

# THERAPEUTIC LIFE STORY WORK

by Sharon Bassa



To try and make a difference, to be a part  
Of a life that may have had a difficult start

By exploring a child's past in a therapeutic way  
Listening, sharing and respecting what THEY say

For THE CHILD lived the life that WE want to explain  
Just sharing recorded information isn't the same

As speaking to family members and revisiting the past  
Supporting a child's exploration so that trauma doesn't last

Into adulthood, where history can be repeated  
We aim to encourage their understanding and help the demons be defeated

So access to records is formally requested  
Research, discussion with birth family and time invested

Before we sit alongside the child, their carer also present  
A triangle of trust, working through the good, the scary and sometimes unpleasant

No secrets, nor shame.  
We are not here to blame

But more to consider the child's perception  
To help them begin to make a connection

In recognising the impact of things that weren't okay  
And understanding the reasons they couldn't stay

So we also consider life experiences of their Mums and Dads too  
When they were growing up, what things did they go through?

Who nurtured, supported and heard their voices?  
Were there factors that led to some of their adult life choices?

Sometimes early experiences can have a long term effect  
Leading to cycles of repeated trauma, unmet needs and neglect

We work through the information and the memories a child holds  
We're here to help them process as their story unfolds

We follow their timeline, focus on significant events  
Considering the child's memories and the discussion it presents

A long roll of paper on which we write and draw  
A lasting record for the child of what went before

Finally arriving back to the here and now  
With a stronger understanding of why and how

A positive outcome can see a child more able to engage  
To be more open to therapeutic support that can reduce trauma and rage

Relationships may flourish, their attachments strengthened  
Reinforcing their secure base and placements lengthened

We all need to know our life story and understand our identity  
To have the right to feel loved, be valued and be able to say it's okay to be me.



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