



Training event for social workers and other professionals



Therapeutic Life Story Work with adolescents

Who should attend

Social Workers and other professionals who work with adoptive families, and special guardian families, whose young people 12 – 16 yrs 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/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 a 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 social worker/other professional, how can you address a young person's Life Story in a therapeutic manner? Should you involve the adoptive parents/the special guardians? When and how much information do you share? In what manner can you talk to 12 – 16 year olds? And what to do with the emotions that may be triggered for the young person and their parent/carer?

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 books that may help a young person to express some of their more difficult thoughts and feelings, whilst also building on their resilience and their relationship with their parent or carer.

VIA  zoom

Date

Wednesday
17 March 2021
10.00am – 1.00pm

Fees

PAC-UK subscribing local authorities:

Professionals £98 plus VAT
(£117.60 incl. VAT)

PAC-UK non-subscribing local authorities:

Professionals £116 plus VAT
(£139.20 incl. VAT)

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

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