**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**

**Angela Sweeney1, Beth Filson2, Angela Kennedy3, Lucie Collinson4, Steve Gillard5**

1 MA (Hons) Cantab, PhD, NIHR Post-Doctoral Research Fellow, Population Health Research Institute, St George’s University of London, Cranmer Terrace, London, SW17 0RE, UK.

2 BA, MFA, Freelance writer, curriculum developer and trainer, Trauma-Informed Approaches. 31 Hydel Hill Rd. /Williamsburg, Massachusetts 01096, USA.

3 DClinPsych, Trauma Informed Care Lead, Lanchester Road Hospital, Durham, DH1 5RD, UK.

4 MSc, MBChB, BSc (Hons), Public Health Specialty Registrar and NIHR Academic Clinical Fellow, London School of Hygiene and Tropical Medicine, Keppel St, Bloomsbury, London, WC1E 7HT, UK.

5 PhD Reader in Social and Community Mental Health, Population Health Research Institute, St George’s University of London, Cranmer Terrace, London, SW17 0RE, UK.

**Author biographies**

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.

Lucie Collinson (MSc, MBChB, BSc) is a Public Health Specialty Registrar on the London training scheme and NIHR Academic Clinical Fellow at LSHTM. She has worked as a doctor in the NHS and overseas and has experience in health services research. She is developing a PhD proposal in trauma informed care.

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.

**Correspondence**

Dr AngelaSweeney, St George’s, University of London, Institute of Population Health Research, Cranmer Terrace, London, SW17 0RE, UK. Email: asweeney@sgul.ac.uk

# Acknowledgements

The personal accounts included in this paper were inspired by an exploration of people’s experiences of iatrogenic harm in Tees, Esk and Wear Valleys NHS Foundation Trust as part of the organisation’s Recovery Program.  This work was conducted by the organisation’s experts by experiences in order to inform good clinical practice and the management of safety.

Angela Sweeney is funded by a National Institute for Health Research Post-Doctoral Fellowship. This paper presents independent research partially funded by the National Institute for Health Research (NIHR). The views expressed are those of the authors and not necessarily those of the NHS, the NIHR or the Department of Health.

Dr Sweeney would like to thank the Advisory Groups for their contribution to the APTT study (understanding and improving **A**ssessment **P**rocesses for **T**alking **T**herapies) which this paper has arisen from: Vanessa Anenden, Katie Bogart, Dr Sarah Carr, Dr Jocelyn Catty, Professor David Clark, Dr Sarah Clement, Alison Faulkner, Sarah Gibson, Mary Ion, Steve Keeble, Dr Angela Kennedy (co-author), Dr Gemma Kothari and Lana Samuels.

# Declaration of interests

The authors have no competing interests to declare.