

Therapist with Action For Children North Wales

Diploma In Humanistic Counselling

Foundation Degree In Children, Families and Community Health

Diploma in Trauma informed Psychotherapy

Diploma In Therapeutic Life Story work

Title: Diploma In Therapeutic Life Story work

Professor Richard Rose

September 2023 to August 2024

Over the last year, with the support of the funding through FPSA, I have been able to complete a Diploma In Therapeutic Life Story Work (Professor Richard Rose Model)

The course was delivered over 12 months, alongside my attendance I was required to complete a written essay, a presentation, a case study and a reflective journal. One of the requirements for the Diploma was a live case study and to produce their Life story book with the support of supervision. The training has given me the confidence to approach this subject. I have gained a deeper understanding of theory behind Life story work and the benefits of this work. I now understand the process of obtaining information and the challenges and the value of Life Story work.

There are three stages to Therapeutic Life Story work.

Stage one Information Bank: information bank, so that a clear understanding of the child's pre-birth and post birth history can be established. The information bank should develop chronologically and include evidence both physical and written, which becomes the basis of the interaction. Gathering the information through letter writing emails visits reading and interviews can be completed in approximately three to four days the entire task of pulling the information together get it through this process can take between one and three months.

Stage 2 Internalisation, this process includes wishes and feelings work exploration of feelings and the vocabulary and behaviour represented of these. The details covered and stored within the information bank are broken into session plans and facilitated sessions between the therapeutic life story worker, child and carer take place fortnightly each session lasting no longer than an hour. It is essential that this approach is delivered alongside the primary carer as this provides a multitude of benefits among them the creation of a safe and contained relationship.

Stage 3 The life story book, many of the notes and evidence gathered because of stage 2 is where the therapeutic support worker supports the child to create the life story book which typically presents the evidence of the work achieved in stage 2.

Life story work is a trauma informed approach helping care experienced children and young people understand their own stories this course was based on the Richard Rose model.

The emotional impact of this work for young people is great. It provides a meaningful opportunity to help young people build and develop a coherent narrative of their experiences. Understanding the past can solidify the young person's learning for the future, with a much clearer perspective of the factors which contributed to their life circumstances. Self-blame and persecutory fantasies can be de-mystified and questions can be answered. The work can help individuals make sense of their life journey and it enables participants to piece together aspects of a potentially fragmented life.

Once again, I am grateful to the FPSA for offering me the opportunity to attend and helping me to develop my knowledge and skills further. Without this funding I would not have been able to attain my Diploma, therefore I feel so lucky I have been able to access this opportunity.