



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 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. 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.

This course will include Cognitive Behavioural, Narrative Therapy, Creative Therapies, and Sensory ideas. There will be photo examples, tangible worksheets, and stories about the real-world work. The course will be jam packed with theories and background information; as well as loads of ideas and practical suggestions which can be implemented in to daily practice.

Additionally there will be a range of emotional regulation tools shared, utilising breathing, relaxation, and grounding strategies.

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

About Dr Treisman

Dr Karen Treisman MBE is a Specialist Clinical Psychologist, trauma expert, Author, and TEDx speaker. She 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.

Karen's approach is influenced by a range of specialist trainings she has undertaken including EMDR, Narrative Therapy, Dyadic Developmental Psychotherapy, Sensory Attachment Intervention and Theraplay.

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 a number of books and resources, including:

"Binnie the Baboon Anxiety and Stress Activity Book": A Therapeutic Story with Creative and CBT Activities To Help Children Aged 5-10 Who Worry (Therapeutic Treasures Collection)

"Working with Relational and Developmental Trauma in Children and Adolescents" explores the impact of relational and developmental trauma and toxic stress on children's bodies, brains, relationships, behaviours, cognitions, and emotions.

"A Therapeutic Treasure Box for Working with children and adolescents who have experienced relational and developmental trauma" and developer of a therapy card game, "A therapeutic treasure deck: feelings and sentence-completion cards"

"A Treasure Box for Creating Trauma-Informed Organizations: A Ready-to-Use Resource for Trauma, Adversity, and Culturally Informed, Infused and Responsive Systems (Therapeutic Treasures Collection)" packed full of valuable resources this book will show you how to weave a deep understanding of trauma and adversity into the daily practice and the whole fabric of your organisation.

For more information about other Training and Events from TrainingwithUs please visit: www.adoptionplus.co.uk/training or email: trainingwithus@adoptionplus.co.uk



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