

Therapeutic Life Story Work



What is the objective of TLSW?

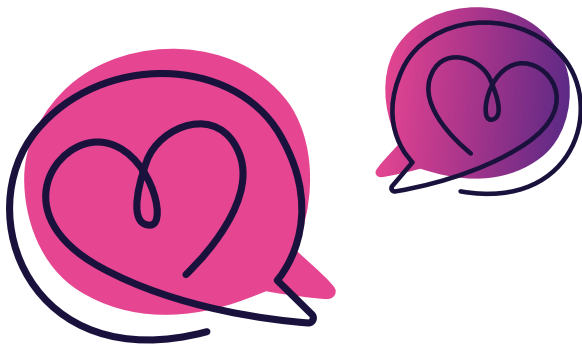
The objective of life story work is to create a secure base for the looked-after child to explore their past, present and future.

Life story work is an important way of helping a child to integrate their past into the present, in order to help them move into the future.

How does therapeutic life story work?

Therapeutic Life Story Work has 3 stages:

1. The Information Bank – the TLSW practitioner collates an array of information from Social Work files, interviews and physical evidence. They then consider how the child views their world and what their attachment issues may be.
2. Internalisation – the child is encouraged to externalise their thoughts, feelings and emotions and this is what is explored and recorded on the wallpaper. This is always carried out alongside the primary carer and usually takes 18 sessions.
3. The Life Story Book – contains the information recorded on the wallpaper, which has been internalised by the child. It is up to the child to decide what is included as a representation for others to see.
4. Typically, Therapeutic Life Story Work takes place over a 9 to 12 month period.



When a Therapeutic Life Story approach is conducted with care, thought and sensitivity, it offers a space for children and young people to start rebuilding the pieces of their lives that have been discarded, lost or damaged. It offers a therapeutic space to give children a voice in their world and have it respected and valued. The ability for them to do this alongside their carer is crucial in building upon their attachment, allowing them to share their trauma experiences in a safe way with a carer who can show acceptance of both the child's inner world, and external reality.



Who can benefit from therapeutic life story work?

- ▶ Children and young people who are struggling with their identity and making sense of who they are and what has happened to them in the past. TLSW is most effectively used with children and young people aged between 5 and 17 years.
- ▶ Children and young people who have experienced early life abuse and/or trauma.
- ▶ Foster or adoption placements that are struggling and at risk of breaking down.
- ▶ Children in care or who have been adopted who are asking questions about their past.



Costings

As per the Adoption Support Fund recommendation for TLSW price would be £5000 per young person for full Therapeutic Life Story Work.

This would consist of 9 to 12 months of work depending on the young person's pace. Meeting the Carer and YP once per fortnight. This excludes mileage and traveling costs.

For Further Information or refer a young person please contact:

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About our Practitioner

Jennifer holds the Diploma in Therapeutic Life Story Work (TLSW) that has deepened her practice experience, knowledge and skills in this area from working with and supporting children, young people and adults throughout this process.

- Diploma in Therapeutic Life Story Work
 - HND in Childhood Practice
 - Diploma in Therapeutic Parenting
 - Safe Talk suicidal awareness trained
- Level 3 Advanced Safeguarding certificate

**Richard Rose Model –
Therapeutic Life Story Work**



Therapeutic Life Story Work International



NFA

Scotland