

Oxford Brain Story

NEWSLETTER

Welcome to the official launch of the Oxford Brain Story (OBS) newsletter! We'll be sharing quarterly updates on OBS news, training opportunities, ways to get involved & release dates of new resources.

Issue 1 June 2026

NEWS

HMP & YOI Isis

OBS spent the day at Isis, a men's prison & YOI (young offender institution) in South East London. We introduced the Brain Story to both staff & young men; they gave invaluable feedback on ways the Brain Story could be used & implemented in a prison setting. Looking forward to ongoing collaboration!

The Circle & West London Mind

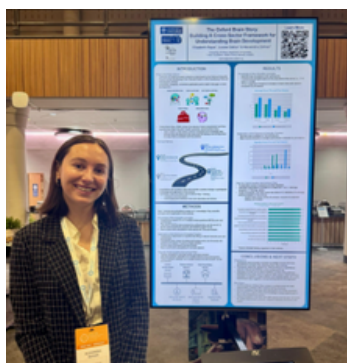
Offering a safe space for children, young people & their families who are finding it hard to cope with mental health concerns, OBS shared the Brain Story with their incredible team. Discussions included how the metaphors could shape conversations & ideas about future ways to engage young people & families with the Brain Story. We are looking forward to training the Mental Health Support Teams (MHSTs) across Ealing & Hounslow in the next few months!

Dar Al Islam & Amanati

After sharing the Brain Story, the team brainstormed how this science applies to parenting & community life with members of the mosque (Dar) & with a Muslim parents SEND group (Amanati). With the positive feedback received from the audience we hope we can continue to work together to embed an understanding throughout Brent.

International Conference on Integrated Care

Allie Zehner presented the impact of OBS training on knowledge & changes in practice; an incredible opportunity to be surrounded by & learn from global leaders dedicated to bridging the gap between research & implementation.



Other training sessions were delivered to Oxford Brookes University adult & paediatric nurses, University of Oxford medical students, ParentKind (a charity which acts as the membership organisation for school Parent-Teacher Associations (PTAs) & a collective voice for parents in the education system), Luminate (a group of education providers in Yorkshire), Oxfordshire Foster Carers forum, & West London CAMHS service away day at Brentford football club.

Stay connected

www.oxfordbrainstory.org
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OBS TRAINER

The OBS team can provide professionals with the background, resources, content & support they need to deliver the 90-minute Step 1 training in their communities. [Learn more](#)

The first cohort of 7 trainers has 1 official graduate who has already run 12 sessions. The other trainers are 75% of the way through the quality assurance training process.

TRAINING OPTIONS

Step 1: Core Brain Story Metaphors (90 mins).

Step 2a: In-Depth Core Brain Story Metaphors (90 mins). Focus on 0-11 years or adolescence & adulthood.

Step 2b: Applying the Resilience Scale (60 mins).

Step 3: Brain Story Certification Course
 Free, online, self-paced course.
[Start the course](#)

All of the sessions are free to attend! Visit our [website](#) to find out dates & register!

Bespoke training

We also offer free training sessions to 50 plus people with microsessions & examples tailored to your organisation.

OBS TEAM

Elizabeth Rapa & Louise Dalton are both Associate Professors based in the Department of Psychiatry at the University of Oxford. Louise is a clinical psychologist & Elizabeth has decades of research experience. Allie Zehner is a neuroscientist & Scientific Associate at AFWI/Palix Foundation; she is currently based in the USA.



ALBERTA FAMILY WELLNESS INITIATIVE/PALIX FOUNDATION

We are proud to have a partnership with [AFWI](#) who generously fund our work.