

**Press Release**  
**Monday 25<sup>th</sup> April 2022**

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**Putting the Spotlight on Trauma and What We Can Do To Help**

Contrary to popular belief, post-traumatic stress disorder (PTSD) is a condition that can affect anyone. “It’s a common misunderstanding that only people in the armed forces can develop PTSD – anyone exposed to a traumatic event is at risk”, according to Professor Neil Greenberg at the Royal College of Psychiatrists. Such events might include being involved in a serious accident such as a car crash, getting diagnosed with a life-threatening illness, losing someone close to you in upsetting circumstances, surviving a natural disaster like an earthquake or flood, or being admitted to an intensive care unit.

Covid-19 has increased exposure to events that could cause PTSD, and analysis by the NHS Strategy Unit indicated that there could be as many as 230,000 new PTSD referrals between 2020/21 and 2022/23 in England.

It is timely, therefore that the International Stress Management Association (ISMA<sup>UK</sup>) are holding an Online Masterclass on *Trauma: What We Can Do To Help* on Thursday 28<sup>th</sup> April. At this Masterclass, you will hear from those who have experienced trauma and post-traumatic stress at first hand, as well as from experts on the treatment and prevention of military and civilian trauma-related mental illness.

The panel includes Andy Reid MBE, Honorary Colonel, Ambassador for The Soldiers’ Charity, and Founder of the Standing Tall Foundation; Dr Walter Busuttill, Consultant Psychiatrist and Director of Research and Training at Combat Stress; and Alan Cohen, a member of the Community Stress Prevention Centre in Israel. The discussion will be moderated by Jessica Smyrl, a stress and psychosocial risk consultant and trainer.

They will discuss the signs and symptoms of post-traumatic stress, how lives may be changed by post-traumatic experiences, how sufferers can come to terms with it, and what help is available to them. They will also discuss how business and other organisations can play a role in supporting those suffering with trauma and post-traumatic stress.

Carole Spiers, Chair of ISMA<sup>UK</sup>, said, “We are proud to be hosting such an important discussion on PTSD, an anxiety disorder triggered by very stressful, frightening or distressing events which can affect anyone: a train driver; an HR manager; a war veteran; an NHS professional. It is vital that we help those affected as cases are on the increase, so, whatever your situation or role, please attend our Masterclass this Thursday”.

## **Notes for Editors**

### **How to Book This Masterclass**

The ISMA<sup>UK</sup> Masterclass on *Trauma: What We Can Do To Help* is on Thursday 28<sup>th</sup> April and starts at 7.30 pm. The panel discussion will last for 45 minutes, followed by a Q & A and networking opportunities. Places can be booked by following this [link](#) and must be reserved in advance. Tickets are free to ISMA<sup>UK</sup> members and just £10 to non-members.

### **Future ISMA<sup>UK</sup> Masterclasses**

ISMA<sup>UK</sup> run monthly online Masterclasses on subjects relevant to anyone with an interest in stress management and related subjects or in supporting ISMA<sup>UK</sup>. The next Masterclass will be on Thursday 26<sup>th</sup> May, sponsored by [PrecisionBiotics](#) and will focus on *The Role of the Gut Microbiome in Mental Health*, with guest speaker Dr Sarah Schenker, a leading dietitian, and moderator Abbie Alston. For further information, go to <https://isma.org.uk/monthly-masterclass-events>.

### **About ISMA<sup>UK</sup>**

ISMA<sup>UK</sup> is the leading professional body for workplace and personal stress management, wellbeing and performance, promoting sound knowledge and best practice in stress management, resilience, wellbeing and mental health for over 30 years. ISMA<sup>UK</sup> practitioners and consultants provide stress management services, including flexible training courses and coaching to individuals and businesses in both the private and public sectors, assisting around 40,000 people who need professional help with stress-related issues every year. ISMA<sup>UK</sup> endorses and uses the HSE guidelines for managing stress in the workplace. To find out more about ISMA<sup>UK</sup>, visit [www.isma.org.uk](http://www.isma.org.uk).

### **Press Interviews**

For all press and media enquiries please contact Carole Spiers, Chair of ISMA<sup>UK</sup>, for an immediate response on +44 (0) 77 688 78910 or at [chair@isma.org.uk](mailto:chair@isma.org.uk)