



# Therapeutic 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 & Objectives

We already know that having a coherent narrative of past losses and trauma is a foundation of emotional health and well being. Looked after and adopted children have experienced multiple losses and traumas for which effective life story work can be invaluable, which is why we are delighted to be hosting Katie Wrench, a nationally renowned therapeutic life story expert and author, to guide you through a range of imaginative techniques. Life Story Work is one of the key therapeutic approaches to working with adopted or fostered children.

Katie will take participants on a journey:

- demonstrating creative direct work practises
- exploring live practice examples
- working through a life story book, based on the work by Joy Rees (Life Story Book Specialist and Author).

This hands on course not only covers the theory of life story work but gives delegates the chance to experience the techniques for themselves. This instils the confidence to use them in real life to bring positive change to children based on six areas: building a sense of safety, emotional literacy and regulation, improving resilience and self-esteem, identity, information sharing and integration and looking to the future.

## Suitable For

Social workers, therapists and other relevant professionals.

**Date:** Monday 16th May 2022  
**Time:** 9.30am – 4.30pm  
**Venue:** Adoptionplus, Moulsoe Business Centre, Moulsoe, Nr. Milton Keynes,  
MK16 0FJ  
**Price:** £150.00 + VAT (£180.00 inc VAT)

Lunch and refreshments are included

**Booking:** For further information or to book please visit [www.adoptionplus.co.uk/training](http://www.adoptionplus.co.uk/training)  
or email [trainingwithus@adoptionplus.co.uk](mailto:trainingwithus@adoptionplus.co.uk)