

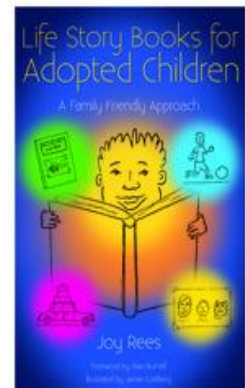
Life Work and Life Story Books

Joy Rees

Joy Rees is an Adoption Adviser and Independent Trainer with over 30 years experience of working for London Boroughs and a county council. She has a particular interest in promoting and prioritising permanency and strong family attachments through her sensitive construction of 'family friendly' life storybooks. Her knowledge of attunement and attachment theory and understanding of the 'inner-world of the child is reflected in her innovative approach to this work.

Joy will discuss elements of life work and ways to compile and use Life Storybooks:

- to help children feel grounded and to gain a sense of security
- to encourage them to develop secure attachments
- to raise children's self esteem and sense of worth
- to help children to understand and to accept their history, and not to feel overwhelmed by it
- to give them positive messages about themselves and to ensure that you do not inadvertently feed into their sense of shame and self blame.



Programme for the Day

10am Registration

10.15am Welcome and introductions

10.45am Life Work and Story Books for children

Elements of life work and terminology

Theory and Play

Direct work

1pm **Lunch break**

2pm Using life storybooks to heal and to promote healthy attachments

Suggestions/ examples of life story books

Compiling a life story book

Finding the right words - Group discussion

4pm Evaluation and final questions

4.30pm Finish