



Life Story Therapy with Traumatized Children: A Model for Practice

Richard Rose

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Life Story Therapy is an approach designed to enable children to explore, question and understand the past events of their lives. It aims to secure their future through strengthening attachment with their carers and providing the opportunity to develop a healthy sense of self and a feeling of wellbeing.

This comprehensive overview lays out the theory underlying life story therapy, including an accessible explanation of contemporary research in neurobiology and trauma. Featuring tried and tested ideas, with tools and templates illustrated through instructive case studies, the author identifies how life story therapy can be implemented in practice. Finally, the relationships between life story therapy and traditional 'talking' therapies are explored.

Life Story Therapy with Traumatized Children is essential reading for those working with children and adolescents, including social workers, teachers, child psychotherapists, residential care staff, long-term carers, psychologists and other professionals.

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