

Presley the Pug Online module- Information and the 18 Frequently Asked Questions- Dr Karen Treisman

(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)

The following questions will be addressed (I would recommend reading them in full so you can make an informed decision, however they are listed here for ease):

- 1. What is the focus and what is covered?**
- 2. What do I get for my money?**
- 3. Who is this targeted to and who is it appropriate for?**
- 4. Is this for individual or group work?**
- 5. What is the learning method and how accessible is it?**
- 6. Do I get the book included with the module?**
- 7. Do I need the book?**
- 8. What if I already have the book, is this module worth it for me?**
- 9. Where can I purchase the toy?**
- 10. How long can I access the material for?**
- 11. How similar is this to other modules, books, and trainings? Is there overlap?**
- 12. Is this material copyrighted? Is this a train the trainer module?**
- 13. Can I do this as face-to-face training?**
- 14. Why does some of the footage not seem studio ready?**
- 15. Are bulk orders available for teams and organisations?**
- 16. Can we book our own Q and A session for our team/ organisation?**
- 17. How much is the module and how can I pay?**
- 18. About the creator, who is she?**

What is the focus and what is covered?

The focus of this introductory module is on emotional literacy, developing an emotional dictionary and on emotional and behaviour regulation. It also focuses on relaxation, calm, and inner peace. The story centres around Presley the Pug finding an imaginary calming place in his mind; as well as a range of other calming, grounding, soothing, regulating, and coping tools. It also teaches children about the popular “safe place” exercise, as well as a range of other tools, such as breathing exercises and creating a sensory box.

The module itself covers a huge range of areas including:

- Introduction to the module and ways to optimise online learning.
- Understanding emotional regulation.
- Different ways of being with children to increase their safety, their trust, and their ability to regulate.
- Key therapeutic qualities and skills to underpin and optimise the creative activities.
- Numerous creative, expressive, physical, sensory, and cognitive relaxing, grounding, soothing, and coping strategies.

- Creative and expressive ways about talking about feelings.
- Key messages to teach children about feelings.
- Creative and expressive activities and games to support children to share, label, and express how they are feeling.
- Creative ways of asking scaling and measuring questions.
- The story of Presley the pug itself written and explained by Dr Karen Treisman.
- An introduction to some fun activities to bring the story alive like arts and crafts activities, crosswords, quizzes etc.
- Defining the feeling of calm in a sensory and creative way.
- The safe place exercise- step by step ways of doing it and creative extensions.
- Creating a sensory box.
- Creative and expressive ways of making and creating. Safety/ wellbeing/coping plan with children.
- Talking about our life cheerleaders, inspirers, and supporters in a creative way.
- A summary and recap.
- Endings, a certificate, and summary.
- Goodbyes.

This module also covers many of the tools in “The Therapeutic Treasure Deck of Grounding, Soothing, Coping, and Regulating Cards”.

What do I get for my money?

- You get over 600 minutes/ 9 hours of video footage presented by award winning Clinical Psychologist and best-selling Author, Dr Karen Treisman. This material is available for 6 months after purchase so you can re-visit it numerous times.
- You get a 27 page resource pack; including 9 new worksheets which are not in Presley the Pug.
- 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 suitable for anyone working with or supporting children. This includes teachers, social workers, therapists, and so forth. This is also suitable for parents or carers who want to parent in a more therapeutic and emotionally rich way. This is an introductory course so offers the basics as well as enriching and offering numerous more advanced ideas and options.

The book is geared for 5-10-year olds (mainly due to the story), however many of the tools have been used very successfully with people of all ages, including early years, teens, and adults. Of course, with some adaptation and tailoring. The tools and techniques also can be wonderful for the adults around the child including supporting adults on their own wellbeing and regulation.

Presley the Pug, unlike some of my more specialist resources is suitable for the majority of children as all children benefit from increasing their emotional dictionary and from learning emotional regulation tools.

This said, this is not an alternative or replacement for therapy or other specialist interventions.

Is this for individual or group work?

The activities and ideas in the module and in the book can be used with individuals, with families, or with groups. There are several schools, fostering agencies, and residential running Presley the Pug groups around the globe; as well as numerous parents, carers, and practitioners using them individually. The tools are versatile, and the skill set is applicable to a range of contexts.

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?

Nope absolutely not. It is presented in bite size segments ranging from 2 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.

Also, there is no need to do all the activities- there is simply a range offered so that there is room for flexibility, choice, and adapting it to the individual. We want you to have options and a treasure box of tools.

Also, there is no prescriptive order to work things through as the module acknowledges that everyone is unique and that it also will depend on the relationship with the child, the skillset and the knowledge of the person supporting the child, the context, the timing etc. So, it is advised to go through the modules and pick and choose what might work and to review and reflect on these.

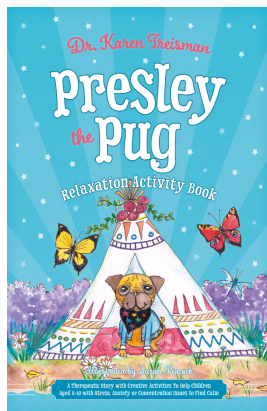
Do I get the Presley the Pug book included with the module? Can I bulk order the book for my team?

You do not get the book included with this module. This is because it is acknowledged that many people purchasing this module will already have the book and so we did not want to charge you twice. Also, some people may not want the book and so we didn't want to force you to purchase it. And some people will want the hard copy and others will want the eBook. There is also an acknowledgment that people all around the globe can purchase this module and so retailers and pricing for the book will range. As well as knowing that people have different preferences as to whom they like to purchase books from. This is also about trying to keep costs as low and affordable as possible.

We do strongly recommend having the book as you are going through this module, but it is not essential. If you do not have it already and want to purchase it, it is

available from amazon on prime, from Jessica Kingsley Publishers, and from most other book stockists. It is also available as an e-book from ebooks.com under its name. Our recommendation is to have it beside you when doing the module so if you are going to order it, you might like to order it before purchasing the module or towards the beginning. The book is photocopyable so that resources can be used with multiple children.

If you are thinking of bulk ordering the book, Jessica Kingsley Publishers can support you with this option and with a discount, for both e-book access and paperback copies.



Do I need the book?

As stated above, the book is strongly recommended and will optimise your experience, but it is not essential and of course it is a choice. In the book you get the story of Presley, coloured worksheets and photo ideas. As well as numerous more worksheets than in the resource pack. We will also refer to the book and different pages quite a few times throughout the module. This said, there are lots of ideas and strategies presented which you can absolutely apply without the book, and some key worksheets have been added to your resource pack which comes with the module. So, you will still be able to get a lot out of it.

What if I already have the book, is this module worth it for me?

The idea of this module is to introduce the story and the ideas and to bring them alive. There are also several worksheets and parts which are in addition to what is in the book. You get a lot more explanation and richness of information in the module than in the book. The feedback from people who have attended the face-to-face training who also have the book is that it is still really beneficial, and they gain a huge amount from hearing more about the ideas; and having them said out loud rather than reading about them. This said, of course there will be a lot of overlap and repetition, so we want people to have realistic expectations, so it is for you to consider.



Where can I purchase the toy?

The Presley the Pug toy is a fab addition to the book. He is by no means essential but a lovely touch. He can be purchased from www.safehandstinkingminds.co.uk or from ebay using his name. Due to him being so popular, we are close to the end of the stock, so, please order asap if you would like to purchase him. After the stock ends there will be a few months delay whilst he gets re-ordered. You can be added to a waiting list. Bulk discounts are available through the above website- this is for orders of 5 or more.

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.

How similar is this to other modules, books, and trainings by Dr Treisman? Is there overlap?

People often ask which workbook shall I choose, or how much overlap is there between them. This is tricky to say as it really depends but in essence each module/book/set of cards has some similarities and some differences. The most overlapping with Presley the Pug is Binnie the Baboon. The story lines are very different and of course are in different countries and with different animals. And Binnie the Baboon has a lot more specifically on anxiety, fear, and worries; as well as more CBT ideas; and Presley has more on general emotions and emotional regulation. However, they do have overlaps and similarities, such as the regulating activities and the safe place exercise etc. There is also some crossover between Presley the Pug and the grounding, soothing, and regulating cards.

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 2-day 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. Presley the pug is usually commissioned by organisations for their staff and is very rarely offered as a public event.

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 £99. That is roughly £9 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 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).

