1996-2001. He remains actively involved on the teaching team of the MA in Trauma Studies in the School of Education, University of Nottingham.

Presently he consults and trains extensively with UK police forces, emergency services and health/social care services on the provision of workplace post trauma support. The Centre's Peer Support Training package which was developed in 1990, 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. He is also consultant/trainer to the International Committee of the Red Cross (ICRC) workplace post trauma peer support programme. Since 1997 he has been a psychosocial roster member/consultant to the International Federation of Red Cross and Red Crescent Societies (IFRC) Reference Centre for Psychosocial Support. Assessment and training missions for the IFRC have included assignments in Korea, Japan, Estonia, Kenya, Somalia, Russia, Scandinavia, Uganda, Sri Lanka and following the conflict in Georgia. Since 2005, he has been part of the British Red Cross Psychosocial Support Team (PST), assisting UK nationals affected by incidents abroad. He has been deployed following the 2004 tsunami, terrorist bombings in Sharm-el-sheik, Egypt, the Japanese tsunami of 2011 and on related non-emergency deployments. In 2000/2001 he acted as consultant to the UNHCR peer support programme in Kosovo. In 2014, he co-facilitated training under the auspices of the Children and War Foundation for health and mental health professionals in Korea working with survivors of the Sewol ferry disaster.

He has been involved with Victim Support, UK since 1988 and continues to act as advisor/consultant to Victim Support's now established National Homicide Service. He is the co-author (with Stephen Joseph) of *Post Traumatic Stress: The facts* (Oxford University Press) written for sufferers and families, but also for other professionals e.g. GPs, nurses, the emergency services and counsellors. He presents regularly at national and international conferences and continues to write and publish on issues related to clinical practice with trauma survivors. He remains committed to early interventions for trauma - especially for individuals and families affected by traumatic bereavement.

In 2013, he began a project, which remains ongoing, aimed at raising awareness of the impact of traumatic experiences on the lives of survivors of trauma, traumatic bereavement and other adverse life experiences. The project utilises photographic portraits of survivors and explores their individual journeys through to posttraumatic growth.

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

Publications

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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 is 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.

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