



**DEVOTION**

**COST ACTION CA18211**

Perinatal Mental Health & Birth Related Trauma:  
Maximising Best Practice & Optimal Outcomes

**1<sup>st</sup> European Training School of the European Network  
Devotion**

**(COST Action CA 18211)**

**Trauma Informed Care**

**London, Britain**

**Lausanne, Switzerland**

**Central Lancashire, Britain**

**22-24<sup>th</sup> February 2021**



Hosted by the National Institute for Research in Child Health & Adolescent Psychiatry of the University of Turin





# DEVOTION

## COST ACTION CA18211

Perinatal Mental Health & Birth Related Trauma:  
Maximising Best Practice & Optimal Outcomes

## 1. General Information

The main goal of Devotion COST Action CA18211 is to establish an EU funded multidisciplinary network of researchers dedicated to improve the understanding of perinatal health outcomes and reduce birth related trauma. The Network comprises researchers from 33 partner universities across Europe working towards the prevention, assessment, measurement and treatment of birth related trauma. <https://www.ca18211.eu/>

## 2. What are Training Schools?

Since COST's priority is enhancing research collaboration where ideas and people can grow without borders. Training Schools aim to facilitate capacity building on a topic relevant to the theme of the respective COST Action through the delivery of intensive training on a new emerging subject.

Training Schools Grants provide support for intensive training on a new or emerging subject for PhD students and Early Career Researchers from participating Inclusiveness Target Countries' (ITC).

Training Schools aim to facilitate capacity building on a topic relevant to the theme of the respective COST Action through the delivery of intensive training on a new or emerging subject.

Participants will be expected to **attend and participate at the Training School during the three days**, and will be given the opportunity to present and discuss their work, and network with other ECR's, The Training School trainers, mentors and the members of the DEVOTION COST Action. Exceptionally due to COVID -19 restrictions, the Training School will be held online with a total of up to 30 trainees.

**Training School Dates: 22-24<sup>th</sup> February 2021**

*Host Institutions:*

*Materials:* As the meeting is taking place online, it is advised to have a computer with a stable and fast internet connection. Additional free software may be needed, which will be communicated closer to the date of the Training School.

## 3. ELIGIBILITY

### A. PARTICIPANTS

Training Schools Grants are open to all participants, but priority will be given to PhD students and early career researchers with a primary affiliation in an institution located in an ITC. Clinicians are also welcome.

## 4. HOW TO PARTICIPATE

Send an application with a letter of motivation explaining how this training will benefit your research project and your scientific career (maximum 3,500 characters with spaces) as well as your CV to [sylvia.murphy@ul.ie](mailto:sylvia.murphy@ul.ie) AND [mckibbef@tcd.ie](mailto:mckibbef@tcd.ie) by 29<sup>th</sup> January 2021. Applications will be forwarded to the Training School Committee, which will evaluate all submitted applications in the context of their compatibility and relevance with the topic of the Action.

### A. EVALUATION CRITERIA

1. Being a PhD Student (10 points)
2. Being an Early Career Researcher (10 points)
3. Being affiliated to an Inclusiveness Target Country (ITC) (10 points)
4. Being an active member of DEVOTION (3 points) and currently conducting research/work within the action topics (7 points)
5. Relevance of the candidates' research and background assessed considering the following (max 10 points)
  - a) Journal quartile (Q) of publications on birth related trauma
  - b) Q of publications outside the Action's scope.

### B. FUNDING

#### SUPPORT FOR SELECTED TRAINEES

The candidates will be rated according to the evaluation criteria. The top 30 candidates will be selected to attend the Trauma Informed Training School.

Fifteen more candidates will be selected to attend online and will not be eligible for reimbursement of the expenses.

Prior to this training school:

Each trainee must register for an e-COST profile at <https://e-services.cost.eu>

To be eligible, trainees must be from one of the following:

1. 1. COST Full Members/ COST Cooperating Members;
2. Approved Near-Neighbour Country Institutions;
3. Approved European RTD Organisations

Trainees from the following will not be reimbursed:

1. COST Partner Members
2. Approved IPC Institutions
3. Approved IO, EU Commission, Bodies, Offices and Agencies;
4. Other trainees not specifically mentioned as being eligible

## 5. IMPORTANT DATES

Opening date for application is 30<sup>th</sup> November 2020

Deadline for applications is 29<sup>th</sup> January 2021

You will be informed of the outcome of the application shortly after the 1<sup>st</sup> February 2021.

*If accepted, you will be expected to attend the training school in its entirety.*

## 6. LOCATION

A virtual training school is planned and links will be forwarded in advance.

## 7. PROGRAMME

### **Trainers:**

Prof Susan Ayres is a chartered health psychologist and cognitive behavioural therapist at the school of Health Sciences, City University London.

Prof Antje Horsch is a clinical psychologist and Asst Prof at the University of Luusanne and the Dept of Maternal & Child Health University Hospital, Lausanne.

Prof Soo Downe is a Professor of Midwifery at the University of Central Lancashire

Six experienced mentors have volunteered to support early career researchers/ participants on this programme.

### **Programme:**

#### **Day 1: Birth trauma and post-traumatic stress disorder**

- |              |  |
|--------------|--|
| 10.00        | Welcome and introductions (live)   |
| <b>11.00</b> | <b>Presentations from delegates (live)</b> <ul style="list-style-type: none"><li>• Background and experience</li><li>• Interests, experience and work with birth/trauma</li><li>• Idea for a clinical or research project</li></ul>              |
| 12.30        | Lunch break  |
|              | <b>Armchair talk: Soo Downe</b> (live chat with whoever wants to attend)   |
| 13.30        | <b>Seminar: <i>Understanding birth trauma and PTSD</i></b> (Susan Ayers) <ul style="list-style-type: none"><li>• What is birth trauma and PTSD?</li><li>• Causes of birth trauma and PTSD</li><li>• Impact on women and their families</li></ul> |
| 14.30        | Coffee break with socialising  |
| 15.00        | <b>Seminar: <i>Assessing birth trauma and PTSD in research and clinical practice</i></b> (Susan Ayers) <ul style="list-style-type: none"><li>• Different methods/measures of assessment</li><li>• Using assessment in research</li></ul>         |

- Using assessment in clinical practice

16.00 Close

## Day 2: Trauma informed care

10.00 **Seminar: *Trauma informed care*** (Antje Horsch)

- What is trauma informed care?
- Trauma in maternity services and health professionals
- How can we apply principles of trauma-informed care to maternity services?

11.00 Coffee break with socialising

11.30 **Case Studies: *Working in a trauma-informed way*** (live: 3 break out groups + 3 pre-recorded case studies)

12.30 Lunch break

**Armchair talk: Susan Ayers** (live chat with whoever wants to attend)

13.30 **Mentor meetings: *Using trauma-informed methods in research and practice*** (live: 6 break out groups)

- Small groups allocated an online postdoctoral mentor
- Work with mentor to develop their research or clinical project:
  - Aims and objectives
  - Methods
  - Outcomes
  - Timeline
  - Outputs

16.00 Close

## Day 3: Trauma informed research and clinical practice

10.00 **Seminar: *Transferring science into practice and policy*** (Antje Horsch)

- Which science? How to identify good research evidence
- Changing policy: Knowledge exchange, publicity and impact
- Changing practice: Initiating and implementing change in the UK (Susan Ayers)

11.00 **Mentor meetings: *Finalising clinical and research projects*** (6 break out rooms)

- Work in small groups with online mentor
- Finalise details of their clinical or research project
- Prepare presentation

- 12.30 Lunch break
- Armchair talk: Antje Horsch** (live chat with whoever wants to attend)
- 13.30 **Delegates prepare their presentations** (offline with mentors available in break out rooms to answer questions if needed)
- 14.30 **Presentations from delegates** (live with 30 short presentations):
- Outline their project
    - Aims and objectives
    - Methods
    - Outputs
    - Timeline
  - Feedback from the group
- 17.00 Close

## 8. Training Committee Members

Sylvia Murphy Tighe (Chair International Training School) [sylvia.murphy@ul.ie](mailto:sylvia.murphy@ul.ie)

Alison Morison (Vice-Chair International Training School) [Alison.morison@stud.mh-hannover.de](mailto:Alison.morison@stud.mh-hannover.de)

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