

THE SHIFT | QUARTERLY NEWSLETTER

The Shift | Q1 2026

Covering January – March 2026 · Published April 2026

A quarterly reflection on recovery, continuity, and moving forward with intention

Recognition. Renewal. Readiness.



COMING UP

Q1 2026: What This Quarter Revealed

Recovery does not break down due to lack of effort, it breaks down where structure is missing.

As the year has begun to unfold, Q1 2026 has marked a period of visible movement for Trauma Pain Support.

Across speaking, research, published work, and sector engagement, one pattern continues to emerge:

This quarter has brought stronger visibility, clearer positioning, and growing alignment between what TPS has been building and what the wider system is beginning to recognise.

From published thought leadership to peer-reviewed research acceptance, this edition reflects a shift, not just in activity, but in recognition, direction, and reach.

Trauma Survivors

Practical tools and insights for personal recovery.

Practitioners

Resources for sustained support post-acute care.

Organisations

System readiness for rehabilitation and long-term care.



USE

Supporting Recovery in Real Life, Not Just in Theory

Recovery is not about doing more – it is about having the right support at the right time.

In the absence of structured post-acute pathways, individuals are often left to navigate recovery alone.

This quarter, TPS has continued to expand its toolkit library, providing practical, structured support where continuity is missing.

Focus areas include:

- Navigating overwhelm safely
- Calming the nervous system during stress
- Building a stable and compassionate internal dialogue

01

**Provide Gentle
Structure**

Guidance without rigidity

02

Allow Space to Pause

Recognising rest as part of
recovery

03

Offer Clear Next Steps

Practical support without
pressure



DISCOVER

Practitioner Resources and System Visibility

Recovery does not happen in isolation. TPS has continued to develop resources that support:

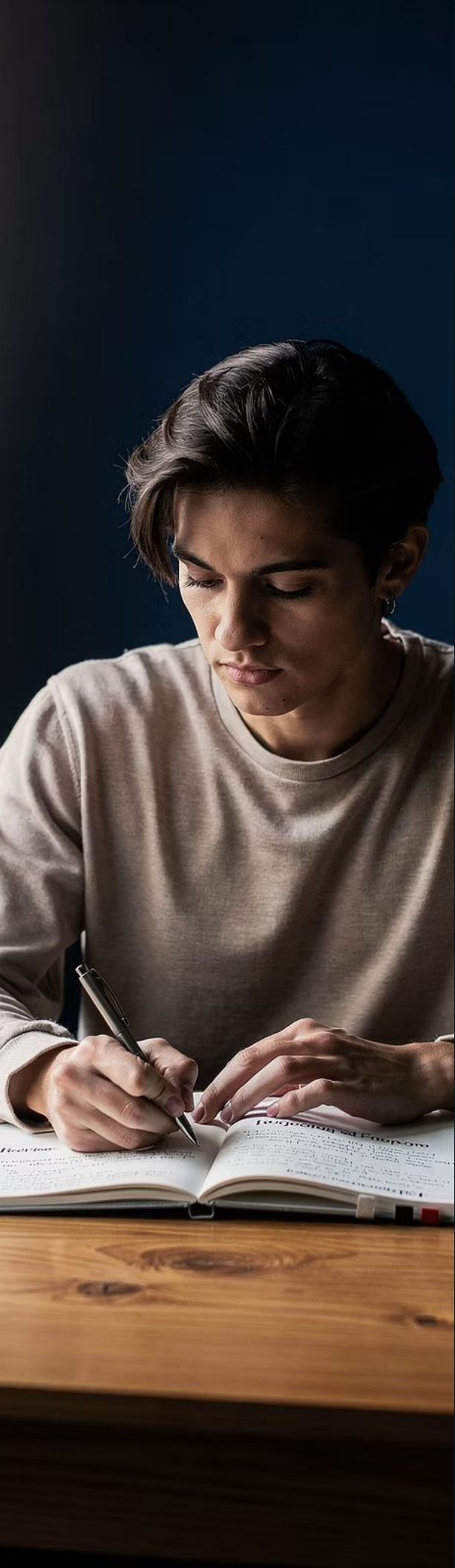
Post-acute continuity

System readiness

Safer transitions after discharge

This work reflects a growing recognition that recovery requires more than treatment, it requires structure, visibility, and coordination across time.

You can find the link to the Practitioner Resources here ([Link](#)).



EXPLORE

Stories, Reflection, and Identity

Explore the deeper layers of recovery through TPs' published articles – the parts often missed within structured treatment pathways.

From identity and trauma in the body to long-term recovery realities, these reflections bring visibility to what is often experienced but rarely articulated.

Q1 Featured Articles

January Article

[Designing AI that Respects the Realities of Trauma Recovery](#)

February Article

[Transforming RTA Recovery – Interview with Esther Christopher, Founder of TPS](#)

March Article

[Identity Reconstruction in Long-Term RTA Recovery](#)



CELEBRATE

Recognition That Reflects the Work

Q1 2026 reflects growing alignment between TPS work and wider system awareness. The breadth of activity this quarter, spanning leadership recognition, sector-level speaking, and the advancement of the TPS evidence base, signals a meaningful shift in how the field is engaging with post-acute trauma continuity as a structured discipline rather than an adjunct concern.

[Naidex / Neuro Rehab 2026](#)

TPS was presented within a national rehabilitation setting, bringing focus to the breakdown of recovery after discharge and the need for structured long-term support.

[WDRC 2026 — Presenting](#)

TPS abstract submission was accepted following double-blind peer review for presentation at the World Disability and Rehabilitation Conference, marking an important step in international research visibility.

[Santander W50 / SW50 2026](#)

Selection as one of 50 women leaders across the UK reflects growing recognition of leadership and innovation.

[UK StartUp Awards 2026 — Finalist](#)

TPS recognised as an emerging health innovation addressing a critical system gap in long-term recovery.

A photograph of a desk setup. In the foreground, a laptop is open, displaying a software interface with various charts and data. To the left of the laptop is a white mouse and a dark blue notebook. In front of the laptop are several documents. One document is titled 'STRATEGY' and features a circular diagram with various nodes and arrows. Another document is partially visible to the left, also with a circular diagram. The background is a dark, out-of-focus wall.

ANTICIPATE

What's Taking Shape

As TPS continues to evolve, the focus is shifting towards embedding structured support into real-world recovery pathways.

01

Case Management Programme (In Development)

A structured programme being prepared for the website as healthcare relationships continue to grow.

02

Recovery in the Workplace Programme

Focused on stabilising the return-to-work phase after trauma.

03

Golden Quarter White Paper

Defining the critical early post-acute recovery window and its long-term impact.



CONNECT

Continuing the Conversation

This quarter included a webinar on:

[Navigating Return to Work Post-RTA: Hidden Risks & Stable Transitions](#)

The session highlighted that return to work is not simply a milestone, it is a high-risk transition point in recovery.

The webinar has been archived within the Vocational Rehabilitation Association's professional resource library for members. ([Link](#))

Key themes included:

- Hidden instability after discharge
- Early warning signs
- The need for structured support
- Balancing recovery with workplace demands

i This session is retrospective – for speaking enquiries and programme access, visit traumapainsupport.com



REFLECT

Reflect

Progress does not always announce itself.

Sometimes it appears as steadiness.

Sometimes as recognition.

Sometimes as the quiet confidence to move
forward without rushing.

The Shift exists to hold space for that kind of
progress.



FORWARD

Moving Forward With Intention

These three principles anchor TPS's approach to recovery, not as abstract values, but as operational commitments embedded in every framework, programme, and tool we build.

Recognition

Acknowledging where
you are

Renewal

Creating space for
reflection and growth

Readiness

Building capacity for
what comes next

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