

# WORKING WITH CHILDREN AND ADOLESCENTS WHO HAVE EXPERIENCED RELATIONAL AND DEVELOPMENTAL TRAUMA

- KAREN TREISMAN



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Learning Together Online

## Resource Guide

# About Karen Treisman

I am a Highly Specialist Clinical Psychologist who has worked in the NHS and children's services for several years. I have also worked cross-culturally in both Africa and Asia with groups ranging from former child soldiers to survivors of the Rwandan Genocide.

I have 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, I have also undergone a range of specialist trainings including in EMDR, Narrative Therapy, Dyadic Developmental Psychotherapy, Sensory Attachment Intervention, and Theraplay.

I have 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 Treisman**

[www.safehandstinkingminds.co.uk](http://www.safehandstinkingminds.co.uk)



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# About Karen Treisman

I currently work as a Clinical Lead for a court assessment and intensive parenting intervention team for children on the edge of care and in proceedings within Islington.

I am the director of Safe Hands and Thinking Minds training and consultancy services ([www.safehandsthinkingminds.co.uk](http://www.safehandsthinkingminds.co.uk)).

I am also an external consultant, trainer, and assessor to Barnardos Adoption Service, PAC-UK, Grandparents Plus, Hope for families, and the Fostering Network.

I am also a member of the CoramBAAF health group advisory committee, and a reviewer for the Journal of adoption and fostering.

I regularly presents at local, national, and international trauma, parenting, and attachment conferences.

I have a Routledge published book due out in the summer of 2016 entitled "Working with children and adolescents who have experienced relational and developmental trauma".

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# Training Workshops

Understanding the relational and developmental trauma

Trauma and attachment difficulties within educational settings

Reflecting on the experiences and working effectively with unaccompanied asylum-seeking young people

**[CLICK HERE FOR MORE DETAILS](#)**

Dr Treisman frequently presents at local, national, and international conferences.

**[CLICK HERE](#)** to contact Dr Treisman and discuss conference speaking engagement enquiries.

# Resources

**Karen's Facebook Group**

**[CLICK HERE TO REQUEST TO JOIN](#)**



**[CLICK HERE](#)** for a list of websites Karen has created

# Sensory Box



**Karen talked about creating a Sensory Box**

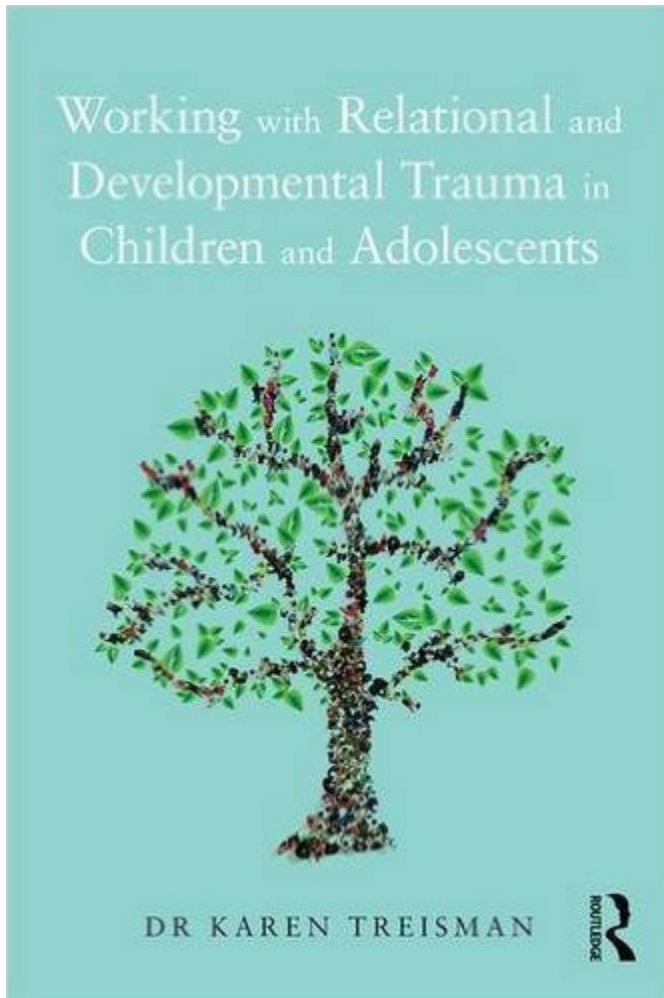
**If you would like more information or would like to talk over how to create a sensory box Karen has kindly offered to talk you through it.**

**You can contact Karen by email:**

**[karen@safehandstinkingminds.co.uk](mailto:karen@safehandstinkingminds.co.uk)**

# BOOK

## Working with Relational and Developmental Trauma in Children and Adolescents



Working with Relational and Developmental Trauma in Children and Adolescents focuses on the multi-layered complex and dynamic area of trauma, loss and disrupted attachment on babies, children, adolescents and the systems around them. The book explores the impact of relational and developmental trauma and toxic stress on children's bodies, brains, relationships, behaviours, cognitions, and emotions.

The book draws on a range of theoretical perspectives through reflective exercises, rich case studies, practical applications and therapeutic strategies. With chapters on wider organisational and systemic dynamics, strength-based practices and the intergenerational transmission of relational trauma, Karen Treisman provides a holistic view of the pervasive nature and impact of working with trauma.

Working with Relational and Developmental Trauma in Children and Adolescents will be of interest to professionals working with children and families in the community, in-patient, school, residential, and court-based settings, including clinical psychologists, psychiatrists, social workers, teachers, and students.

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# Contact



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