



Online Training with Dr Karen Treisman MBE

**Supporting children and adolescents with
anxiety, worries, fears and stress**

20th and 21st January 2022

"A therapeutic treasure box of tools, techniques and further understanding for how to support children and adolescents with anxiety, fears and stress"

About the Training

This 2-day online training will be an opportunity to learn about creative, physical, sensory, and cognitive ways of supporting children and adolescents (and adults/ourselves) with feelings of anxiety, stress, worries, and fears. Anxiety, stress, and fear are very common and prevalent; even more so in the current context of the pandemic. So, feeling more skilled and confident in this area is hugely beneficial. This course draws on tools and ideas from the award winning and best-selling Therapeutic treasure Box book, and from the anxiety workbook by Dr Karen Treisman "Binnie the Baboon".

The course will include some Cognitive Behavioural, Narrative Therapy, Creative Therapies, and Sensory ideas. There will be lots of photo examples, tangible worksheets, and stories about the real-world work. Metaphors such as a worry wall, a worry web, a worry wizard, and a worry warrior will be discussed. The course will be jam packed with some theories and background information; as well as loads of ideas and practical suggestions which can be implemented in daily practice personally and professionally.

There will also be a range of tools taught around emotional regulation such as breathing, relaxation, and grounding strategies.

For more information and how to book: www.adoptionplus.co.uk/training

About Dr Treisman

Dr Karen Treisman is a Highly Specialised Clinical Psychologist who has worked in the NHS and children's services for several years. Karen has extensive experience in the areas of trauma, parenting, and attachment, and works clinically using a range of therapeutic approaches with families, systems, and children in or on the edge of care, unaccompanied asylum-seeking young people, and adopted children.

In addition to holding a doctorate in Clinical psychology, Karen has undergone a range of specialist trainings including EMDR, Narrative Therapy, Dyadic Developmental Psychotherapy, Sensory Attachment Intervention and Theraplay.

Karen has previously worked in both Milton Keynes's and Kensington and Chelsea's Looked after Children (LAC) and fostering services, and within the National Implementation

Service for evidence-based interventions for Looked after children, children on the edge of care, and children in custody at the Michael Rutter Centre in the Maudsley Hospital.

Karen is the director of Safe Hands and Thinking Minds training & consultancy services – (www.safehandsthinkingminds.co.uk). She is an external consultant, trainer, and assessor to Barnardos Adoption Service, PAC-UK, Hope for families, Three Steps Ireland, Pause, CoramBAAF, Grandparents Plus, and the Fostering Network. Karen is also a member of the CoramBAAF health group advisory committee, and a reviewer for the Journal of Adoption and Fostering.

Karen is the author of "Working with children and adolescents who have experienced relational and developmental trauma" (Routledge, 2016); "A Therapeutic Treasure Box for Working with children and adolescents who have experienced relational and developmental trauma" (September, 2017); and developer of a therapy card game, "A therapeutic treasure deck: feelings and sentence-completion cards"

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