
Life Story Work - A journey into a child's world.

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Introduction

Life story work can be a deep reflective piece of direct work with a child, to help them develop a coherent and accurate story of their lives and of the lives of those closest to them. Life story work can be the key for the child's understanding and acceptance of who they are and of their past experiences. The aim of the work is to help them to assimilate their past events and the effect that significant people in their lives have had on their narrative, on their life path and their sense of self.

'A life story book is an attempt to give back to the child in care his or her past through the gathering and discussion of the facts and people in that life and to help him or her accept it and go forward into the future with this knowledge.'

The aims of this intervention can vary, it can be to help the child understand in a more reflective and informative way about some aspects of their lives, such as why they were adopted or why they are in care; it can help them recover from abuse, trauma and neglect and help them make sense of a disrupted upbringing in multiple homes or families. It can also help them understand their parents' separation and discuss their views on contact. It enables them to have an accurate and concrete representation of their narrative. Through the medium of life story work the child is able to contribute to their narrative by providing their feelings and memories about

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