



Betsy is a consultant adult, child and adolescent psychotherapist and a qualified primary school teacher who has founded several charities that work directly with troubled families. She is a trauma specialist who is highly sought after to train and consult for teachers, therapists, psychologists, pediatricians, social workers, parenting support workers and the police. Betsy has authored several books including 'Teaching the Child on the Trauma Continuum' (2015); 'The Simple Guide to Child Trauma' (2016); 'The Simple Guide to Sensitive Boys' (2017); 'The Simple Guide to Shame in Children' (2108) with 'The Simple Guide to Attachment Difficulties' (2019) and 'The Simple Guide to Complex Trauma and Dissociation' (October 2020) and 'The Simple Guide to Collective Trauma' (2021); The Simple Guide to Emotional Neglect due in 2023. Five of these books are best sellers with the publisher JKP which was the academic publishing house of the year in 2022.

Betsy is also the Founder and CEO of BdT Ltd Trauma Training and Consultancy.

www.betsytraininguk.co.uk which supports professionals who work with traumatised children across the UK and also employs associates who are trainers in trauma recovery services.

She has trained over 25,000 professionals and spoken at Headteachers conferences, virtual school conferences, vulnerable learners conferences, safeguarding board conferences, adoption conferences and 100's of other conferences as well as organisations and schools asking her to train their whole staff.

The popularity of the training days then led to her pioneer a Therapeutic Mentoring Certificate (a 12 day course over 6 months in Bath and Oxford and online) which has trained over 300 professionals to work to help children recover from trauma. The professionals include teachers, Heads, pediatricians, educational psychologists, art therapists, health visitors, social workers, police, TA's etc. The course has led to the development of Therapeutic Mentoring Rooms in schools which enable traumatised children to recover within the mainstream school setting with the support of a trauma trained psychotherapist.

Betsy is the Founder and Chair of the Trustees of the Trauma Recovery Centre (TRC. www.trc-uk.org), which is a charity with four projects. The charity operates therapy centres offering

play, art, music and psychotherapy alongside group support for the parents who join in a course called 'Parenting the traumatised child' which she wrote. It currently has three centres in Bath, Oxford and Guernsey.

Betsy was one of few specialised professionals who contributed to the Young Minds 'Addressing Adversity' project which was launched in parliament.

<https://youngminds.org.uk/media/2142/ym-addressing-adversity-book-web.pdf>

Her work in schools was explored for UNICEF: <https://www.unicef.org.uk/wp-content/uploads/2018/09/Case-study-School-based-therapeutic-support.pdf>

She has had interviews in mainline journals including BACP (British Association of Counselling and Psychotherapy) and Adoption UK.

<https://www.bacp.co.uk/bacp-journals/bacp-children-young-people-and-families-journal/september-2018/recovery-from-trauma/>

She has chapters in a number of books such as:

Knightsmith. P. (2019). *The Mentally Healthy Schools Workbook: Practical Tips, Ideas, Action Plans and Worksheets for Making Meaningful Change: Practical Tips, Ideas and Whole-School Strategies for Making Meaningful Change*. London. Jessica Kingsley Publishing.

Colley. D & Cooper.P. (2017). *Attachment and Emotional Development in the Classroom: Theory and Practice*. London. Jessica Kingsley Publishing

MA. Psychotherapy and counselling; B.Ed (hons) Dip couns; PG.Dip Play Therapy; Dip Life coaching; MBACP.