

An introduction to making genograms more creative, relational, and meaningful- 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:

This module is brimming with practical and creative ideas for using and integrating genograms/ visual representations of one's family (including cultural genograms) into lots of different types of support, assessment, and intervention.

This will include using different shapes, textures, materials, and items (including miniatures, nature items, puppets and much more) to create genograms; as well as a range of different questions and reflective exercises you could add to enrich, layer, and expand.

These ideas can be adapted for children, teens, adults, and for use within reflective spaces and supervision.

Some of these ideas will be targeted as using them within therapy and social care; however, there will be ideas that depending on one's skill set can be used in other settings such as school.

Please read below on what is and isn't covered.

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

- Things to be mindful of and practicalities around genograms.
- Ways to make genograms more creative, meaningful, and relational.
- Introduce to a range of materials and mediums which can be used.
- A range of ideas to enrich, layer, and expand on the genogram including an array of different materials, mediums, and avenues of discovery and questions.
- See a range of examples of creative genograms.
- An introduction to cultural genograms
- Ways to practice on ourselves and around using genograms.
- Further reading and references.

What is not covered in this module?

This module is a brief intro as it is 4 hours, it is not a deep dive or teaching the therapeutic or counselling skills which often go around and within using genograms- so things will be mentioned such as active listening or integrating emotional regulation techniques; however

how to do this won't be taught in depth here- the focus is on making genograms meaningful, creative. and relational.

What do I get for my money?

- You get about 240 minutes/4 hours (broken down into 5-15 min podcast style conversations) of unique video footage presented by Dr Karen Treisman, MBE (Clinical Psychologist, Author, Trainer, and Organisational Consultant). 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 the handout of the slides to print.

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

The module is priced at £35 (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 15 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 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).

