

Virtual and online working- reflecting on strengths and challenges of virtual working; and some tips and ideas for making virtual working more creative, engaging, and relational (not tech focused).

(Please read this before committing and purchasing the online module. We aim to be as up front, honest, and transparent as possible, so it is important people know what they are purchasing. After reading in full if your question has not been covered you are welcome to contact us at karen@safehandstinkingminds.co.uk)

Brief introduction to what is covered:

This introductory workshop will discuss some of the dilemmas and challenges of virtual working; as well as some of the benefits and strengths of virtual working. Some practical and tangible ideas, tips, and tools for engaging children and adults when working virtually and online will be shared. This is with the intention of making virtual working more creative, engaging, and relational. This is not about tech support and tech tips.

What do I get for my money?

- You get over 120 minutes/ 2 hours of video footage presented by award winning Clinical Psychologist and best-selling Author, Dr Karen Treisman. The idea is that attendees' practice, try out the tools, and reflect on them as they go along, so in terms of time there are hours more which could be done if chosen. This material is available for 6 months after purchase so you can revisit it numerous times. It does expire after this time.
- You get a 2-page resource pack with professional graphic designed images.
- A copy of the slides in pdf form (for the attendee's use only).

Who is this targeted to and who is it appropriate for? Including age range.

This course is far reaching in its usefulness and interest. However, it is suitable for anyone working with or supporting children, teens, or adults virtually. It may have particular interest for those working in education, social care, therapy, health, the courts and so forth. It can also be applied for virtual team meetings, supervision, and other online forums. This is an introductory course so offers the basics as well as enriching and offering numerous more advanced ideas and options.

What is the learning method and how accessible is it? Do I need to watch it all in one go? Do I need to do all the activities and work through the order it is presented?

It does flow better and allow yourself to immerse in the material and will take a morning or an afternoon, but it is not needed, absolutely not. It is presented in bite size segments ranging from 2 minutes to 25 minutes. This is purposely done to allow for people to dip in and dip out and to watch it in whichever way suits their learning style and the situation in which they are in. It is also intended that people pause, practice the exercises, reflect on them, discuss, and so forth. People may want to

revisit and repeat them as well. This is also done in smaller sections to optimise people's engagement, concentration, and attention; and to encourage people to move around, take brain breaks, practice the regulating activities etc. There is also a video clip near the beginning of the module about different ways of optimising and absorbing the material.

How long can I access the material for?

From when you purchase the module it is accessible for you for 6 months. You can dip in and out and watch it as many times as you like in that 6-month period.

Is this material copyrighted? Is this a train the trainer module?

This material is legally copyrighted. This is not a train the trainer module. Whilst we hope you spread good practice and your learning with others and encourage this. This material is the property of Dr Karen Treisman. Therefore, this is for the attendees learning and development. Any material shared in any form must be fully cited and referenced to Dr Karen Treisman. We hope you appreciate the time, money, energy, and care that goes into creating these materials and making them as accessible as possible.

Can I do this as face-to-face training instead?

Absolutely, this ordinarily is a face to face training. Dr Treisman offers over 40 training packages, however as a result of the pandemic and being committed and passionate to still spreading good practice these online modules have been created. It is also hoped this can make the training accessible to many more who are not able to attend trainings. Face to face training can be booked through safe hands and thinking minds.

Why does some of the footage not seem studio ready? What is the platform like that I will use?

Please note these modules are being created in a real and down to earth way in the context of the pandemic. Every effort has been made to make them as high quality and professional, but like this book it is real world and flexible.

The platform is thinkific. It was selected as it is easy-to-use and accessible. Feedback on previous modules has been very positive. They also have a great customer support and online trouble-shooting support if needed. Please when using the platform ensure that you input your details correctly and keep them somewhere safe. This includes selecting an email address you can access from home and work.

Are bulk orders available for teams and organisations?

Yes, organisations can make bulk orders and can receive a discount. This is for teams or organisations more than 10 people. You are welcome to contact karen@safehandsthinkingminds.co.uk to discuss number.

Can we book our own Q and A session for our team/ organisation?

Yes, depending on availability, Karen is available to book 1-3 hour interactive QA sessions where teams can discuss the progress or the module and questions about the resources etc. This is charged at £150ph.

How much is the module and how can I pay?

The module is priced at £20. That is £10 an hour. Payment takes just a few minutes and is made on the platform via PayPal or stripe. This means direct debit or credit card can be used. For groups of over 10, an invoice payment can be arranged.

About the creator, who is she?

Dr Karen Treisman, MBE, 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. She also is the author of 8 books/ workbooks, including the bestselling book, "The therapeutic treasure box", and of 3 sets of therapeutic card decks.

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 becoming, and to sustain adversity, culturally and, trauma-informed, infused, and responsive practice. This work focuses on creating meaningful and multi-layered cultural and paradigm shift across whole systems. This was the focus of Dr Treisman's Winston Churchill Fellowship. Karen was awarded a Winston Churchill Fellowship Travel Award which involved visited several places in the USA to further study whole system and organisational approaches to trauma-informed and trauma-responsive care and this topic is the focus of Dr Treisman's next book entitled "*A Treasure Box for Creating Trauma-Informed Organizations: A Ready-to-Use Resource For Trauma, Adversity, and Culturally Informed, Infused and Responsive Systems*" due to be published by Jessica Kingsley Publishers.

In addition to holding a doctorate in Clinical psychology, Karen has undergone a range of specialist training courses including in EMDR, Narrative Therapy, Narrative Exposure Therapy, Trauma-focused CBT, Dyadic Developmental Psychotherapy, Systemic 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 Looked after children, 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, Action Trauma, 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 was also awarded the 2018 Psychology Professional of the Year Award for Excellence in Attachment and Trauma; and Youth Psychology Professional of the Year 2020.

Karen regularly attends and presents at local, national, and international trauma, parenting, and attachment conferences (See the events tab on this website). Karen is also a TEDx speaker on the power of relationships and viewing behaviour as communication.

Karen is the author of “Working with children and adolescents who have experienced relational and developmental trauma” (Routledge, 2016); 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” and the Parenting Patchwork cards. Karen is also the designer of Neon the Ninja toy and workbook; 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 is also the author of the **forthcoming books**– “A Treasure Box for Creating Trauma-Informed Organizations: A Ready-to-Use Resource For Trauma, Adversity, and Culturally Informed, Infused and Responsive Systems” and Ollie the Octopus (grief, bereavement, death, and loss for children).

