



**You are warmly invited to attend
our second Lecture of the year,
at Millbank (*see below*), also on Zoom
1830hrs Friday 28 February 2025**

Our guest speaker, Beverly Bergman, presents

**Arms and the Mind:
An Innovative Approach to Mental Trauma in the First World War**



Craiglockhart War Hospital



Image: public domain

The First World War saw unprecedented numbers of personnel in uniform, often in appalling conditions or working long hours under extreme pressure. As the war progressed, the scale of mental health consequences began to emerge. Traditional treatments often proved ineffective in dealing with combat trauma. Told through the stories of some of the doctors who treated the patients, the remarkable Lady Clementine Waring, who was awarded a CBE for her war work, and some of the patients themselves, this talk will explore how a unique collection of heraldic shields found at a former convalescent home for wounded officers in the Scottish Borders revealed a novel treatment for mental trauma in the First World War. Follow-up after the war shows that many recovered well from their experiences and went on to lead successful lives. The talk will be illustrated with personal photographs and recollections, as well as the shields themselves, and some surprising discoveries!

**Proceeds will be donated to the speaker's chosen charity,
TO BE CONFIRMED.**

**Prior registration required. Refreshments 1730hrs, supper nearby at 2000hrs.
All are welcome. Register [HERE](#) or via www.friendsofmillbank.org**



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www.friendsofmillbank.org



Our guest speaker

Professor Beverly P Bergman OBE



Colonel (retired) Beverly Bergman trained in medicine at the University of Birmingham. She worked as an Army GP before transferring into public health in 1996. She was appointed Senior Lecturer in Preventive Medicine at the Royal Army Medical College in 1997, and was Honorary Senior Lecturer in Public Health and Epidemiology at the University of Birmingham 2002-2009. Appointed Army Parkes Professor of Preventive Medicine (see <https://www.friendsofmillbank.org/parkes-professors/>) in 2007, the first woman to hold that appointment, she was a member of the Army Medical Services Research Ethics Committee, the Surgeon General's Research Strategy Group and the Army Scientific Advisory Committee.

She worked in the Army Health Unit from 1997 to 2009, before moving to Scotland where she was seconded to the Scottish Government as Military Medical Liaison Officer. Since retiring from the Army in 2012, she has been at the School of Health & Wellbeing of the University of Glasgow where, after completing a PhD study on the long-term health of military veterans in Scotland in 2016, she was an Honorary Senior Research Fellow before being appointed Honorary Clinical Associate Professor in 2021.

She now runs the [Scottish Veterans Health Research Group](#) at the University of Glasgow, and has published a number of studies which have provided an insight into the long-term health of post-National Service veterans, as well as furthering her interest in military medical history. She was appointed OBE for Services to Veterans in Scotland in the New Year Honours list 2021.



Friends of Millbank



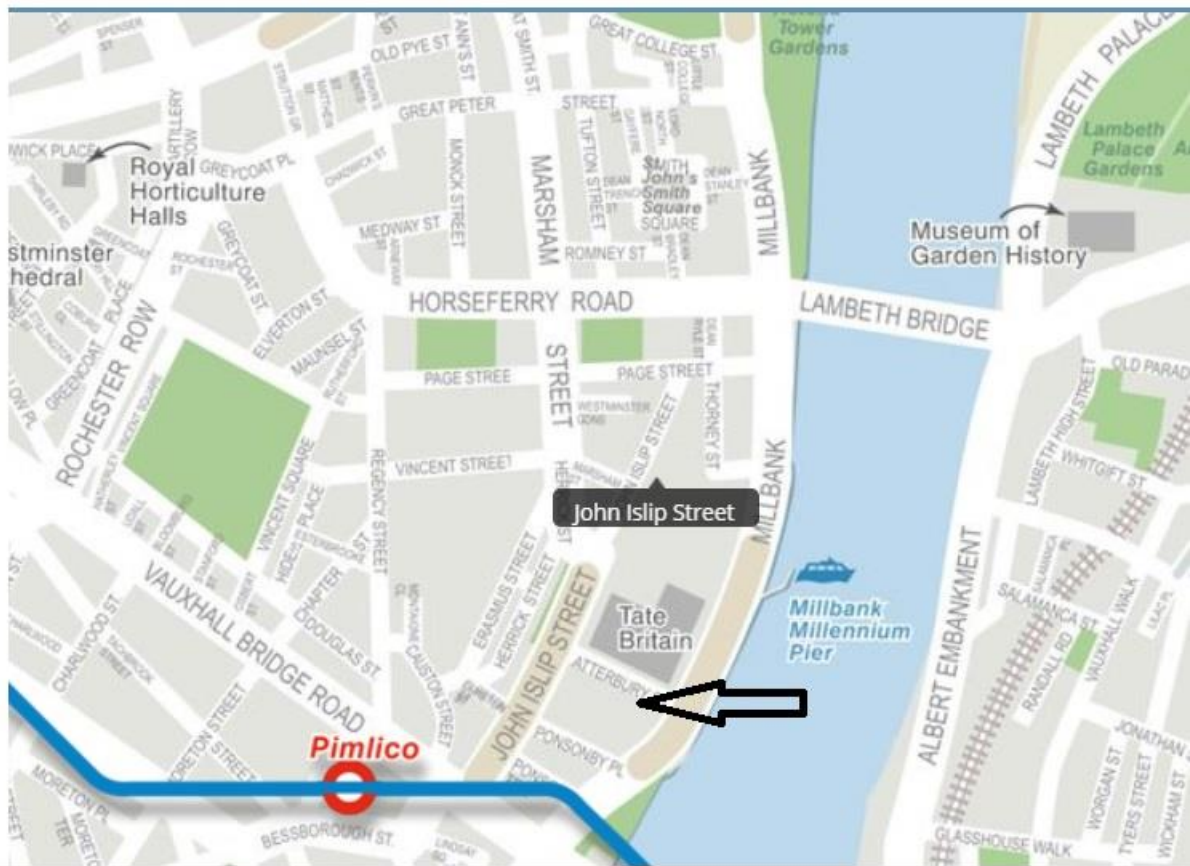
Directions for Millbank (Chelsea College of Arts, formerly the Royal Army Medical College)

The entrance to Reception is via Atterbury Street, opposite Tate Britain (arrowed on map below).

We meet for light refreshments at Reception from 1730hrs. The talk commences at 1830hrs.

Guests and non-members are very welcome. Everyone attending the talk, whether in person at Millbank or online via Zoom, is asked to register beforehand via www.friendsofmillbank.org

LondonTown.com - John Islip Street Location Map



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