**From, “What’s Wrong with You?” to “What Happened to You?” Why and how practitioners can incorporate trauma-informed approaches into individual UK mental health practice**

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Angela Sweeney (PhD) is a trauma survivor and researcher. She’s worked in mental health research since 2001 on a variety of predominantly health services research studies. She has a particular interest in perinatal mental health and trauma-informed approaches. Her current research is aimed at understanding and improving assessment processes for talking therapies.

Beth Filson (BA, MFA) is a US-based nationally recognised writer and trainer in Trauma-Informed Approaches. She works with diverse groups to integrate TIA in policy and practice, and co-authored *Engaging Women in Trauma-Informed Peer Support*. She also contributes to the development of Intentional Peer Support and peer support alternatives to the psychiatric system. Her early experience of multiple hospitalisations informs her work.

Angela Kennedy (DClinPsych) is a clinical psychologist who has worked in the NHS since 1990. She is a trauma therapist and board member of the European Society for Trauma and Dissociation. Her focus is applying clinical knowledge towards system-wide change, including compassion focused cultures and leadership.

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Steve Gillard (PhD) is a Reader in Social and Community Mental Health. His current research focuses on the increasing role played by people with lived experience in producing the services that they use - the development of more distributed forms of mental health practice. Dr Gillard's research is underpinned by standpoint epistemology and co-production approaches to research; working alongside researchers with lived experience of mental health problems to critique and strengthen, methodologically, the way in which we produce knowledge about mental health.

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# Declaration of interests

The authors have no competing interests to declare.