Trauma & Adversity: A modular approach to promoting children and young people's resilience.

Date: 24th March 2026 **Time:** 9am – 5pm **CPD Points:** 7 in total

Venue: Lucena Clinic, 59 Orwell Road, Rathgar, Dublin 6 (Conference Room)

Speakers: Dr. Arnon Bentovim, Ms. Marianne Tranter, Prof. Fiona McNicholas, Dr. Laura Bond, Dr. Aoife Twohig.

Background:

Exposure to psychosocial and physical stressors – adverse childhood and community experiences (ACE) can result in life-long impacts on mental and physical health – partnering and parenting. Promoting resilience to cope effectively with stressors benefits them and protects physical and mental health. The modular approach will include an understanding of the way the adversity leads to the development of a spectrum of overlapping mental and physical health responses. The salient role of attachment and how it mitigates these adverse effects will be outlined.

Learning objectives:

- Understand the impact of trauma and adversity on children and young people's emotional, behavioural, and mental health.
- Recognise common clinical responses to adversity, across internalising and externalising presentations.
- Adopt a resilience-focused, strengths-based perspective when working with children, young people, and families.
- Apply a structured approach to understanding and managing distress associated with trauma and chronic stress.
- Use a flexible, transdiagnostic framework to inform intervention across a range of trauma-related difficulties.

Cost: €120
Payment Link: Trauma & Adversity: A modular approach to Assessment & Intervention

Event Administrator: cianna.walsh@sjog.ie Organiser: Prof. Fiona McNicholas