

Losing Sleep: how to manage in times of heightened anxiety Video Course

Dr Karen Treisman

Video Course
CPD/CE credits: 3

Price: £65



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The environment of uncertainty that the COVID-19 situation has created, has unsurprisingly manifested in heightened anxiety levels – both for our clients as well as ourselves. Some of us are sleeping too little, struggling to get to sleep, waking through the night or sleeping too much and still feeling exhausted and fatigued.

As therapists, we are faced with multiple challenges:

- We are cognizant of the fact that **clients who are losing sleep can especially be prone to internalising their feelings**– creating challenges for the therapeutic process
- Moreover, the lack of sleep can be comorbid with anxiety, depression, trauma and a number of other emotional wellbeing challenges
- We also know that anxiety causes sleeping problems – at the same time, loss of sleep can lead to increased levels of anxiety. This **cyclical nature of sleep loss / heightened anxiety can have a significant impact on affect regulation**
- Even if our clients are not directly seeking help for ‘sleep issues’ – we need to understand the underlying symptomatology, so as to be able to offer effective therapeutic assistance

At this unique and practical seminar, Dr Karen Treisman draws on her extensive clinical experience to explore the multi-layered impact of sleep loss and its causative factors. She explains how we can put words to some of the sensations and experiences that we are going through – with specific reference to psychoeducation for sleep loss. While evaluating soothing techniques, externalising ideas, cognitive tools and sensory suggestions, the seminar discusses:



- Some of the reasons why our clients might be struggling to fall asleep in the context of the pandemic and how we can manage the impact on the therapeutic process
- Some of the reasons why our clients might be feeling exhausted and / or sleeping too much – and how this intertwines with anxiety manifestations
- Practical tools and tips from CBT, sensory approaches and trauma-informed techniques for improving sleep (for our clients and ourselves)

About the speaker

Dr Karen Treisman is a Highly Specialist Clinical Psychologist who has worked in the NHS 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. Karen has extensive experience in the areas of trauma, parenting, 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. She is the director of Safe Hands and Thinking Minds training and consultancy services as well as an external consultant, trainer, and assessor to Barnardos, PAC-UK, Hope for families, Three Steps Ireland, Pause, CoramBAAF, Grandparents Plus, and the Fostering Network.

In addition to holding a doctorate in Clinical psychology, Karen has undergone a range of specialist trainings including in EMDR, Narrative Therapy, Dyadic Developmental Psychotherapy, Sensory Attachment Intervention, and Theraplay. She regularly presents at local, national, and international trauma, parenting, and attachment conferences. She has also been a speaker at TedX talks. She was awarded the Winston Churchill Fellowship Award and also received the Psychologist of the Year award in 2018. Karen is the best-selling author of *Working with Relational and Developmental Trauma in Children and Adolescents* (Routledge, 2016); and *A Therapeutic Treasure Box for Working with Children and Adolescents with Developmental Trauma* (2017).

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