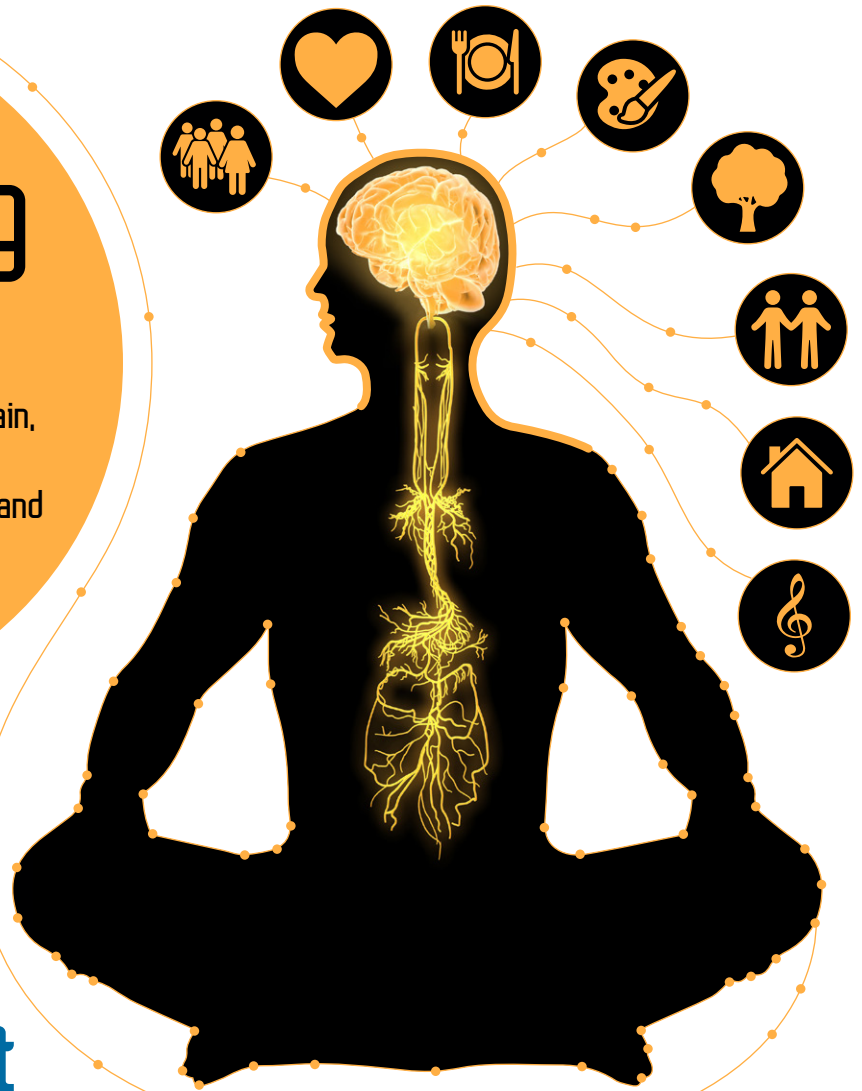


Connecting the Dots:

Exploring relationships between brain, mind, body and the environment to enhance brain injury rehabilitation and personal resilience



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Purpose of this Online Training:

- To consider the brain-body interconnections on health, wellbeing, and everyday functioning.
- To explore how the injured and non-injured brain-body responds to traumatic experience and/or chronic stress.
- To enquire into how embodiment practices and bottom up [body to brain] connection may enhance recovery in brain injury rehabilitation and general health.

**Embodiment practices use the body as a tool for healing through self-awareness, mindfulness, connection, self-regulation, finding balance, and creating self-acceptance. Embodiment explores the relationship between our physical being and our energy.*

Learning Outcomes

- To share current research evidence of brain-body interconnections
- To raise awareness of alternative treatment approaches and practices that can be integrated into mainstream rehabilitation and used to enhance personal well-being and health.
- To provide practitioners with experiences of different embodiment practices that can enhance their clinical work and own wellbeing.

This online training will introduce a range of speakers who will review the interconnections in the brain and explore the interrelationships between our bodies, guts, and minds. There will be the opportunity to explicitly see from brain imaging techniques some of these connections and findings and hear evidence underpinning the value of integrating different therapeutic approaches, which could impact on the brain, health, and well-being.

From the research, we will explore how this evidence may be applied to enhance brain injury rehabilitation, and augment treatment for specific conditions, for example, epilepsy. We will learn about how correct personalised diets and the microbiome play a part in health and brain functioning and be introduced to somatic approaches that make use of the autonomic nervous system to impact the brain, reducing the effect of trauma or chronic stress. There will be an investigation of these 'bottom up' approaches, as well as the therapeutic effects of such things as warmth, kindness, the environment, or a co-regulated practitioner. We shall begin to consider how we might adjust our own practices and adapt the intervention or advice we provide to our clients and their families to yield better outcomes and enhance well-being.

The session includes highly skilled clinicians and therapists who will showcase a range of mind - body based interventions with the use of real-life examples and case studies. We know there is a growing body of scientific evidence demonstrating their clinical application and effectiveness to meet the holistic needs of clinical and non-clinical populations alike.

This is an opportunity to not only to learn about body-based tools, but also to experience, first hand, how they can be used to support your clients, as well as support yourself and the teams and complex systems that you work in.

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Online Programme

Welcome from the sponsor

Daniel Thomas, Managing Director, Chroma

Chair's address

Kate Tym, Writer, Death Educator & parent of a person with an ABI

Session 1

Evidencing the efficacy of alternative approaches in neurological populations

What evidence is there on the effectiveness of alternative approaches for those living with life changing neurological injuries and conditions? This talk will provide current research to provoke thought and ideas for supporting the therapeutic process and outcomes.

Dr Priyanka Pradhan, Consultant Clinical Neuropsychologist, Neurologistics Ltd

Session 2

Seeing is believing

What can we visualise? Can research with brain imaging evidence brain-body connections in action?

Dr Emer MacSweeney, Consultant Neuroradiologist, Re:Cognition Health

Session 3

Applying the evidence to brain injury practice

If utilising bi-directional connections between the brain, the body, the environment, and each other can support health and wellbeing in the general population, could we use these relationships to enhance brain injury rehabilitation and our practice?

Dr Steven Allder, Consultant Neurologist, Re:Cognition Health

Session 4

The Gut-Brain Axis: Nourishing the brain through good nutrition

This talk explores the complex relationship between the gut microbiome, vagus nerve innervation and the health of the brain. With a focus on simple, daily dietary and lifestyle strategies for optimising gut microbial function and improving vagal tone, benefits can be seen in the regulation of inflammatory markers, microglial cell activity, neurotransmitter regulation and levels of brain-healing butyrate.

Stephanie J Moore, Clinical Nutritionist, Physical & Mental Health Coach, Author, Health-in-Hand

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Online Programme

Session 5 Embodied Harmonies

Exploration of embodiment through singing. The more we become attuned to the joyful even ecstatic sensations of singing through play, letting go of any preconceived ideas of our 'ability', the more we enable the release of unhelpful 'holdings' for greater health and wholeness. Encouraging a compassionate approach to breath and airflow, inviting a kind curiosity to internal sensations, we can discover new brain-body interconnections.

Sophie Grimmer, Soprano, Vocal Professor [Trinity Laban Conservatoire of Music and Dance], Guest artistic director [devised body-voice group-work RADA], Creative director of Embodied Harmonies [retreats internationally], Biodynamic craniosacral therapist [Body Intelligence], Scaravelli yoga teacher [Diane Long, Acquaviva], Voice pedagogy research [AHRC-funded, Institute of Education UCL]

Session 6 A whole person approach to vestibular rehabilitation

This presentation aims to equip delegates with experiences of vestibular dysfunction and to offer practical, integrated, self-management strategies.

Sally De La Fontaine, Specialist Neuro Physiotherapist, Milestones Clinic, Sandy LeBlanc, Managing Director & Consultant Occupational Therapist, Neuro Rehab Works and Dr Sylvia Taylor-Goh, Consultant Speech & Language Therapist and Director of Research, Relational Communication Practice

Session 7 Biodynamic Craniosacral Therapy and Polyvagal Theory in action: Tapping into the innate resources in the nervous system when working with trauma, pain and fatigue

This presentation will provide an overview of BCST and Polyvagal theory. It will discuss CSF and the 'spark in the machine' and how BCST can help to meet where trauma, pain and fatigue are held in the system and facilitate their resolution.

Erica McKeen, Registered Craniosacral Therapist & Chartered Physiotherapist

Session 8 Applications of Somatic Experiencing in Neurorehabilitation - creating safety in the body

Paula Murphy, Specialist Occupational Therapist, Koru Occupational Therapy

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Biographies



Kate Tym

Writer, Death Educator & parent of a person with an ABI

Kate Tym is a sometime poet, sporadic writer, death and funeral educator and [since April 2020] mum of a young person with an abi. She had, in her writing career, been interested in humanising the experience of medical conditions and did this through working with people who had had a stroke and using their narratives as inspiration for writing. She was delighted to be given the same opportunity by Head First at their conference a few years ago and was deeply touched by the experiences of families living with brain injury in their midst. Then, in a devastating example of life imitating art, in 2020 her daughter developed auto-immune encephalitis and was left with a severe memory impairment and epilepsy. As a mum who has had to negotiate the dystopian world of NHS and Social Service support, the maze of different providers and the array of hoops to jump through to access them, she has a personal interest in more holistic alternative approaches and investigating what else could be beneficial that can so often be overlooked in the inflexibility of the medical model. In real life, Kate is a celebrant [weddings and funerals] and co-founder of a funeral-education organisation called Coffin Club UK.

www.coffinclub.co.uk

www.kateandkatecelebrants

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Biographies



Dr Priyanka Pradhan

Consultant Clinical Neuropsychologist and Yoga Teacher
Neurolistics Ltd & St George's University Hospital NHS Foundation Trust

Dr Priyanka Pradhan is a Consultant Clinical Neuropsychologist with over 20 years' experience in the field of neurology and physical health. Dr Pradhan is on the British Psychological Society's (BPS) Specialist Register for Neuropsychologists and is Health Care Professionals Council Registered. She has worked in a number of settings within the NHS, including maximum security hospitals, tertiary specialist hospitals and community services. Dr Pradhan has expertise in the neuropsychological assessment and rehabilitation of clients with a variety of neurological conditions and impairments, including acquired brain injury (e.g. Stroke, Traumatic Brain Injury) as well as degenerative disorders (e.g. Alzheimer's and Parkinson's Disease).

Dr Pradhan's clinical, research, teaching and supervision practice resides both in the NHS and independent sector. Along with specialist neuropsychological assessments, both within her role as a treating clinician and as an Expert Witness, Dr Pradhan offers treatment packages for individuals, couples and groups living or working with neurological conditions and draws upon a variety of psychological therapeutic approaches and models (e.g. CBT, ACT, CFT, EBMA).

Dr Pradhan is the Founder and Neurolistics Ltd, which offers a truly holistic therapeutic approach drawing upon all aspects of an individual, i.e. mind, brain, body and spirit and the system they reside, in order to provide truly bespoke and trauma informed interventions that are rooted in the latest neuroscientific knowledge. This approach assists clients to find their pathways to optimal wellbeing in the modern world.

Dr Pradhan is an author and her recently published book 'Understanding and Living well with PCS', which she co-wrote with a client with lived experience of concussion/mTBI, which has received very positive feedback from clients and professionals alike. She is also a qualified yoga teacher and has recently completed her training in Biodynamic Craniosacral Therapy (BCST). For the past 5 years, she has co-run a range of residential retreats, one for couples living with Parkinson Disease as well as Mind-Body CPD retreats for clinicians and therapists working in neurorehabilitation.

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Biographies



Dr Emer MacSweeney BSc (Hons), MBBS, MRCP, FRCR

**Co-Founder & CEO of Re:Cognition Health's Brain
and Mind Clinics, UK & USA**

Dr MacSweeney, a Consultant Interventional Neuro-Radiologist, co-founded Re:Cognition Health in 2011 to provide a specialist service for accurate diagnosis and access to the latest treatments for progressive neurodegenerative & neurodevelopmental conditions and traumatic brain injury. Today, Re:Cognition Health has 10 Centres in the UK & USA, where individuals can also benefit from the opportunity to enter global clinical trials for new diagnostic biomarkers and emerging medications.

The focus that Dr MacSweeney and her team of Brain and Mind Experts are deploying on Alzheimer's Disease [now a global pandemic] and CTE [the most feared risk for contact sports] is having a profound difference in two of the most unacceptable medical conditions of the decade. RCH's experts diagnosis and treatment for individuals aged 2 years and above: <https://recognitionhealth.com>

Dr MacSweeney was invited to speak on Alzheimer's and CTE in a recent TEDx Talk "CTE: The Silent Killer in Contact Sports" which has already received over 1.2M views:

<https://www.youtube.com/watch?v=QXn-okL2rfsto>

Dr MacSweeney and Re:Cognition Health's expertise has been recognised with over 30 prestigious and international accolades including:

- Global Awards Winner 2022/2023 Re:Cognition Health Mental Health Service of the Year
- EY Entrepreneur of the Year Winner- Societal Impact 2019 [London and South England]
- Growing Business Awards- Positive Impact Winner 2019
- KPMG Entrepreneur of the Year Winner 2016

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Biographies



Dr Steven Allder

Consultant Neurologist and Clinical Director for
Neurological Services at Re:Cognition Health

Dr Allder is a Consultant Neurologist. He offers both clinical and medicolegal neurological services. He is also the local Primary Investigator on several global Phase 3 studies relating to Parkinson's Disease and Clinical Director for neurological services at Re:Cognition Health.

Dr Allder's main clinical focus is traumatic brain injury (TBI), and functional neurological disorders (FND). With respect to TBI, Dr Allder provides a clinical and medicolegal services for the assessment of patients with TBI across the whole spectrum of injury severity i.e moderate - severe to mild; and across diverse aetiologies of TBI i.e. civilian, sport's and military.

Recognition Health, under Dr Allder's clinical leadership, are completing a 4 years collaboration with the Aston Brain Centre looking at the clinical utility of Magnetoencephalography (MEG) in TBI, especially mTBI where MRI including DTI is normal. This has been a successful collaboration which will lead to the development of several improved diagnostic tools for mild TBI. The collaboration has also led to further projects across a wide spectrum of TBI aetiologies, engaging new partnerships with Nottingham University, Toronto Sick kids, and several commercial organisations.

Since 2020, Dr Allder and Recognition Health have developed a new primary academic collaboration with King's College Hospital. This joint work is exploring two complementary areas. Firstly, the utility of more sophisticated MRI sequences to further enhance diagnostic and pathophysiological insights into mild TBI, especially sports related TBI. Secondly, we are exploring how deployment of state-of-the-art neuro-computational techniques can reveal the mechanisms underlying how structural injury from TBI creates the clinical profiles seen in these conditions. It is hoped this will lead to improved treatment strategies.

With respect to Functional Neurological Disorder Dr Allder has long standing interest and is a founding member of the FND Society. Dr Allder offers a clinical and medicolegal service for the assessment of patients with suspected FND. Dr Allder has a long-standing collaboration with Dr Leo Russell and Prof Allan Abbass, who are leading practitioners and researchers in a treatment modality for FND termed Intensive short-term dynamic psychotherapy (ISTDP). ISTDP is modality with a strong neuroscience rationale and empirical evidence base supporting its effectiveness. Dr Russell has recently joined Recognition Health and is working with Dr Allder to enhance our clinical offering for this patient group and extend research into the mechanisms by which this treatment modality creates improvements for patients.

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Biographies



Stephanie Moore MA(Hons) BA(Hons) BSc(Nut.Med)

**Clinical Nutritionist, Physical & Mental Health Coach,
Author, Health-in-Hand**

Stephanie has worked in the integrative health field for over 30 years as a self-employed natural health therapist, clinical nutritionist, author and health coach. With a Bachelor of Science degree in Nutritional Medicine and a Masters degree in Counselling and Psychotherapy, plus a long history as a multi-disciplinary physical therapist and fitness coach, she combines all skill sets to help people with many kinds of health issues, both physical and psychological with a prevention-first focus.

Stephanie conducts one-to-one nutritional therapy clinics offering a comprehensive assessment of her patients' health issues to then provide detailed, personalised health protocols. With specialist interest in digestive health and the effect of the gut microbiome on metabolic, hormonal and mental health conditions, Stephanie works with numerous GPs supporting treatment plans for challenging cases with eating disorders, neurological and metabolic chronic diseases.

For 9 years Stephanie was head of nutrition at Grayshott Medical Spa and clinical lead for the 7-day digestive health regime that she co-developed in 2012. Her gut health protocol is the inspiration behind GutGastronomy, a cookbook based on her gut healing philosophy. Since the closing of Grayshott Medical Spa in November 2020, Stephanie has relocated her gut health programme to Goodwood Estate, where it is now run as a 5 day, fully immersive experience.

Stephanie is on the Advisory Board of the SATCC cancer charity, regularly contributes to various health publications and is often featured in the media as a health expert. Stephanie published her first book in 2017 called 'Why Eating Less & Exercising More Makes You Fat!', which explains why conventional weight loss advice fails and what to do instead to achieve permanent health and weight loss goals. She has also co-authored a book on Super-Foods with doctor of biochemistry and health campaigner, Dr James DiNicolantonio, and following her recent training in Nutritional Neuroscience, has written her soon to be published latest book 'Eat Your Brain Happy', which focuses on the critical role of gut health, food, sleep, exercise and other factors known to directly influence the health of the brain.

Stephanie has also recently embarked on a degree in canine nutrition and well-being, bringing together her love of dogs and health.

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Biographies



Erica McKeen

**Registered Craniosacral Therapist & Chartered
Physiotherapist**

Erica qualified as a physiotherapist and has over 20 years experience in both NHS and private practice in London, Dublin and Belfast. She specialised in myofascial release techniques, and realised those in her caseload presenting with underlying chronic conditions all had a history of trauma. This then led to the path of Craniosacral Therapy, which can help meet and resolve the trauma held in the system.

Erica has a special interest in concussion/mTBI and recovery. Having selected the topic as her BCST research project she hasn't stopped researching it since!

Erica currently works in private practice and is passionate about facilitating improved outcomes for her patients, especially in this cohort of patients.



Sally de la Fontaine MCSP

Specialist Neuro Physiotherapist, Milestones Clinic

Since specialising in neuro physiotherapy Sally has worked in primary and secondary healthcare opening Milestones Rehabilitation Clinic in 2004 to provide real-life rehabilitation, using a problem-solving approach to management and treatment, to support independent living and autonomy in people's homes and their communities. Sally has a special interest in vestibular and brain injury rehabilitation, following the psycho-social model of rehabilitation – the idea that through engagement in physical, psychological and social processes, people can learn to live a life which is not dominated by disability. She is a co-founder of an Interdisciplinary vestibular working group, aiming to disseminate knowledge and resources to people involved in the vestibular rehabilitation pathway.

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Biographies



Sandy LeBlanc BSc (Hons)

Consultant Neuro-Occupational Therapist, Neuro Rehab Works Ltd

Sandy trained in Australia and moved across to the UK in 2006. Over the past 24 years, Sandy has gained experience in a range of settings ranging from acute hospital, specialist inpatient and community-based rehabilitation, vocational rehabilitation, specialist case management, and research. Sandy is passionate about collaborative working and creating better pathways and programmes of rehabilitation to improve outcomes for clients.

Her passion is using an empowerment approach in provision of complex neurorehabilitation following acquired brain injury and spinal injury. After years in the NHS, Sandy set up her own practice, Neuro Rehab Works Ltd, in 2011. She has developed a special interest in vocational rehabilitation, where there is a seamless approach between neuro-rehabilitation and getting back to work/study. She also has a keen interest in vestibular rehabilitation and implementing the Empowerment Behavioural Management Approach (EBMA) as a framework for neuro-behavioural rehabilitation. In addition to clinical practice, Sandy also completes medico-legal care and occupational therapy expert reports for Somek & Associates.

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Biographies



Dr Sylvia Taylor-Goh, PhD, MRCSLT

Consultant Speech & Language Therapist, Relational Communication Practice, Director of Research, Sensory Integration Education

Sylvia has a professional background spanning clinical, managerial, and research roles within the NHS and other sectors. Her clinical practice, Relational Communication Practice Ltd, focuses on assessment and intervention and acting as an expert witness, for individuals with complex neurological disorders, specialising in acquired brain injuries. She has actively collaborated with NICE to integrate the service user voice into clinical guidance and developed evidence-based clinical guidelines for the Royal College of Speech and Language Therapists.

She is the Director of Research at Sensory Integration Education, working in collaboration with the College of Health, Wellbeing and Life Sciences at Sheffield Hallam University, engaging in strategic research initiatives that aim to enhance clinical and educational practice. Her academic contributions include over a decade of teaching at City, University of London, and a PhD from King's College London.

She actively engages in professional development and her current research interests include exploring the impact of vestibular disorders on communication, creating an interoception assessment for voice disorders and social cognition, developing a sensory processing assessment for acquired brain injuries, and evaluating the impact of teaching clinical reasoning theory and practice.



Paula Murphy

Principal Occupational Therapist, Koru Occupational Therapy

Paula Murphy is a principal neuro-occupational therapist who trained and worked in New Zealand as an occupational therapist. She has 20 years experience working in the NHS and private sector in the UK specialising in neurorehabilitation. Ms Murphy is also a Somatic Experiencing Practitioner (SEP) and completed the European three year training in 2018. Ms Murphy currently works in private practice in the community, working with and supporting individuals with neurological conditions, with a special interest in brain injury and vocational rehabilitation.

CHROMA is the leading provider of creative arts therapies to brain injury case managers and neurorehabilitation healthcare settings



“CHROMA’s therapist has opened unique possibilities in terms of occupation and career, social communication skills and artistic expression for my client. I would absolutely recommend Chroma as a service provider of high quality and professionalism”

Dr David Quinn,
Consultant Neuropsychologist

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Working throughout the UK, CHROMA is rated “Outstanding” by Ofsted

