



## Training day for adoptive parents and other permanent carers



# Your Adolescent's Life Story: Creative ways to help you and your 12 – 16 year old to talk about their Life Story

### Who should attend

Adoptive parents, special guardians and other permanent carers

### 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/young people together with their parent/s.

Addressing a young person's Life Story is essential for young people whose early lives included separation from birth parents, new parents/carers, different 'homes', as well as some other adverse or even traumatic early life events. Processing these experiences starts to become more mature, more questioning and potentially more solitary when your child enters adolescence. Continuing to integrate what happened in the past, together with wondering about the future, including the possibility of making contact with birth relatives, is however an important part of developing a confident sense of identity.

As a parent or carer, you may want to support your adolescent in this process. However, it is not always easy to talk to your adolescent anyway, and possibly even more so when attempting to address their Life Story, their adoption, their SG status. When? How much? In what manner can you talk to your adolescent? And what to do with your adolescent'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, and adoption books that may help your adolescent 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  
10 February 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 the developmental stage of adolescence affects the processing of life story events
- gained practical ideas regarding the manner in which you can address your adolescent's life story with them
- received some ideas with regard to responding to potential questions around (contact with) birth relatives
- explored how to manage the feelings that can emerge, both in your adolescent and you as the parent/the carer, when talking Life Story

**Enrol** [www.pac-uk.org/training](http://www.pac-uk.org/training) **Contact** [training@pac-uk.org](mailto:training@pac-uk.org) **Web** [www.pac-uk.org](http://www.pac-uk.org) **Tel** 020 7284 5872

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