

# Life-story Therapy

## What is Life-story Therapy?

Life story therapy helps children to construct a story describing their own life experiences and relationships with their previous and current parents and carers.

It can support children to develop a deeper understanding of who they are and how their past experiences have affected them.

It can also help children manage any difficult feelings they may have towards birth relatives and previous carers.

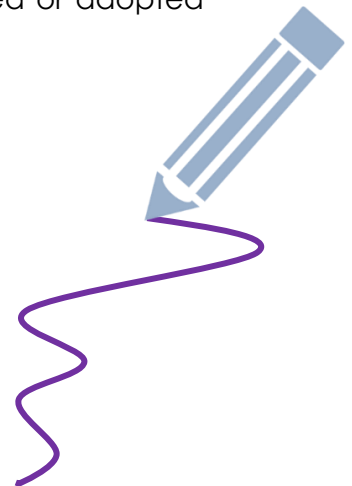
## Who is it for?

This approach is recommended for children and adolescents who may be expressing confusion, denial or anger about their lives. It is usually offered to fostered or adopted children who are in a stable and safe family environment.

## What is involved?

Life-story work includes:

- Gathering information about the child's pre- and post-birth story
- Creating a therapeutic space for the child to develop a voice within their world
- If appropriate, inviting current parents or carers to join some sessions
- Therapy being delivered in an age and ability appropriate way
- Creating a book, document or video/audio file as a means for the child to share their life story.



For more information about Life-story work, please visit:

<https://thechildpsychologyservice.co.uk/therapy-information/therapeutic-life-story-work/>

If you have any queries about Life-story Therapy or your sessions with Psychology Associates, please get in touch with us:

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