

WORKING THERAPEUTICALLY WITH  
UNACCOMPANIED ASYLUM-SEEKING,  
TRAFFICKED, AND REFUGEE YOUNG  
PEOPLE

- DR KAREN TREISMAN



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Learning Together Online

**Resource Guide**

# About Dr 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.



**Dr Karen Treisman**  
[safehandsthinkingminds.co.uk](http://safehandsthinkingminds.co.uk)



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# About Dr 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 an external consultant, trainer, and assessor to Barnardos Adoption Service, PAC-UK, Grandparents Plus, Hope for families, and the Fostering Network, and also a member of the CoramBAAF health group advisory committee, and a reviewer for the Journal of adoption and fostering.

I regularly present 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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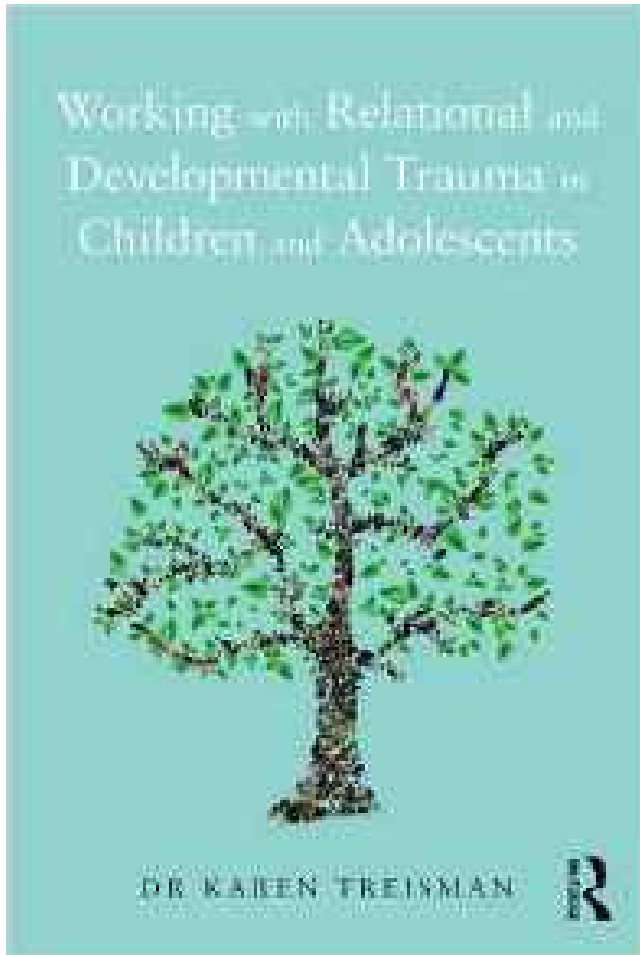
# Event Details

This event will explore some of the unique challenges and considerations for working and supporting unaccompanied asylum-seeking, trafficked, and refugee young people within a UK context; and reflect on some of my learning from working with this client group.



# Reading

## 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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**Safe Hands and Thinking Minds  
Psychological Services**



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A 10 day course over five 2-day blocks for qualified counsellors/psychotherapists who work with children and young people or who wish to work with this age group.

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