

Creative Lifestory Work training



Lifestory Work is one of the key therapeutic approaches in working with adopted, or children looked after as it will help children and young people to develop a coherent and accurate story of their lives and the lives of the people closest to them.

Lifestory Work when undertaken properly, can be an effective intervention to help children recover from abuse, trauma, neglect and help them make sense of a disrupted early childhood.

The aim of Lifestory Work is to construct a concrete narrative of the child's history to the present and during the training we will explore creative ways to undertake this work, and to compile the books whilst exploring how the process can:

- » Help the children feel grounded to gain a sense of security
- » Encourage them to develop secure attachments
- » Raise children's self-esteem and sense of worth
- » Help children to understand their history and not feel overwhelmed by it

Facilitated by an experienced Child Therapist/Clinical Social Worker.

Suitable for: foster carers, adopters, parents, residential staff, special guardians, teachers, teaching assistants, social workers, therapists and supervising social workers.

Benefits of attending:

- » Understand the value of comprehensive Lifestory Work
- » Take new creative ideas away
- » Create Lifestory books that are useful, valuable and present the child's own story



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*min 10 participants

ASF registered

