



THERAPEUTIC LIFE STORY WORK

For children, youth and families

CatholicCare

Diocese of Broken Bay

Therapeutic Life Story Work can provide a healing process to traumatised children and gives them an opportunity to explore and develop their life story and identity.

It can be a very powerful tool in building a relationship between a child and their carer, empowering a child's voice and providing them with a safe space to feel and express their thoughts and emotions.



BEFORE WE START

- Your Life Story Practitioner will talk to people to find out a little about your life.
- Everyone has a different story - that's expected and okay.
- Talking to different people will help your Life Story Practitioner understand your story better, and we will use this information to help you tell your story.

WORKING ON WALLPAPER

Your Life Story Practitioner will gradually get to know you and together you'll begin to think about the feelings you have and how to best talk about them. We'll also meet with your main carer. We can work on wallpaper and this can be rolled out for every session and rolled away at the end. We also have lots of art materials that can be used to help tell your story.

MAKING A BOOK

Eventually we will prepare a book for you to keep that includes all the work we did together on the wallpaper. You can use your book to help you remember things about you and your life and if you like, you can share it with those who you think should know about you.



I can learn about myself and my story so far and find out things I didn't know before. I get to express how I feel about it all and sort things out by doing creative and interesting activities.

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 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 is able to show acceptance of both the child's inner world, and external reality.

'The value and power of the life story approach to reconstructing and re-connecting a child using a personal narrative cannot be underestimated.'

B. PERRY, LIFE STORY THERAPY WITH TRAUMATIZED CHILDREN

**MORE INFO
& BOOKINGS**

Therapeutic Services Referral

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