

## **Professor Stephen Regal**

Stephen Regal is Principal Psychotherapist/Co-director of the Centre for Trauma, Resilience and Growth, Nottinghamshire Healthcare NHS Trust, Special Associate Professor in the School of Sociology and Social Policy, Nottingham University and a Senior Fellow of the Institute of Mental Health, Nottingham. Since 2002, he has been visiting therapist/consultant at the Family Trauma Centre in Belfast, Northern Ireland. He has over 30 years experience working with trauma and Post Traumatic Stress Disorder (PTSD) and his time is divided between clinical, teaching and research activities. He has been a regular contributor to the University of Copenhagen's MA in Disaster Management and is also on the Board of Overseers of the Children and War Foundation.

He consults and trains extensively with UK police forces on the provision of post trauma support. The Centre's Peer Support Training package 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) peer support initiative. Currently he is acting as advisor/trainer to Victim Support's new national Homicide Service.

Since 1998 he has been 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; assisting UK nationals affected by incidents abroad. In 2000/2001 he acted as consultant to the UNHCR peer support programme in Kosovo. He is the co-author (with Stephen Joseph), of a handbook on psychological trauma and post traumatic stress for Oxford University Press, The facts series, written for sufferers and families, but also for other professionals e.g. GPs, nurses, the emergency services, counsellors.