

## Trauma Informed System Change: Best practice and lived experience into action

### Programme

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- 6.30 Welcome**
- 6.35 Trauma informed change & the Open Narrative System**  
Angela Kennedy
- 7.05 Using lived experience to shape trauma-informed approaches in the NHS**  
Mina Hadi & Vittoria de Meo
- 7.30 Q&A**
- 7.40 Collective solutions for change: a facilitated dialogue**  
Angela Kennedy, Mina Hadi & Vittoria de Meo
- 7.50 Final Remarks**
- 8.00 Closure**

For registration, click [here](#)

### Special Guests



Angela Kennedy



Mina Hadi



Vittoria de Meo

**Facilitators:**  
Elena Alexandrou &  
Derek Williams

## **Special Guests' Bios**

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### **Angela Kennedy**

Angela Kennedy is a Clinical Psychologist who has worked in the NHS since 1990. She is a trauma specialist 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. Angela has spearheaded trauma informed approaches within the English healthcare system.

### **Mina Hadi**

Mina Hadi is a journalist with by-lines in The Independent and the Hackney Gazette. She delivers trauma-informed training to mental health professionals and third sector workers in Newham, Tower Hamlets and Hackney, using her lived experience as a visibly Muslim Bengali woman accessing mental health services. She is passionate about improving mental health services through true coproduction and cultural competence.

### **Vittoria de Meo**

Vittoria de Meo is an independent mental health advisor, workshop facilitator and a mentor with coaching skills. Vittoria works with a variety of organisations including Clinical Commissioning Groups, NHS providers and the Royal College of Psychiatrists. Vittoria is Co-Production Lead for the London ACEs Hub and, in 2019, she founded FOR WOMEN CIC whose mission is to create spaces where women from different cultures and backgrounds can support and encourage each other to strive for wellness through their lived experience.