Therapeutic Life Story Work Explainer

Understanding Therapeutic Life Story Work at Gateway Psychology



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Therapeutic Life Story Work (TLSW) offers children and young people the opportunity to explore and understand their past. It provides them with a safe space to feel and express their emotions when making sense of past experiences. It helps children and young people to relate these experiences to their current thoughts, feelings and behaviours.

One of the main aims of Therapeutic Life Story Work is to facilitate and promote the relationship between the child/young person and their parent or safe adult. Careful consideration is given to understanding first attachments and the messages received through early experiences.

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What does the process involve?

Therapeutic Life Story Work is a two-step process, it can take a long time and is sometimes conducted over two years.

- **Step one:** your clinician will gather and collate historical documents and information pertaining to the child or young person. These include social services records, birth certificates and photographs etc.
- **Step two:** During face-to-face sessions, your clinician will help the child or young person to place past events into a chronological order, paying particular attention to trauma and attachment (keeping in mind what it is helpful and safe for the child or young person to know.)



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What outcomes can I expect?



- By taking the time to understand the first attachment style of your child or young person, your clinician can start to explore the effects this has upon current relationships.
- This knowledge will help inform any therapeutic interventions going forward, as recommended by your clinician.
- Sometimes a ‘Life-Story Book’ will be available to take away at the end of this intervention.

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How is progress monitored?



You and your clinician will meet regularly to review the child or young person's progress and discuss how best to meet your family's needs.

A review is also a time for you to bring any concerns you have about your child or young person (or yourself!) to the sessions.

You are welcome to bring a friend or relative with you to reviews. Please let us know in advance if you are going to do this.

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Where will appointments be held?

Appointments will take place at our specialist therapeutic venue in Stoke-on-Trent.

We do not see clients in their home or elsewhere.



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What happens if I cannot attend an appointment?

Please be advised that you must let us know at least 24 hours before your appointment if you cannot attend. If you do not attend without letting us know or cancel within 24 hours, we will need to charge for the missed session.

That will mean you or the child/young person will get fewer therapy sessions overall. Repeated missed sessions without appropriate notice could result in an impact on the outcome of the therapy.



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Confidentiality



Sharing information

Your clinician will not share information with any other person or agency without agreement from you (and your child/young person, if appropriate), except when it is required by a court of law or a local authority, or if they believe your child or another person is at risk.

Please see our Data Protection and Confidentiality Policy for more information.

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Other documents to read

As well as this Therapeutic Life Story Work Explainer, please read the following documents before your sessions begin (as appropriate):

- Parent/Carer Information Pack
- Schedule of Services
- Terms and Conditions
- Children's Guide/Young Person's Guide

You will also need to sign and return the following forms:

- Registration Form
- Consent Form
- Outcome Measures (questionnaires)

These will be sent to you electronically using the e-signature platform, PandaDoc

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Our contact information

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