



# Therapeutic Social Work

**Presented by Dr Karen Treisman and Joanne Alper**

This course is for Social Workers interested in working therapeutically with families supporting children with relational trauma and attachment difficulties. It will equip participants to work safely and effectively even with limited time and no clinical supervision. This 8 day bespoke course spread over 5 months, combines social work and clinical psychology, and will provide participants with information, practical strategies and tools that can support families with:

- Relational and developmental trauma
- Emotional regulation
- Rejecting behaviours
- Adolescence
- Aggressive and controlling behaviour
- Sexualised behaviour
- Stretching the truth and taking items
- Life story work

## **About the course**

- Delegates benefit from having two trainers who are respected, experienced practitioners, trainers and authors
- Additionally there are 2 guest speakers, experts in the areas of sensory integration and adolescence
- The trainers draw on a range of approaches and modalities including systemic, trauma, attachment, neurobiological, sensory and creative.
- Theory and practical hands on experience are shared in a realistic way.
- The course offers a nurturing and intimate group environment
- Spread over 5 months gives time for reflection, forming as a group, and layering on learning
- All resources and hand-outs are included

## **Previous attendees have said:**

*“Feel like I’ve grown so much personally and professionally”*

*“I have found this course to be incredibly useful, knowledgeable and rewarding. The information has been so valuable in enhancing my practice and motivating me to want to be better.”*

*“The last 7 months has inspired me so much in the work I do and the knowledge and tools given throughout will be a positive thing improving my practice working with the families and young people.”*

- Dates:** This 8 day course will be a combination of face to face and online learning:  
18-19 November 2021 - Adoptionplus  
9-10 December 2021 - Online  
14 January 2022 - Adoptionplus  
11 February 2022 - Online  
11 March 2022 - Online  
24 March 2022 - Adoptionplus
- Venue:** Adoptionplus, Moulsoe Business Centre, Cranfield Road, Moulsoe, MK16 0FJ  
(near Milton Keynes) and Online
- Price:** £1650 + VAT (£1980 inc VAT)
- Booking:** For further information or to book please visit [www.adoptionplus.co.uk](http://www.adoptionplus.co.uk) or contact 01908 218251 / [alice.hollingdale@adoptionplus.co.uk](mailto:alice.hollingdale@adoptionplus.co.uk)

### **About the Trainers**

**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](http://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"

**Joanne Alper** is Director of Services at Adoptionplus, a VAA rated as 'Outstanding' by Ofsted. Joanne is a qualified Social Worker and Play Therapist. She is the co-founder of Adoptionplus.

Prior to this Joanne worked for many years in local authorities including Looked After Children teams, generic child care teams and child protection teams. Joanne recently led on the establishment of a new specialist therapeutic social work service in London. Joanne is passionate about effective social work and is keen to promote the benefits of a more therapeutic approach to the social work role within local authorities. Joanne is the author of 'All About Mummies & Daddies' and the 'Billy Says' series of six books. She has also written and edited 'Assessing Adoptive Parents, Foster Carers and Kinship Carers' and "Supporting Birth Parents whose children have been Adopted". She has also contributed to many journals, chapters and research articles.

Joanne is Trustee on the CVAA Board and sat as a specialist adviser on the NICE committee for Quality Standards in Attachment.