



# RUTH SCOTTEN

*Therapeutic Life Story Work Practitioner & Independent Social Worker*

Having worked with children and families for 20 years in diverse environments, including, Local Authority, Education & Voluntary sectors I have built a wealth of experience and knowledge. My personal experience as an adopter has further enhanced my professional training and skills. After experiencing the benefits of Therapeutic Life Story Work (TLSW) with my adopted children, it felt like a natural next step to train in TLSW with Richard Rose.

I deliver bespoke packages of support to children and families, where the influence of navigating my (adopted) children reuniting with their first family makes up the cornerstone of my practice. I believe that our family experience reflects the importance of creativity, relationships and connection when working with families and supporting individuals to overcome adversity to grow into their true potential.

## SPECIALIST AREAS

- \* Therapeutic Life Story Work
- \* First Family Relationships & 'Contact'
- \* Systems Trauma
- \* Therapeutic Parenting
- \* Compassion Fatigue / Blocked Care
- \* Early life & relational trauma

## MEMBERSHIPS/ REGISTRATION

- \* British Association of Social Workers (BASW) 151361
- \* Social Work England (SWE) SW16518
- \* Creative Life Story Work
- \* Therapeutic Life Story Work International (TLSWi)

## CONTACT

PHONE:  
07784 951210

EMAIL:  
ruth@rootsofconnection.co.uk

## EXPERIENCE

### **Independent Social Worker, Therapeutic Life Story Work Practitioner, and Trainer**

**Roots of Connection**, October 2019 - Present

Establishing Roots of connection has been a really personal journey and it is a privilege to work with Adoptees, Care Experienced Individuals and their families, facilitating Therapeutic Life Story Work and supporting them on their journey. My business continues to develop, and I have provided training sessions to groups of foster carers developing awareness of informal Life Story Work and memory keeping for Children and Young People. I have been invited to speak at a number of conferences including CoramBAFF, The Adoption and Fostering Podcast, and The Open Nest, about our family experiences of contact in adoption.

### **Locum Social Worker**

**Local Authority (Various)**, February 2022 - November 2024

While working as a locum social work I worked in a variety of roles, some of which were team based statutory roles and two were developing, leading, and facilitating fixed term projects.

\* **Prebirth project** was a project I designed and delivered, offering programmes of bespoke therapeutic support to vulnerable parents who had previously, or were at risk of having, their children removed from their care or placed on a Child Protection Plan. Feedback from professionals and individuals who were supported by the project was that the intervention had a significant and lasting positive impact on the families. It was touching a couple of years later to receive a message from one of the parents thanking me again for the positive impact my support had made to them at a vulnerable time.

\* **Ukraine project** involved assessing carers of young people fleeing the war and coming to the UK without a parent and offering support to the children and their host families. During this work I was commended within the High Court for the support I offered to a child who was subject to a familial application for her to remain in the UK, due to concerns about the child's experiences in Ukraine.

\* **Statutory social work roles** including Family Safeguarding & Looked After Children Teams.

During my time in Local Authorities I received a number of recognitions for my supportive approach to the teams and person-centred work with the individuals and families I worked with. One commendation I am particularly proud of was for the impact of my child focussed work with a young person who had experienced a high number of moves which was impacting on her ability to regulate her emotions and was on 3:1 care. Facilitating a team approach the young person was supported to feel safe and settled enough to be able to move in with her outreach worker who became her foster carer.

