THE SHIFT | QUARTERLY NEWSLETTER - PUBLISHED JULY 2026

The Shift

Q2 2026

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

Evidence. Recognition. Momentum.



COMING UP

Q2 2026: Building Momentum

Recovery systems do not become stronger simply by identifying where support falls away. Progress depends on making those gaps visible, developing structures that respond to them, and bringing those ideas into wider professional conversations.

Between April and June, Trauma Pain Support moved further into that next stage. Two new research papers strengthened the conceptual foundations of the TPS approach. Both publications contributed to a clearer understanding of recovery continuity beyond hospital discharge. TPS gained further external recognition.

For Trauma Survivors

Making the invisible visible

Continuing to name and explain the challenges that can emerge after formal treatment ends.

For Practitioners

Turning insight into structure

Developing clearer frameworks for understanding recovery continuity, risk and progression.

For Organisations

Moving the conversation upstream

Bringing post-acute recovery into discussions about governance, professional practice and longer-term outcomes.

USE

Supporting Recovery in Real Life, Not Just in Theory

Throughout Q2, the TPS recovery content continued to explore what happens beyond the immediate clinical phase, when recovery moves back into everyday life.

APRIL 2026

Naming the Gap

Exploring what happens when formal treatment reduces but recovery remains complex, uncertain and unfinished.

Explore TPS Practitioner Resources →

MAY 2026

Making the Invisible Visible

Looking more closely at continuity, responsibility and the work that often sits between formally defined roles.

Explore TPS Practitioner Resources →

JUNE 2026

From Support to Structure

Moving the conversation towards the frameworks, oversight and continuity needed to support longer-term recovery.

Explore TPS Practitioner Resources →

DISCOVER

Research: Building the Evidence Base

During Q2 2026, Trauma Pain Support made two research papers publicly available through the Open Science Framework (OSF), strengthening the conceptual foundations of its work on recovery following serious road traffic accidents.

May 2026, Understanding the Post-Acute Trauma Continuity Gap

Conceptualising the Post-Acute Trauma Continuity Gap After Serious Road Traffic Accidents: The Iceberg Effect, Golden Quarter Protocol and PATS Model

This paper examines the challenges that can emerge after acute treatment, when continuing recovery needs may become less visible and coordinated support can be difficult to sustain.

It brings together the Iceberg Effect, Golden Quarter Protocol and PATS Model as a conceptual framework for understanding recovery beyond hospital discharge.

DOI: 10.17605/OSF.IO/VBU3Q

June 2026, The Golden Quarter Protocol

The Golden Quarter: A Post-Acute Governance Framework

This paper focuses on the first twelve weeks following hospital discharge, proposing a structured approach to recovery continuity, professional oversight and the identification of emerging support needs.

DOI: 10.17605/OSF.IO/JD62Z

From Research to Practical Application

Together, these publications establish a conceptual foundation for TPS's continuing work on structured recovery support, professional communication and sustainable participation in everyday life.



EXPLORE

Thought Leadership

Three pieces during Q2 carried the central TPS conversation into different professional and public spaces.

April, Brainz Magazine

The Recovery Gap No One Owns, and Why People Are Still Falling Through After the Crisis Has Passed

Examining the point after discharge when clinical intensity reduces but recovery needs continue.

Explore TPS Media & Press →

May, FORCE Magazine

Recovery Does Not End When You Leave the Hospital

Exploring why discharge does not necessarily mark the end of vulnerability following serious road traffic trauma.

Explore TPS Media & Press →

June, Brainz Magazine

The Empty Space Between Roles

Published 1 June. Exploring the invisible coordination work that happens between formal roles, in organisations, families and recovery systems.

Explore TPS Media & Press →

CELEBRATE



Recognition That Reflects the Work

Recognition matters most when it reflects the substance behind the work. Q2 brought further external acknowledgement of both Trauma Pain Support and the thinking developing around it.

CREA Global Awards 2026, Second Consecutive Year

Esther Christopher received the Brainz CREA Global Award for the second consecutive year, following her recognition in 2025. Notification of the 2026 award was received on 30 June 2026.

A quarter in which the work was not only developing, it was increasingly being seen.

ANTICIPATE

What Is Taking Shape

Q2 also opened the door to the next phase of professional engagement.

The Next Step

The work developed during Q2 is beginning to move beyond TPS itself, into disability management, vocational rehabilitation and rehabilitation-medicine settings.

CONNECT

Continuing the Conversation



From a Recovery Problem to a Systems Conversation

During Q2, Trauma Pain Support's research helped move the discussion beyond individual recovery challenges towards the wider question of how continuity is maintained after hospital discharge.

The Post-Acute Trauma Continuity Gap paper identified the structural challenges that can emerge when formal treatment reduces but recovery needs continue.

The Golden Quarter publication developed this thinking further, proposing a framework for governance, professional oversight and continuity during the first twelve weeks after discharge.

Together, these publications raise an important question:

> **Who holds the recovery trajectory once acute care ends?**

This question is relevant across healthcare, rehabilitation, vocational recovery and insurance. It highlights the need for clearer responsibilities, better communication and greater visibility of recovery needs beyond the clinical setting.

REFLECT

When an Idea Becomes a Record

> There is a difference between developing an idea and putting that idea into the world.

Q2 was a quarter in which more of the thinking behind Trauma Pain Support entered the public record.

The Post-Acute Trauma Continuity Gap gave language to a structural problem. The Golden Quarter moved that thinking towards governance and oversight. Professional programme development began exploring how those ideas could be applied in different working environments. And external recognition created new places in which those ideas could be questioned, discussed and developed further.

That matters because progress is not simply about being visible.

It is about becoming *clearer*. Clearer about the problem. Clearer about where responsibility sits. Clearer about what needs to happen next.

> **Sometimes momentum does not look like moving faster. It looks like the work becoming strong enough to stand outside the place where it was created.**



FORWARD

Recognition. Evidence. Momentum.

Recognition

More of the work is being seen, through awards and publishing platforms.

Evidence

The research architecture continues to develop, creating a clearer public record of the concepts underpinning the TPS approach.

Momentum

The next stage is about translation: moving from frameworks and ideas towards professional application, collaboration and meaningful implementation.

The Shift continues.

Q3 2026 will follow the work as it moves further into professional practice, research, speaking and partnership.

Trauma Pain Support · *Structured continuity for recovery beyond discharge.*

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