



# Life Story Work

**Presented by Katie Wrench - Author of 'Life Story Work with Children who are Fostered or Adopted: Creative ideas and Activities'**

## **Course Information**

Life Story work is one of the key therapeutic approaches to working with adopted or fostered children. While it sounds simple there is much more to this work than producing photo albums or memory boxes for children. Katie will discuss her model of life story work which encompasses the following 6 key areas:

- Building a sense of safety
- Emotional literacy and regulation
- Building resilience and self-esteem
- Identity
- Information sharing and integration
- Looking to the future

The thread throughout all these processes is to support a sense of permanence for the child; embedding the child in the adoptive family while offering an opportunity to process their multiple losses (including that of the birth family and previous foster carers if applicable) and therefore to develop a coherent, narrative account of their life.

The training day will include demonstrations of creative direct work techniques, live practice examples, working through a life story book and the opportunity for delegates to experience creative techniques for themselves. Katie will also include guidance about creating the life story book that accompanies the process. This is based on the work by Joy Rees (Life Story Book Specialist and Author).

## **About the Trainer**

Katie Wrench is a qualified therapeutic social worker, art psychotherapist, foster carer, trainer and consultant. Katie has co-authored '*Life Story Work with Children who are Fostered or Adopted: Creative Ideas and Activities*' (Wrench & Naylor, 2013, Jessica Kingsley Publishers) - a highly accessible book about life story work that is full of tried and tested activities and creative ideas for professionals, parents and foster carers who may have little time and few resources, but who need to carry out life story work that works for children. She has also written '*Helping Vulnerable Children & Adolescents To Stay Safe. Creative Ideas and Activities for Building Protective Behaviours*' and '*Creative Assessments with Vulnerable Children and Families*'. Katie is also a regular contributor to the national Life Story Work Professionals Forum.

## **Suitable For**

Social workers, therapists and other relevant professionals.

**Date:** Monday 23<sup>rd</sup> November 2020

**Time:** 9.30am – 4.30pm

**Venue:** Adoptionplus, Moulsoe Business Centre, Moulsoe, Nr. Milton Keynes,  
MK16 0FJ

**Price:** £149.00 + VAT (£178.80 inc VAT)  
Lunch and refreshments are included

**Booking:** For further information or to book please visit [www.adoptionplus.co.uk](http://www.adoptionplus.co.uk) or  
contact Alice Hollingdale on 01908 218251 or email  
[alice.hollingdale@adoptionplus.co.uk](mailto:alice.hollingdale@adoptionplus.co.uk)

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