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## ABOUT THERAPEUTIC INTERVENTIONS

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Direct therapeutic services for children and young people will be provided for Looked After Children, Adopted Children, Children on a Residence Order, Special Guardianship Children and those children on the edge of care.

This direct therapeutic work is evaluated so that progress and effectiveness can be monitored. The evidenced based therapeutic models of intervention are outlined in this leaflet and a Clinical Psychologist within the Reparative Care Team will take a lead responsibility on determining the most appropriate intervention. However the work may be delivered directly by either: Therapists, Social Workers or Therapeutic Support Workers

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## OUR STORY

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The Children & Young People's Plan 2017- 2022 outlines the way in which the Children & Family Community Services will meet the requirements of the Children's Law (2008).

The Reparative Care Team forms part of the Corporate Parenting Strategy and Children & Young People's Plan in line with the 2020 vision.

Additionally the Adoption Reform Law will require a legal framework around adoption support services provided to adopters, adopted children, their siblings and close birth family members.



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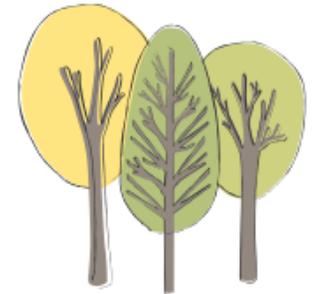


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REPARATIVE CARE  
TEAM

HELPING YOU GROW

# Therapeutic Life Story Work



States of Guernsey  
Children and Family  
Community Services

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## WHAT IS IT

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Therapeutic Life Story Work is a defined approach pioneered by Richard Rose that directly involves the child's primary carer from the beginning of the process to the end.

Working as a triad with the TLSW practitioner, this therapeutic intervention is designed to strengthen the relationship between the child and their parent/carer through exploring together the child's history.

If children are not helped to understand and make sense of their life experiences or trauma, then it is well known that they carry it around within them, unresolved, forever. This pre-occupation with things that they cannot get rid of, often makes it difficult for a traumatised child to function ordinarily.

The process of TLSW aims for the child to reach an acceptance of who they were, who they are and an understanding that they have the power to shape who they can be.

*"the very fact that adults hesitate to share with a child information about his or her past implies that it is so bad that the young person won't be able to cope with it. Whatever the past was, the child has lived through it and survived. He or she has already demonstrated survival skills"*  
- **Vera Fahlberg**



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## HOW IT WORKS

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Therapeutic Life Story Work has 3 stages:

**The Information Bank** – the practitioner collates an array of information from Social Work files, interviews with birth family and professionals and physical evidence. They then consider how the child views their world and what their attachment issues may be.

**Internalisation** – the child is encouraged to externalise their thoughts, feelings and emotions and this is what is explored and recorded on the wallpaper. This is always carried out alongside the primary carer and usually takes 18 sessions.

**The Life Story Book** – contains the information recorded on the wallpaper, which has been internalised by the child. It is up to the child to decide what is included as a representation for others to see.

Typically, Therapeutic Life Story Work takes place over a 9 to 12 month period. The direct work with the child and carer is a one hour session on a fortnightly basis, usually at the family home.