



Dr Karen Treisman BA (Hons), D. Clin.Psych
Chartered Clinical Psychologist



Health Professions Council Registration: **27255**

Dr Karen Treisman is a child and family psychologist specialising in the assessment and psychological treatment of developmental difficulties, childhood trauma, attachment disorders and child mental health. She is the author of numerous books on therapeutic intervention with traumatised children. She also trains other professionals in attachment, trauma, adoption and fostering. She works extensively with looked after children and unaccompanied asylum seekers using a range of therapeutic models including dyadic developmental therapy, play therapy and narrative therapy. She is the clinical lead for the family assessment and intervention service for children's services in Islington.

PROFESSIONAL EXPERTISE

- Assessment of children who have suffered trauma, maltreatment, separation and loss.
- Assessment of child attachment and qualified in the use of specialist measures of child attachment
- Psychological interventions for families in care proceedings
- Assessment of the capacity of parents in proceedings to effect long-term change
- Child psychotherapy including dyadic developmental psychotherapy, narrative therapy, play and drama therapy
- Training professionals in childhood trauma, attachment, adoption and foster care
- Working with looked after children and their families.
- Working with multidisciplinary teams to develop psychological thinking in child protection work
- Case formulation, assessment, and intervention for families in proceedings or pre-proceedings.

WORK HISTORY

**2015- Present Clinical Psychologist and Clinical Lead Court Assessment and Intervention Service
Whittington NHS Trust and Islington children's services**

Dr Treisman was the clinical lead for this multi-disciplinary team offering wraparound assessment and interventions for families whose needs have reached the child protection and pre-proceedings threshold. It offers families on the verge of proceedings intensive intervention. This team also develops the delivery and impact of Social Work Interventions, and raise the quality of assessments and court statements. It offers a multi-agency and multi-disciplinary framework to the formulation of parenting capacity assessments. The team joins statutory Children in Need Social Work Teams to jointly deliver time-limited assessment and interventions.

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2015 – 2016 Site consultant and trainer. National Implementation Service for evidence-based programmes for looked after children, adopted children, and residential homes South London and Maudsley NHS Trust

Dr Treisman worked at the National Implementation Service (NIS) for Looked after children, adopted children, and children on the edge of care. The team was responsible for designing, developing, evaluating, implementing, and researching various evidence-based interventions including multi-dimensional foster care treatment (MTFC), multi systemic therapy.

In addition to working on the above programmes, Dr Treisman was the national AdOpt lead and responsible for developing and implementing the programme across 10 geographically diverse social care locality teams. This role included delivering consultation, management, marketing, and supervision to a wide variety of group facilitators, locality teams, and commissioners. She led a large scale evaluation project and presented at a variety of related conferences on implementation science and therapeutic interventions for the adoption population.

Dr Treisman also worked in the national conduct, fostering, and adoption team as a senior clinician offering therapeutic assessments and interventions.

2012-2014 Senior Clinical Psychologist (Band 8a)The Royal Borough of Kensington and Chelsea children's services and Central and North West London Foundation NHS Trust

This post was split between the Community Looked After Children Psychology service (Dual funded by children's social care and the NHS, and the two local also children's residential homes (One short-term assessment home and one long-term therapeutic home).

This role involved working consulting to social workers, foster carers and adoptive parent. She would also work collaboratively with teams including NSPCC, the FAST team, multi-systemic therapy, offering supervision and support to a range of professionals. She worked therapeutically with families and developed the psychological input in residential homes.

2009-Date Private Practice Psychologist and trainer

Dr Treisman conducted one-to-one therapeutic interventions with both children and adults, carried out court reports (Attachment child protection based and for asylum-seeking cases), acted as an expert witness, offered reflective spaces and consultation slots to social care teams, and delivered training to a range of audiences. She was the external consultant to Barnardo's adoption service, the Fostering Network, Hope for Families, and PAC-UK. She has taught on social work university courses, as well as to clinical psychology doctorate trainees. Referrals have been from schools, lawyers, GP's, charities, and local authorities.

2011-2012 Clinical Psychologist, Milton Keynes NHS Trust and Milton Keynes children's social care

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Split post between the Children in care and unaccompanied asylum-seeking team within children's social care (with consultation to the adoption, fostering, and options for independence teams) and CAMHS tier 2. My role was a split post between the children in care and unaccompanied asylum-seeking team within children's social care and a CAMHS tier 2 service.

2008 – 2011 **Clinical Psychologist in training, South Thames Clinical Psychology Doctorate Course Surrey and Borders NHS Trust**

As a Clinical Psychologist in training: Dr Treisman worked in six 6-month placements (adult, forensic, child/looked after child, learning disability, older adult, and child/ cleft service). She completed a research project entitled "The experiences of London-based African asylum-seeking and refugee women who are diagnosed with HIV during their pregnancy". She completed critical reviews on, 1) the use of multi-family groups with people diagnosed with anorexia, 2) The use of EMDR with older adult populations, and 3) The use of filial play therapy with looked after children.

PROFESSIONAL QUALIFICATIONS

2008 - 2011 Doctorate in Clinical Psychology (D.Clin.Psych), Surrey and Borders NHS Trust

1998 - 2002 BA Psychology (2:i), University of Sussex

SPECIALIST TRAINING

2016 Level 1 Video Interaction Guidance. Tavistock

2016 Child Attachment Interview Training. Anna Freud Centre

2016 Story Stem Attachment Assessment Training. Anna Freud Centre

2012-2014 Specialist training in using art, clay, the tree of life, puppets, sand, masks, and drama within therapy with children and adolescents. Centre for Child Mental Health

2014 Court report writing skills and giving evidence in court Bond Salon

2013 Level 1 of Sensory Attachment Intervention Adoption plus

2012 Level 1 of Dyadic Developmental Psychotherapy, Adoption plus

2012 Level 1 of Dyadic Developmental Psychotherapy, Adoption plus

2010-Date Level 1 and level 2 in Eye Movement Desensitization Reprocessing Therapy (EMDR)
EMDR works, EMDR Europe

2010-Date Level 1 and level 2 in Narrative Therapy The Institute of Narrative Therapy

PUBLICATIONS

Treisman, K (2016) Working with children and adolescents who have experienced relational and developmental trauma. Routledge.

Treisman, K (2016) Working with relational and developmental trauma in children and adolescents. Routledge.

Treisman, K (in Press 2017) The therapeutic treasure box for working with children who have experienced trauma.

Treisman, K (2016) Genocide, conflict and political violence. In L Lopez-Lever "Trauma Counselling: Theories and interventions". Springer Publishing Company.

Treisman, K and Denborough, D (in press) Narrative approaches to responding to bed wetting within the context of trauma.

Treisman, K (2011) The experiences of London-based African asylum-seeking and refugee women who are diagnosed with HIV during their pregnancy. International Journal of HIV/AIDS. Doctoral Thesis.