



THE ROYAL BOROUGH OF
KINGSTON
UPON THAMES



DEVELOPING TOGETHER
SOCIAL WORK
TEACHING PARTNERSHIP

Trauma Responses in Lockdown With Dr Karen Treisman

No charge for primary partners

When: 30 June 2020 9:45am -1pm

Where: Online - Zoom

Given the current context around the uncertain and ever-changing pandemic, this session will focus on an exploration and reflection of some individual trauma and stress responses to the pandemic; as well as some of the wider societal and organisational responses. There will be an opportunity to draw on some of what we know from the relational and developmental trauma field and apply it to the current context. There will be opportunities for break out rooms to reflect on some of the feelings we are having ourselves, we might be seeing in those around us, and in our direct work. We will also think about some of the collective loss which is occurring.

Worksheets which you might like to have to hand before the workshop are found [here](#) and [here](#).

Book here: [Tickets - Eventbrite](#)





About the trainer:

Dr Karen Treisman is a Highly Specialist Clinical Psychologist who has worked in the National Health System and children's services for several years. Karen has also worked cross-culturally in both Africa and Asia with groups ranging from former child soldiers to survivors of the Rwandan Genocide. Karen has extensive experience in the areas of trauma, parenting, adversity (ACE's) 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 also specialises in supporting organisations and systems to move towards being, and to sustain adversity, culturally and, trauma-informed and trauma-responsive practice. This work focuses on creating meaningful and multi-layered cultural and paradigm shift across whole systems.

In addition to holding a doctorate in clinical psychology, Karen has undergone a range of specialist training courses including in EMDR, Narrative Therapy, Dyadic Developmental Psychotherapy, Video Interaction Guidance, Sensory Approaches, 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 LAC, children on the edge of care, and children in custody at the Michael Rutter Centre in the Maudsley Hospital; and as Clinical Lead for a court assessment and intensive intervention team for children on the edge of care and in proceedings in Islington.

Karen is an external consultant, trainer, speaker, and assessor to a variety of local authorities and organisations including Barnardos, PAC-UK, AdoptionPlus, BAAT, Pause, Grandparents Plus, Three Steps Ireland, MedicaCPD, and the Fostering Network. Karen is also an expert witness and regularly undergoes a variety of assessments for court. Additionally, Karen is also 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" and the best-selling book "A Therapeutic Treasure Box for Working with Children and Adolescents with Developmental Trauma: Creative techniques and activities". Karen is also the designer of "A Therapeutic Treasure Deck: Sentence-Completion and Feelings Cards" and "A Therapeutic Treasure Deck: Grounding, Regulating, Coping, and Soothing Cards". Karen is also the designer of Neon the Ninja toy and workbook (sleep issues) Gilly the Giraffe (self-esteem & confidence), Cleo the Croc (children who have been hurt and learned to be afraid to let people close), Presley the Pug (emotional regulation, relaxation, calm, mindfulness, and finding an emotional safe place), and Binnie the Baboon (anxiety, fear, stress, and worry). Karen was also awarded the 2018 Psychology Professional of the Year Award for Excellence in Attachment and Trauma.