



SLEEPING DOG WORKSHOP IN COPENHAGEN – JANUARY 19 & 20 2026

Children with developmental trauma who experience abuse and neglect during childhood may exhibit a wide range of trauma-related symptoms and problems. They may suffer from nightmares, flashbacks, and avoidance behaviors, but may also struggle with anxiety, depression, aggression, difficulties at school, challenges in relationships, and attachment to others. Some may engage in self-harm or become suicidal.

When children have developmental trauma, numerous problems in daily life, and possibly chaotic family situations, it can be difficult to know where to begin. Some children simply never talk about their experiences, making it seem as though the trauma has been forgotten. Others become very aggressive, avoidant, or dissociate when the trauma is mentioned. These children may appear resistant to treatment or unmotivated, but generally, they have valid reasons for not engaging, including insecurity, instability in daily life, insecure attachments, lack of emotional regulation skills, and/or negative beliefs about themselves.

Some believe it is better to "let sleeping dogs lie," i.e., to avoid addressing the trauma. However, research shows that unprocessed trauma has a destructive impact on all areas of development, and it is essential to wake the sleeping dogs and process the trauma. EMDR and Trauma-Focused Cognitive Behavioral Therapy are evidence-based treatments for trauma.

The Sleeping Dogs method is a structured approach developed to stabilize children's circumstances sufficiently to make it safe and appropriate to wake the sleeping dogs and help the children process their trauma through treatment. It provides professionals with a framework for assessing children's challenges and creating a plan to overcome potential barriers the child may face, as well as determining which interventions can be helpful. The method also helps stabilize, motivate, and prepare the child for treatment and aims to prevent treatment dropout once it begins.

In this practical 2-day workshop, the Sleeping Dogs method will be explained and illustrated with case examples and video materials. The theory is presented in simple, accessible language, and participants will practice using the method with their own cases.

The structure of the Sleeping Dogs method can also support processes such as risk assessments in the field of child protection, including decisions about children's safety, contact arrangements with biological parents, cooperation between foster and biological families, reunification after out-of-home placement, and managing disclosures when children begin to talk about their traumatic experiences.

About Arianne Struik

Arianne Struik is a clinical psychologist, family therapist, and EMDR consultant originally from the Netherlands. For the past 25 years, she has worked in child and adolescent mental health with children living at home, in foster care, and in residential care. She currently resides in Australia and is the director of the **Institute for Chronically Traumatized Children (ICTC)**, where she provides specialized trauma treatment in remote areas, as well as workshops, training, supervision, and research.

Arianne Struik developed the award-winning **Sleeping Dogs method**, described in her book *Treating Chronically Traumatized Children*, and she teaches internationally on trauma and dissociation in children. She is a member of the ESTD Child & Adolescent Committee and the National Committee of the Australian Psychological Society EMDR Interest Group.

PRACTICAL INFORMATION ABOUT THE WORKSHOP:

- 2-day workshop including full catering from 9:00 AM to 4:00 PM both days
Breakfast will be served from 8.30 am
- **Date:** January 19 and 20, 2026
- **Location:** Kosmopol Konferencecenter, Fiolstræde 44, 1171 København K
Right by Nørreport station
- **Price:** DKK 4,400 excl. VAT / DKK 5,500 incl. VAT
- **Discounts available for multiple registrations from the same workplace**
- **Registration via email:** info@safechildren.dk
- Participants will receive the book "**Treating Chronically Traumatized Children**" (Struik, 2019) – the Sleeping Dogs Method – as part of the course.

Copenhagen, July 13 2025

Rikke Ludvigsen
Safe Children