

A Trauma Informed Thinking Space with Dr Mandy Davis and Dr Karen Treisman- Raw, real, and unscripted conversations. Information and the Frequently Asked Questions

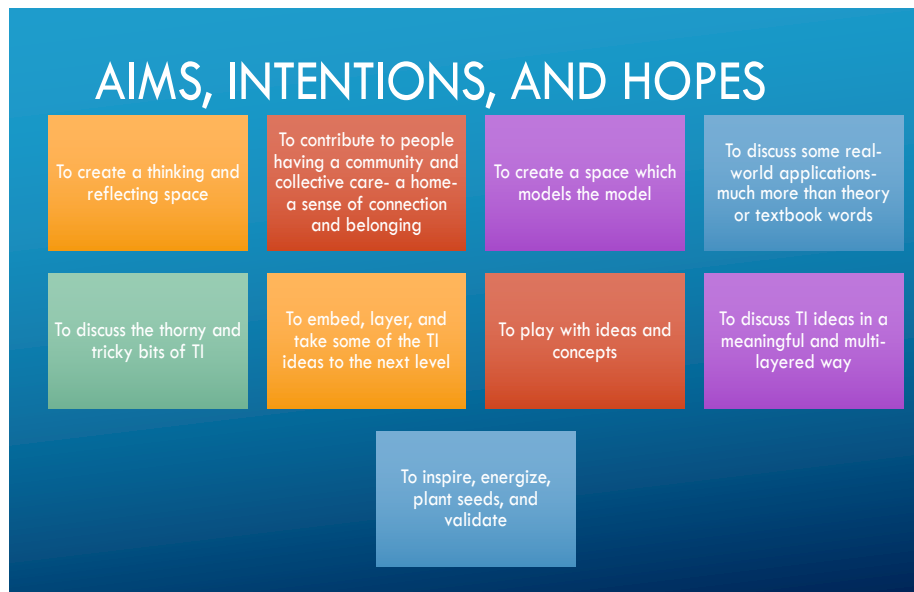
(Please read this before committing and purchasing this online module. We aim to be as up front, honest, and transparent as possible, so it is important people know what they are purchasing. After reading in full if your question has not been covered you are welcome to contact us at karen@safehandsthinkingminds.co.uk). **This is a non-refundable course and is valid for a year from purchase.**

Overview:

We are super excited to announce this unique trauma informed thinking space module (a series of 15-20 mins of conversational podcast style videos) with some supporting resources. It is raw, unedited, unscripted, real, & honest. We had so much fun making it & found it thought-provoking, connecting, and enriching ourselves. We discuss some of the thorny, nuanced, & multi-layered aspects of trauma informed ideas at an organisational and system level in an informal and relational way.

This is for those trying to enrich and deepen their trauma-informed journey, be hopeful disrupters, be change agents, considering going on the TI journey and much more. We hope this module takes some of the TI ideas and conversations to a deeper and more meaningful level. This will have relevance for leaders, managers, change agents, TI consultants, and anyone interested in TI ideas and practices. You can see the full list of contents below to see if seems suitable for you but we include things like myth busting (e.g. “is TI just being sweet and kind?” to practical applications like applying to HR, to a breathing technique, to a TI lens of a physical environment; to discussing some of the key terms used such as the difference between trauma specific & trauma informed or terms like “resilience”; to exploring areas such as TI lens to training & wellbeing & much more. Including proactively finding ways to avoid re-traumatising people and adding harm through our systems and practices. As well as considering some of the key and guiding TI values and key attributes.

Our aims for this module are as follows:



The below will describe what is covered so that you can decide if suits what you are looking for.

What is covered in this introduction module? What is the content?

Part 1- Welcome, hello, introductions, and some ways to optimise the module

- Welcome and introductions to this space and to Karen and Mandy- 15 mins **video**.
- How to approach this module to optimise its learning and impact- including some aims and intentions- 13 mins **video**.
- 3 handouts- 1) Some of our aims and intentions for this module, 2) Take what you need tokens, 3) Reflect on your thoughts and take home/forward messages handout.

Part 2- The language and terms we use in "Trauma informed" spaces- playing and reflecting on words and the nuances within them

- The nuances around the term "trauma", introduction to different types of traumas, and some of our reflections around when organisations ask can you please come and talk to us about trauma- 16 mins **video**.
- Different types of trauma/ different terms around trauma/ questions to consider when have this request. **Handouts**.
- Exploring some of the complexities and tapestries around the terms and intentions of "trauma informed" vs "trauma specific"- 15 mins **video**.
- Exploring what do we call it, including trauma informed care/practice/ approach and more; but also, should we use the term "trauma" itself- 20 mins **video**.
- Thinking space around language- A spotlight on the terms- "Resilience", "Empowerment", "Survivor and Victim"- 17 mins **video**.

- Some more terms and concepts- "Healing", "hope", "forgiveness", and "growth" **video- 17 mins.**
- ACES- Exploring the term and word used **video.**

Part 3- Exploring and thinking about the guiding values and 4 R's of trauma informed practice- Realise, recognise, respond and resist

- An introduction to the 4 R's- What are they? Why they might be important? Are they helpful? Some differences within them? And an introduction to the first R- Realise-16 mins **video.**
- Exploring and talking about the Second R- Recognize- 20 mins **video.**
- Exploring and talking about the third R- Respond- 18 mins **video.**
- Exploring and talking about the Fourth R- Resist- 26 mins **video.**
- Overview of some of the values of trauma-informed practice and why they can be useful and anchoring- 26 mins **video.**
- Handout- four R's and some of the TI values- taken from Dr Treisman's A Treasure Box for Trauma Informed Organization Book
- We had a lot of fun making this module and wanted to share 2 blooper videos to make you laugh.

Part 4- Stepping stones and key implementation ingredients of TI practice (Training, readiness, wellbeing, and more)

- Universal precautions- Why is TI for everyone? Who is it beneficial for? How do we avoid othering and acknowledging that we don't have emotional x-rays? - 17 mins **video.**
- Thinking about some of the factors and aspects to be mindful of around readiness to go on the TI journey as an organisation (25 mins **video.**)
- Thinking space around training, workshops and learning spaces- 20 mins **video.** **(Including a handout)**
- Thinking about staff and workforce wellness and wellbeing (this is expanded in some of our myths section further on too)- 19 mins **video.**
- A spotlight on supervision and thinking spaces- 20 mins **video.**
- A spotlight on cultural humility and DEI-20 mins **video.**

Part 5- The application of the TI values and principles in a real-world example (The so what videos):

- Real world applications- Mandy gives an example of hiring and recruitment- 6 mins **video.**
- Real world applications- Karen gives an example of physical environment- 15 mins **video.**
- Real world applications- Mandy gives an example of applying the values of TI to using a punching bag- 9 mins **video.**
- Real world applications- Karen gives an example of hand thinking (TI lens) (A "calming, grounding, soothing technique- you are the strategy- 10 mins **video.**

- Real world applications- Karen gives an example of team check-ins from a trauma lens (**handout on check-ins attached here**)- 20 mins **video**.

Part 6- Myths and dilemmas- common questions and thorny bits

- Is trauma informed just about being sweet and nice? 18 mins **video**.
- Can everything be triggering? I am worried to do or say anything now! 20 mins **video**.
- Myth- Do I need to be whole, well, and happy to do this work? -16 mins **video**.
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Part 7- Thank you, goodbyes, and next steps.

3 min video and next steps

What do I get for my money?

- You get over 430 minutes/ 7 hours (broken down into 5-26 min podcast style conversations) of unique video footage presented by Dr Karen Treisman and Dr Mandy Davis. This does not include the time added for reflection, interactive activities, discussion, and further reading etc. This material is available for 1 year after purchase so you can re-visit it numerous times.
- You get some printable resources and some infographics.

How much is the module for an individual, teams, and organisations and how can I pay?

The module is priced at £69.99/ about \$87 (That is less than £10 an hour). Payment takes just a few minutes and is made on the platform via PayPal or stripe using a card. This means direct debit or credit card can be used. For groups of over 10, an invoice payment can be arranged. Teams or organisations can make bulk orders and can receive a discount (this includes being able to roll out to all employees or play at team meetings/ conferences etc. You are welcome to contact karen@safehandsthinkingminds.co.uk to discuss numbers and prices.

What is the learning method and how accessible is it? Do I need to watch it all in one go?

Nope absolutely not. It is presented in bite size segments ranging from 5 minutes to 30 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 12 months. You can dip in and out and watch it as many times as you like in that 12-month period.

Do you offer consultations or advice for teams or individuals about this topic?

Absolutely, depending on our capacity and availability, we offer one-to-one or team spaces to discuss the nuts and bolts of your specific situation. We also offer FAQ or thinking spaces for those to reflect and embed learning after engaging in the module. Please email karen@safehandsthinkingminds.co.uk

We also are hoping to work on lots of projects together and are so motivated by what is most useful- so please do pop us wish list, requests, and suggestions.

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 useful and interesting, but like this topic, it is real world and flexible. They are intentionally raw and unedited.

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.

About the creators, who are they?

Dr Mandy Davis:

Dr. Mandy Davis, LCSW, PhD is an American licensed clinical social worker and holds a doctorate in Social Work and Social Research. Mandy's clinical work began in the early 90's working with those experiencing domestic and sexual violence and the impact of this across the lifespan. This work included individual, and group based therapeutic services with children, adolescents, and their families. While doing this work Mandy became interested in the policies and procedures in our systems and organizations that either promote or hinder healing. Mandy worked to establish school-based health centers and coordinated response teams across systems such as housing, judicial, educational, health, and basic need providers. Mandy has also worked in judicial, correctional, and residential settings. Mandy's work with those who have experienced violence and harm and the organizations who are supposed to provide support led her to trauma informed practices as it emerged over the last decade. Her work is done nationally and internally through her role as a Director of Trauma Informed Oregon, an externally funded project dedicated to trauma informed practices, Social Work Professor of Practice, as a researcher, and independent consultant. Mandy continues to write about and develop tools for organizations to use to advance their trauma informed efforts. Mandy's current interests are in measuring trauma informed care at the organizational level, workforce wellness and retention, the intersections of diversity-equity-inclusion and trauma informed care, using trauma informed practices to build resilience communities in response to climate change, and policy related work to promote and support trauma informed practices. Current work is across sectors and includes but is

not limited to schools, universities, park service workers, environmentalists, counselors, advocates, and policy makers. Mandy is a board member of the Campaign for Trauma Informed Policy and Practice, the International Transformational Resilience Coalition, and Racies de Bienstar. Mandy has served on multiple advisory groups and provides educational testimony to state legislators and federal policy makers.

I believe in being a lifelong learner and staying curious and informed of what is working across the globe to keep the work relevant, responsive, and evolving. I value that healing and flourishing can come from many places and spaces and often involves a weaving of tangible needs with connections and time. Often this process is disrupted as a result of agency or system policies and procedures. I am passionate about TIC because it focuses on removing barriers that cause harm or prevent healing and it invites everyone to find a place in this work. Beyond my work I spend time with my family playing games of all sorts. I also love to curl up with a book or sit in silence staring at the ocean (really any water). I also greatly appreciate other people's cooking.

Dr Karen Treisman:

Dr Karen Treisman, MBE, is an award winning Highly Specialist Clinical Psychologist, organizational consultant, and trauma specialist who has worked in the National Health System and children's social services for several years. Karen has also worked cross-culturally in both Africa and Asia with groups ranging from former child soldiers, asylum-seeking young people, to those living with HIV/AIDS, and to survivors of the Rwandan Genocide. She also is the bestselling Author of 11 books/ workbooks, including, "The therapeutic treasure box", and of 5 sets of therapeutic card decks (trauma/ strengths/ feelings and sentence completion/ parenting patchwork/ regulating, grounding and soothing/ trauma and stress). (Check out Karen's amazon page sharing all of her resources- <https://www.amazon.co.uk/stores/page/BD57A40E-2602-44B5-A3A8-F72EA04950C4>

Karen has extensive experience in the areas of trauma, parenting, adversity, child protection, fostering, 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. As well as being a supervisor, reflective practice facilitator, and trainer.

Karen also specialises and spends more of her time now supporting teams, organisations, and systems to move towards becoming, and to sustain adversity, culturally and, trauma-informed, infused, and responsive practice (at a language, policy, culture, and practice level); and is an organisational consultant to numerous organizations around the world including numerous social services, health services, schools, nursery schools, the police, prisons, charities, residential homes, nursing homes, churches, and many many more. 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 Award where Karen 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 bestselling books (2 volumes) entitled "*A Treasure Box for Creating Trauma-Informed Organizations: A Ready-to-Use Resource For Trauma, Adversity, and Culturally Informed, Infused and Responsive Systems*"

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, Court work, Trauma-focused CBT, Dyadic Developmental Psychotherapy, Video Interaction Guidance, Sensory Approaches, Theraplay, amongst others.

Karen previously worked in both Milton Keynes's and Kensington and Chelsea's Children in care 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 UK and International Local Authorities/child welfare, health care teams, schools, nurseries, charities, and organisations including Barnardos, PAC-UK, AdoptionPlus, BAAT, Pause, Action Trauma, Candle Trust, Grandparents Plus, and the Fostering Network. Karen is also an expert witness and regularly undergoes a variety of assessments for court.

Additionally, Karen is also an associate editor for the Journal of Child and Adolescent Trauma and a reviewer for the Journal of Adoption and Fostering; and for several book publishers.

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 was awarded an MBE for outstanding services for children and is on the Queens 2020 Honours list.

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 11 books including "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 author of the "*A Treasure Box for Creating Trauma-Informed Organizations: A Ready-to-Use Resource For Trauma, Adversity, and Culturally Informed, Infused and Responsive Systems*".

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"; the Parenting Patchwork cards; *the therapeutic treasure deck of strengths cards, and a card deck focusing on trauma, stress, and survival modes*. 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), Ollie the Octopus (grief, bereavement and loss), and Binnie the Baboon (Anxiety, fear, stress, and worry).