

NCPS REGIONAL CONNECTIONS

Brighton – 16th February 2026

Speaker Spotlight



OLIVIA PERI

HEAD OF LEARNING – NAPAC

Olivia is a psychologist and the Head of Learning, overseeing a national training function. Specialising in trauma-informed practices and care, Olivia develops and delivers training to support organisations working with victims and survivors.

Holding a clinical master's in neuroscience and registered as a psychologist in South Africa with the HPCSA and a counsellor in the UK with the BPS, Olivia has extensive experience in addressing mental health stigma, promoting psychological safety, and managing trauma triggers. Olivia is passionate about fostering positive change through equipping people to do good, better.

WORKING WITH COMPLEXITY: UNDERSTANDING HARM BEYOND SINGLE EVENTS

Purpose: To support trauma informed practice with victims and survivors. This session explores how complex and layered harm shapes behaviour relationships and engagement over time and how this shows up in day to day work.

Participants leave with:

- Insight into cumulative chronic and relational trauma
- Understanding of why needs can feel contradictory or stuck
- Confidence to stay curious rather than rushing to fix
- Greater awareness of capacity risk and when specialist support is needed
- Reflection on impact to self including compassion fatigue

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ROSE ROWKINS

START THE CONVERSATION LTD

Rose values connection, compassion, clarity and collaboration above all else. Her past lives include being a Samaritan, integrative humanistic counsellor (with 13-25-year-olds at Brighton's Young Peoples Centre, and with women affected by domestic abuse at Rise), mental health youth worker and multi-award winning project lead (Baton of Hope and Safe Space).

She has travelled, lived and worked abroad extensively. Since 2015, she has taught thousands of people to talk about suicide with confidence. She co-created Talking about Suicide: 10 Tools (TAS10) which is now part of the curriculum at several UK Medical Schools. She sings in a swears a cappella choir, lifts weights, has a shameless charity shop obsession, and loves being a mum to 6-year-old Stan.

TALKING ABOUT SUICIDE IN THE THERAPY ROOM

When a client discloses (consciously or not) that they might be thinking of suicide, therapists are often unclear what to say or do to help keep them safe. Years of otherwise-thorough counselling training often falls short of giving clear best practice guidance about suicide intervention, and common fears can rear their head: What if I say the wrong thing? What if I make things worse? What if I put the idea in their head? What if (god forbid) they leave here and I never see them again? In this short talk, Rose Rowkins (an Integrative Humanistic Counsellor turned Suicide Prevention trainer) from Start the Conversation Ltd will allay these fears, and provide basic best practice in how to talk about suicide in the therapy room, with confidence, clarity and compassion, and how to work collaboratively to create safety. Dates and discount codes for further CPD training will be shared at the end.