

Stephen Regel is Founder and Clinical Lead of the Centre for Trauma, Resilience and Growth, Nottinghamshire Healthcare NHS Foundation Trust, Honorary Professor in the School of Education, Nottingham University and Senior Fellow of the Institute of Mental Health, Nottingham. He trained as a CBT therapist in Sheffield and has over 35 years' experience working with trauma and Post Traumatic Stress Disorder (PTSD). 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) and a trustee and mental health advisor for Hostage International (www.hostageinternational.org).

Between 2002-2010, he was a visiting therapist/consultant at the Family Trauma Centre in Belfast, Northern Ireland and provided regular psychological input and staff support to Nottingham Burns unit for over 18 years. In 1996 he developed the first academic Trauma Studies programme in the UK and remains actively involved on the teaching team of the MA in Trauma Informed Practice in the School of Education, University of Nottingham. Between 2015-2021, he was a Senior Psychosocial Practitioner/Volunteer with the British Red Cross Psychosocial and Mental Health Team, responsible for leading on Peer Support and assisting with refugee support and psychosocial responses to critical incidents in the UK.

Presently he consults and trains extensively with UK police forces, emergency services and health/social care services on the provision of workplace post trauma/Peer Support. The Centre's Peer Support Training package, 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. Between 2006-2016, he was the consultant/trainer to the International Committee of the Red Cross (ICRC) workplace post trauma peer support programme. Currently, he is the lead trainer for Phase 3 of the College of Policing/Oscar Kilo- *Emergency Services Trauma Intervention Programme*. Since 1996 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. Between 2004-2021, he was part of the British Red Cross Psychosocial Support Team (PST), assisting UK nationals affected by incidents abroad following the 2004 Asian tsunami, terrorist bombings in Sharm-el-sheik, Egypt and the Japanese tsunami of 2011. In 2000/2001 he acted as consultant to the UNHCR peer support programme in Kosovo and 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 acted 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 regularly presents at national and international conferences and continues to write and publish on issues related to clinical practice on all aspects of trauma. He remains committed to early interventions for trauma, especially for individuals and families affected by traumatic loss, presenting workshops in the UK and abroad on early interventions with individuals and families affected by traumatic loss resulting from homicide, suicide, accidental death, as well as seeking ways to enhance and promote best practice for workplace related trauma.

Publications/Recent conference presentations

Regel, S (2019) Reactions to Trauma and Traumatic Loss: Key Indicators. In: *Healey, J (2019) Trauma Reporting: A Journalist's Guide to Covering Sensitive Stories. Routledge, London*

Schroder, T and **Regel, S** (2019) Trauma Focused Therapy-Debate and directions. Paper presented at 5th Joint UK and European Society for Psychotherapy Research, Krakow, Poland.

Rycroft, C, Schroder, T, Sabin- Farrell, R, Gilbert P and **Regel, S** (2019) Development and Evaluation of a Brief self-practice Compassion Focused Therapy (CFT) intervention for trauma patients. Paper presented at 5th Joint UK and European Society for Psychotherapy Research, Krakow, Poland.

Lane S, Schroder T, Sabin-Farrell R and **Regel, S** (2019) Narrative Exposure Therapy (NET) for female survivors of Intimate Partner Violence (IVP): A series of single case studies. Paper presented at 5th Joint UK and European Society for Psychotherapy Research, Krakow, Poland

Aebischer -Perone, S., Althus, F., Chappuis, F., Aguirre Zimmerman, N., Martinez, E and **Regel, S.,** (2018) Psychological Support Post –release of Humanitarian Workers taken Hostage: The Experience of the International Committee of the Red Cross (ICRC). *British Journal of Guidance and Counselling*
<https://doi.org/10.1080/03069885.2018.1461193>

Regel, S (2018) A Sudden Death: How an employer can support staff following a traumatic bereavement. *Counselling at Work, April, pp.14-19*

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.*

Dyregrov, A., and **Regel, S** (2012) Early interventions following exposure to traumatic events- implications for practice from recent research. *Journal of Loss and Trauma: International Perspectives on Stress & Coping, 17:3, 271-291.*

Joseph S., Maltby J., Wood A.M., Stockton H., Hunt N., **Regel S.** (2011) The Psychological Well-Being-Post Traumatic Changes Questionnaire (PWB-PTCQ): Reliability and Validity. *Psychological Trauma: Theory, Research, Practice and Policy*.

Joseph, S., **Regel, S.**, Harris, B., & Murphy, D., (2010) What to expect when being counseled for post traumatic stress. *Lutterworth: British Association for Counselling and Psychotherapy*.

Regel, S (2010) Does Psychological Debriefing work? *Healthcare Counselling and Psychotherapy Journal*. April, Vol.10, No 2, pp.14-18.

Regel, S (contributing author/editor) (2009) Community Based Psychosocial Support: A Trainer's Manual. *International Federation of Red Cross and Red Crescent Societies. Denmark. ISBN 978-8792490*.

Regel, S (contributing author/editor) (2009) Community Based Psychosocial Support: A Participant's Manual. *International Federation of Red Cross and Red Crescent Societies. Denmark. ISBN 978-87-92490-00-1*

Joseph, S., Becker, F., Becker, S., & **Regel, S.** (2009). Assessment of caring and its effects in young people: Development of the Multidimensional Assessment of Caring Activities Checklist (MACA-YC18) and the Positive and Negative Assessment of Caring Outcomes (PANOC-YC20). *Child: Care Health and Development* vol. 35, No. 4, 510-520

Regel, S (2009) A guide to psychological debriefing – managing emotional decompression and post traumatic stress disorder (Book Review). *Counselling and Psychotherapy Research*, 9 (2): 129 -130.

Joseph, S and **Regel, S** (2009) (Eds) Special Issue: Trauma, Resilience and Growth. *Counselling and Psychotherapy Research*, Vol.9, No1, March 2009. *Routledge, Oxford*

Regel, S (2007) Resilience in Trauma and Disaster (Chapter 13, pp.261-280) *In: Monroe, B and Olivere, D (Eds) Resilience in Palliative Care – Achievement in Adversity, Oxford University Press, Oxford.*

Regel, S., (2007) Post Trauma Support in the Workplace: The Current Status and Practice of Critical Incident Stress Management (CISM) and Psychological Debriefing (PD) within organisations in the United Kingdom. *Occupational Medicine*, Vol. 57, 411-416

Regel, S., Dyregrov, A., Joseph, S (2007) Psychological Debriefing in cross cultural contexts: Ten implications for practice, *International Journal of Emergency Mental Health*, 9(1):37-45.

Regel, S., and Joseph, S (2007) The NICE Guidelines for the Management of PTSD in Adults and Children in Primary and Secondary Care – A Review. *Counselling and Psychotherapy Research*, 7 (2), 129 – 130.

Regel S., Berliner P. (2007) Current perspectives on assessment and therapy with survivors of torture: the use of a cognitive behavioural approach. *European Journal of Psychotherapy and Counselling* Vol. 9, No. 3, 289-299

Connell, J., Barkham, M., and **Regel, S** (2006) Evaluation of Trauma Counselling Services. *Report Commissioned by Trauma Advisory Panel, Southern Health and Social Services Board, Northern Ireland*

Coetzee, R & **Regel, S** (2005) Eye Movement Desensitization and Reprocessing (EMDR): An Update. *Advances in Psychiatric Treatment*, Vol.11, 347-354.

Regel, S & Berliner, P (2005) Cognitive Behavioural Therapy with Torture Survivors: A case report. *In: Berliner, P, Arenas, J.G., Haagenson, J.O., (2005) Torture and Organised Violence: Contributions to a*

Professional Human Rights Response, Special Supplement of Psyke and Logos, University of Copenhagen, Denmark

Wheat, K and **Regel, S** (2003) Early Interventions Following Exposure to Traumatic Events– Psychological Debriefing and the Law. *Journal of Personal Injury Law, Dec. pp. 225 -236.*

Gregson, M., **Regel, S.**, Rogers, D., Holden, T (2003) The Legacy Project – A Needs Analysis of GB Victims and Survivors of the Northern Ireland Conflict. *Tim Parry Johnathan Ball Trust, The Peace Centre, Warrington ISBN: 0 9546378 0 1*

Brunsdon, V., Woodward, L. and **Regel, S.**, (2003). Occupational stress and post-traumatic reactions in fire-fighters and control room staff. *Fire Safety, Technology and Management, 8 (3), pp. 11-14.*

Regel., S (2002) Cultural factors with an Impact on Psychological Debriefing. In: *Psychological Debriefing: Report by British Psychological Society Professional Practice Board Working Party, Chapter 9, pp. 64 - 73- British Psychological Society, London ISBN 1 85433 378 1*

Regel, S & Roberts, D (Eds) (2002) *Liaison Mental Health -A Handbook for Nurses and Healthcare Professionals. Balliere Tindall, London ISBN 0-7020-2525-9.*

Regel, S & Hannigan D (2002) Post Traumatic Stress Disorder- Assessment and Intervention Strategies in Trauma, Critical Care and General Medical Settings. In: *Regel, S & Roberts, D (Eds) Liaison Mental Health - A Handbook for Nurses and Healthcare Professionals. Balliere Tindall, London*

Regel, S (2002) Staff Support in Trauma and Critical Care Settings. In: *Regel, S & Roberts, D (Eds) Liaison Mental Health -A Handbook for Nurses and Healthcare Professionals. Balliere Tindall, London*

Regel, S (2002) Burn Trauma and Post Traumatic Stress Disorder (Chapter 14) In: *Bosworth, C (Ed) Burns Trauma - Management and Nursing Care, 2nd Edition, Whurr, London*

Regel, S (2002) Staff Support on a Burns Unit (Chapter 15) In: *Bosworth, C (Ed) Burns Trauma - Management and Nursing Care, 2nd Edition, Whurr, London*

Regel, S (1998) Counselling and Therapy for Post Traumatic Stress Disorder: Current Perspectives in Mental Health Practice. *Journal of Contemporary Health, Issue 7, Autumn, p.94 - 98*

Regel, S & Hannigan, D (1996) Psychological Aspects of Trauma: Raising Awareness in Nurses and Other Professionals. *Journal of Psychiatric and Mental Health Nursing, 3, pp 71 - 72.*

Regel, S & Davies, J (1995) The future of mental health nurses in Liaison Psychiatry. *British Journal of Nursing, Vol 4, No 18, pp 1052 - 1056.*

Regel S, & Bosworth C, (1993) The Psychological and Psychiatric Morbidity Questionnaire (PPMQ): A measure to assess and predict psychological and psychiatric morbidity in individuals following burn trauma. *Journal of Clinical Nursing 2: 373-379.*

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.

Receive Coping with Crisis directly to you inbox simply by sending an email to psychosocial.center@ifrc.org.

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*