THE SHIFT | QUARTERLY NEWSLETTER – PUBLISHED OCTOBER 2026

The Shift | Q3 2026

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

Research. Recovery. Professional Engagement.



COMING UP

From Research to Professional Conversation

Recovery does not end when someone leaves hospital. Nor does returning to work necessarily mean that recovery is complete.

Between July and September 2026, Trauma Pain Support continued developing its response to the challenges that can arise after serious road traffic injury.

The quarter brought progress in research, further development of Foundations of Recovery, international professional engagement and a stronger focus on sustainable participation in employment.

A recurring theme emerged: recovery needs to be understood over time, not judged by a single milestone.

Three Areas of Progress

Research

Developing the understanding of post-acute recovery continuity and sustainable return to work.

Programme Development

Refining structured support to help individuals communicate their recovery experiences.

Professional Engagement

Bringing these questions into international rehabilitation and disability-management discussions.

USE

Three Questions That Can Change a Recovery Conversation

Someone recovering from serious road injury may be improving physically while continuing to experience fatigue, disrupted sleep, pain, emotional distress or difficulties managing everyday demands.

These experiences can fluctuate and may not be apparent during a professional appointment.

During Q3, TPS continued developing practical resources to help individuals reflect on their recovery and communicate continuing needs.

Three questions offer a useful starting point.

What is improving?

Recognise progress, including gradual changes that may otherwise go unnoticed.

What remains challenging?

Identify continuing difficulties, particularly those that are less visible to others.

What support is needed next?

Use those observations to inform conversations with existing healthcare and rehabilitation professionals.

The purpose is not to replace clinical assessment. It is to help make everyday recovery experiences more visible between appointments.



DISCOVER



Foundations of Recovery: Developing Practical Support

During Q3, TPS continued refining **Foundations of Recovery**, its five-session guided recovery programme for people recovering from serious road injury.

The programme is designed to complement existing professional care, using supporting resources and practical recovery tools to help individuals reflect on their experiences and communicate continuing needs.

By September, the five-session programme and its ten accompanying worksheets had been reviewed and finalised.

1

For Individuals

A structured opportunity to reflect on recovery, recognise challenges and communicate experiences.

2

For Practitioners

Information shared by the individual that may support discussion, review and consideration of further needs.

3

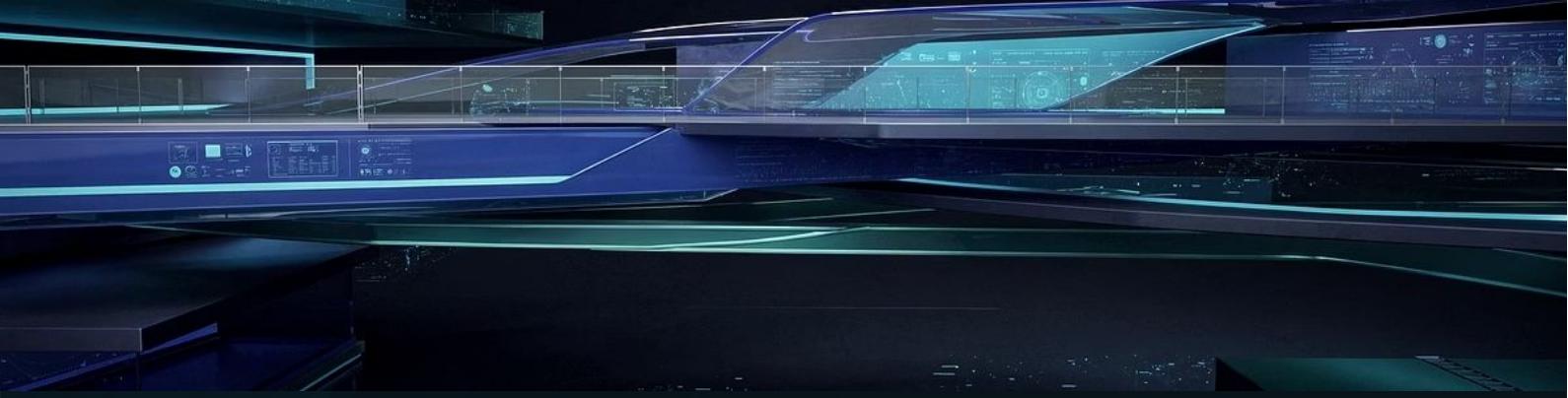
For Organisations

A defined programme being developed for use alongside existing rehabilitation and recovery support.

Foundations of Recovery is not therapy, a clinical assessment or a replacement for professional care.

For more information, please visit our website:

https://traumapainsupport.com/



EXPLORE

Research: Extending the Conversation

Q3 brought further work on recovery continuity and the challenges of sustainable return to employment.

July 2026 — The Golden Quarter: Addendum 1

Extending the Golden Quarter into Vocational Recovery and Sustainable Work Participation After Serious Road Traffic Trauma.

Published on the Open Science Framework on 16 July 2026, the addendum extends the Golden Quarter framework into vocational recovery, examining why returning to employment does not necessarily mean recovery has stabilised.

DOI: 10.17605/OSF.IO/D3JVW

Explore TPS Research & Evidence



CELEBRATE

International Recognition & Engagement

August 2026 | WDRC 2026

World Disability and Rehabilitation Conference (WDRC)

TPS shared its research on recovery following serious road traffic trauma, highlighting the challenges that continue beyond hospital discharge.

September 2026 | IFDM 2026

International Forum on Disability Management | Edinburgh

TPS presented : Exploring why returning to employment does not necessarily mean recovery has stabilised. - *The High-Risk Return-to-Work Phase After Road Traffic Accidents*

BSPRM 2026 | Research Recognition

British Society of Physical and Rehabilitation Medicine

TPS's research on long-term post-acute recovery following road traffic accidents received peer-reviewed abstract acceptance for the 2026 Annual Scientific Conference.

ANTICIPATE

What's Taking Shape

Alongside its research and professional presentations, TPS continued developing the practical elements needed to support recovery beyond hospital discharge.

1

1. Digital and AI-Assisted Development

TPS is currently developing a prototype of its AI-assisted Return-to-Work Assistant, designed to help professionals organise recovery information, recognise changes in capacity and support structured reviews.

The prototype remains in development, with accuracy, professional oversight and appropriate safeguards central to its design.

2

2. Sustainable Return-to-Work Resources

Developing practical resources to help professionals consider work demands, fluctuating capacity, early warning signs and the risk of an unstable return to employment.

The emphasis is on understanding what happens after someone resumes work, rather than treating the return itself as the final outcome.

3

3. Professional Use and Evaluation

Considering how structured recovery support could be introduced within existing professional services, with feedback and evaluation informing future development.

The objective is to establish where structured support is useful, how it fits alongside existing care and what further evidence is needed.



CONNECT

The High-Risk Return

Continuing the Professional Conversation

4 September 2026 | TPS Webinar

In September, TPS hosted *The High-Risk Return*, a webinar exploring the challenges that can emerge when someone resumes employment following serious road injury.

The session examined why returning to work should not automatically be treated as evidence of stable recovery.

Four Themes

Pain and Fatigue

Continuing symptoms may affect the ability to sustain everyday work demands.

Fluctuating Capacity

What someone can manage may vary across days and weeks.

Early Warning Signs

Difficulties emerging after return may indicate that further review or adjustments are needed.

Sustainable Participation

The objective is not simply attendance at work, but participation that can be maintained without overlooking continuing recovery needs.

Later that month, TPS took this discussion to the International Forum on Disability Management in Edinburgh.

Together, these activities reinforced the need to distinguish an initial return from longer-term stability.

For speaking enquiries and programme information: https://traumapainsupport.com/



REFLECT

Publications & Practitioner Resources

During Q3, TPS continued sharing professional resources alongside wider reflections on leadership, organisational systems and lived experience.

Practitioner Resources | July–September 2026

July 2026 — Practitioner Resources

Read the July article: https://traumapainsupport.com/tps-practitioner-resources-july-2026/

August 2026 — Practitioner Resources

Read the August article: https://traumapainsupport.com/tps-practitioner-resources-august-2026/

September 2026 — Practitioner Resources

Read the September article: https://traumapainsupport.com/tps-practitioner-resources-september-2026/

Published in Brainz Magazine

July 2026 — The Human Intelligence Holding Organisations Together

Examining the unseen judgement and informal contributions that sustain organisations.

Read the article: https://www.brainzmagazine.com/post/the-human-intelligence-holding-organisations-together

August 2026 — The Glass Ceiling Was Never the Whole Story

Exploring women's progress beyond corporate advancement, including entrepreneurship and ownership.

Read the article: https://www.brainzmagazine.com/post/the-glass-ceiling-was-never-the-whole-story



FORWARD

Moving Forward With Intention

As TPS moves into the final quarter of 2026, the focus is on connecting research, programme development and professional engagement.

Clarity

Making recovery experiences and continuing needs easier to recognise and communicate.

Continuity

Supporting discussion of what happens between appointments, after discharge and during a return to everyday responsibilities.

Responsible Development

Refining practical support within clear professional boundaries and exploring opportunities for feedback and evaluation.

Looking Ahead

The next stage is to develop the practical application of TPS's work, strengthen professional relationships and explore how Foundations of Recovery and sustainable return-to-work resources may complement existing services.

The central message remains unchanged:

Recovery continues beyond discharge. The support surrounding it must recognise that reality.

The Shift continues.

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