



Training day for adoptive parents and other permanent carers



Your Child's Life Story: Creative ways to help you and your child, to talk, play, cry and smile about their Life Story

Who should attend

Adoptive parents, special guardians and other permanent carers of children 4 – 11 years old

Trainer

Sophia Condaris is a Health and Care Professions Council (HCPC) registered Drama Therapist and a United Kingdom Council for Psychotherapy (UKCP) registered Integrative Arts Psychotherapist. She has worked in many clinical settings including psychiatric hospitals, day centres, secure units, prisons, residential homes, therapeutic communities and schools.

Sophia is the course leader for the Master's programme in drama therapy at Anglia Ruskin University. She has extensive experience in working with families whose children are adopted or fostered, or otherwise permanently placed, and has a thorough understanding of the issues that affect both the children and the parents. Sophia has specialised in working therapeutically with individual children together with their parent/s.

Addressing a child's Life Story is essential for children whose young lives included separations from birth parents, new parents/carers, different 'homes', as well as some other adverse or even traumatic early life events. Processing these experiences helps a child to develop a coherent and accurate story of their lives, and the lives of people closest to them; this in turn is key for their understanding and acceptance of who they are, as well as moving forward from their past experiences.

However, as a parent or carer, it is not always easy to talk to your child about their Life Story, their adoption, their special guardian status. When? How much? And in what manner can you talk to your child? And what to do with your child's and your own emotions that may be triggered...? Sophia will explore these questions with you during this half day training. She will include a demonstration of creative means such as art, drama, adoption story books that may help your child to express some of their more difficult thoughts and feelings, whilst also building on their resilience and their relationship with you.

VIA zoom

Date

Wednesday
27 January 2021
10.00am – 1.00pm

Fees

PAC-UK subscribing local authorities + all self-paying parents/carers:

Individual parents/carers:
£56 plus VAT (£67.20 in total)
Couples: £106 plus VAT
(£127.20 in total)

PAC-UK non-subscribing local authorities:

Individual parents/carers:
£65 plus VAT (£78 in total)
Couples: £121 plus VAT
(£145.20 in total)

Benefits of attending:

By the end of this training you will have:

- increased your understanding of how a child's developmental age affects the processing of their life story
- gained ideas regarding the 'when' and the 'how much to tell' your child about their story
- received ideas regarding the practical, verbal and non-verbal ways of talking to your child about their story
- explored how to manage the feelings that can emerge in both your child and in you, as the parent/the carer, when talking about your child's life story

Enrol www.pac-uk.org/training **Contact** training@pac-uk.org **Web** www.pac-uk.org **Tel** 020 7284 5872

PAC-UK, Family Action Head Office, Unit 3 Wharf Studios, 34 Wharf Road, London N1 7GR