

Training Attended: Professional Diploma in Therapeutic Life Story Work

Venue: Online.

Length of course: 12 Taught Days between September 2023 and July 2024

Trainer: Prof Richard Rose along with colleagues.

Work Role: Play and Creative Arts Therapist

Background:

I am a Play and Creative Arts Therapist with a degree in Psychosocial Science. Through my private practice I provide therapeutic support to children and their families. The majority of children that are referred to me have experienced developmental trauma and many are not living with their birth family.

Working with children who have experienced complex trauma and have a wobbly narrative of their early life experiences, it felt important for me to gain additional knowledge in this area. The FPSA have enabled me to get not only further understanding of children's experiences in care but also a clear intervention that I can use to further support the children I see.

Details of training:

The programme is designed to enable students to tap into their own creativity in order to reach a deeper level of connection with themselves and others; to appreciate the potential of the human story and to develop knowledge and understanding of the nature of the inner world and the external presentation so driven by it. The programme also focuses on how people acquire a difficult relationship with themselves and others with reference to developmental and humanistic concepts. The programme has also included trainers with specific expertise on issues pertinent to the client base, such as sexual abuse and the neuroscience which surrounds trauma.

By walking side by side with a child or young person as they make sense of their life story enables them to feel held and seen at each step. It is a collaborative and relationship-based piece of work which why it holds so much value and can have such a huge impact. Being able to piece together aspects of their sometimes fragmented life, being able to ask questions, hypothesise and take ownership of their story can be a very powerful and transformative piece of work. The trainers all added so much colour to the content, with real life examples from their own practice.

My Experience of the training:

I have thoroughly enjoyed this course and am integrating the knowledge into my practice already. It has enabled me to learn directly from some incredibly knowledgeable and experienced professionals and provided with me with a network of support for the next steps. Now that I have the taught days completed, I must complete a case study and viva presentation when I get to an appropriate point with a client.

I would not have been able to attend this training without the support of FPSA and I am truly thankful for the opportunity.