

Professional Diploma in Therapeutic Life Story Work Training delivered by Therapeutic Life Story Work international (TLSWi)

Teaching dates: 9-11 Oct; 25-27 Nov, 24-26 Feb, 24-26 June

Thanks to the grant I received from FPSA, I have been able to complete the Diploma in Therapeutic Life Story Work. This training has provided me with both practical tools and a deeper understanding of how to support children and young people in making sense of their life experiences, particularly when those experiences involve trauma, loss, or difficult relationships.

The course was delivered over twelve seminars and explored three main areas:

1. The role of the Therapeutic Life Story Worker and the Life Story process.
2. Key perspectives from psychology, neuroscience, attachment theory, and psychoanalytic thinking.
3. How to connect theory with real-life practice in complex situations.

I developed skills in:

- Using arts-based methods therapeutically with children and young people.
- Working in a trauma-informed way with children and their families.
- Adapting different approaches to suit each child's needs.

The course encouraged both critical thinking and self-reflection. I learned to question my assumptions, evaluate what works in practice, and make informed decisions based on each individual's needs.

Practical Application

I am so grateful to the FPSA for enabling me to complete this training. I am now able to confidently offer Therapeutic Life Story Work interventions to children in foster care, using a wider range of creative tools to help them tell their stories and strengthen their sense of identity. The course has also enhanced my work with foster carers, enabling us to build a shared understanding of a child's background and needs.

Future Use and Recommendation

I plan to continue integrating Therapeutic Life Story Work into my role and to share elements of my learning with colleagues, kinship carers, and foster carers. I would highly recommend this training to anyone interested in Life Story Work, as it offers an excellent balance of theory and practical skills, all grounded in creativity and respect for the child's story.

MA Social Worker in Sheffield Council Fostering Service.