



Therapeutic Life Story Work:

Telling and explaining adoption: The hole truth or the whole truth?

Is your child, or a child you work with, struggling with making sense of their early life experiences and how that relates to their thoughts, feelings and behaviours?

Adoptive parents often worry about how and when to talk to their children about being adopted. Many adoptive parents feel ill equipped for this unique parenting challenge.

Many adopted children have had a difficult and traumatic start to their lives. It is a huge responsibility for adoptive parents to communicate the circumstances of a child's complex, fragmented and often painful past in a way that will lead to understanding, resolution and a positive sense of self.

The Adoption Barometer published by Adoption UK in July 2019 recommended 'improved life story training for adopters and professionals.'

Who should attend?

Adoptive parents, adoption social workers, social workers

This workshop will enable parents to:

- Understand why it is important to explain to children about their past and the circumstances that led them to being adopted
- Explore some basic principles of child development and identity
- See behind the behaviours
- Explore some of the challenges and dilemmas in telling and explaining
- To share difficult information in a way that is age appropriate and sensitive to the young person's needs
- Develop confidence to address difficult issues from the past with traumatised children
- Consider how contact arrangements may impact on their child and their understanding of why they are adopted.
- Practice telling and explaining and review some of the resources and tools available to assist in this on-going task.
- Develop confidence in managing the impact of social media on their child's relationship with their birth relatives

Timings: 2 days, 10am – 4.00pm

Maximum participants: 18 **Cost:** £750 per day plus expenses

Funding for this workshop may be available through the ASF

'It's so important to tell the whole truth age appropriately and keep the discussion open and on-going with my child'

'Some of the theories discussed were really interesting and thought provoking and I have a better understanding of ways to communicate with my child's about his life story.'

'It helped me develop a language to use with my child, it's so important to keep communication open'

