

Beyond “How Are You Feeling?” *Creative Ways to Notice, Name, and Express Emotions While Building Connection*

If you like Richard Rose, you will love Dr. Karen Treisman!...



Talking about feelings isn't always easy, especially for children and teens who feel overwhelmed, unsure, or don't yet have the words for what's happening inside.

This engaging and practical 2-hour workshop with Dr. Karen Treisman, award-winning clinical psychologist and best-selling author, explores creative, relational, and flexible ways to support emotional awareness and expression, going beyond standard questions and surface-level conversations.



In this session, you will:

- Discover creative and indirect ways to explore feelings beyond words
- Learn layered, curiosity-led questions that open up richer conversations and build connection
- Explore how to use cards, visuals, metaphors, and interactive activities in flexible, meaningful ways

Rather than offering a fixed toolkit, this workshop shares adaptable approaches that can be used across different ages, settings, and relationships. You'll leave with practical ideas, fresh language, and new ways to support children and young people to notice, name, and express their inner worlds. Suitable for professionals, parents, and caregivers looking for engaging, accessible, and relationally attuned ways to talk about feelings.

About the Presenter

Dr. Karen Treisman, MBE, is an international award-winning Highly Specialist Clinical Psychologist, organizational consultant, trainer, author, and trauma specialist based in the UK but working worldwide. She is also a supervisor, reflective practice facilitator, expert witness for court, creative consultant, and trainer. Karen also specialises in supporting teams, organizations, and systems to become, and sustain, adversity, culturally, and trauma-informed, infused, and responsive in practice (at language, policy, culture, and practice levels). You can watch her on [TedTalk by Dr. Treisman](#), visit her website [Safe Hands, Thinking Minds](#), or check out Dr. Treisman's [books & cards in ORPARC's library](#)!

Date	Time	Location
May 13, 2026 (Wednesday)	10:00 AM – 12:00 PM (Pacific)	FREE Virtual Training via Zoom* *Zoom link will be sent to registered participants
REGISTRATION: https://www.orparc.org/training/online/4379/ or 1-800-764 8367		



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ORPARC trainings are free-of-charge to all adoptive, resource (foster), assisted guardianship families, and ODHS/SNAC adoption professionals, and other participants as space allows. We welcome attendees of all ethnicities, genders, sexual orientations and faiths. Auxiliary aids and alternative forms of written materials are available to persons with different abilities and needs.