



THERAPEUTIC LIFE STORY WORK

THE FUNCTIONAL APPROACH

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ABOUT US

WE EXIST TO SUPPORT
OUT-OF-HOME CARE
AGENCIES WITH THE
ADDITIONAL TASKS THAT
THEY ARE UNABLE TO
FOCUS ON, DUE TO THE
HIGH DEMANDS OF
DAY-TO-DAY CASE WORK.

At Caring With Carers we understand that case managers and caseworkers experience considerable pressure on a daily basis. Anyone working in the industry would understand.

With the nature of the work being highly reactive, we are here to assist you with your commitment to Therapeutic Life Story Work. We help ensure that your tasks are being carried out on time and to the highest standard.

To help alleviate the pressure on agencies and create better outcomes for children, we offer assistance with:

- finding suitable families
- carrying out assessments
- utilising the Therapeutic Life Story Work framework
- training programs for foster carers and their families.

OUR SIX-STAGE APPROACH TO THERAPEUTIC LIFE STORY WORK

It is important for people who may be struggling with the pain of their past to reflect, develop compassion for themselves and use their past traumatic experiences to live a fulfilling life.

At Caring With Carers we have found great success with and continue to use the **Therapeutic Life Story Work (TLSW)** as a framework to effectively guide children and young people through this process.

01 INFORMATION GATHERING

02 THERAPEUTIC NEEDS ASSESSMENT NO.1 INITIAL INTERVIEWS, ANALYSIS AND THERAPEUTIC CASE PLANNING

03 ENGAGING THE CHILD OR YOUNG PERSON

04 THERAPEUTIC NEEDS ASSESSMENT NO.2 DATA COLLECTION, ANALYSIS AND THERAPEUTIC CASE PLANNING

05 LIFE STORY BOOK DOCUMENTATION

06 THERAPEUTIC NEEDS ASSESSMENT NO.3 TLSW OUTCOMES AND RECOMMENDATIONS

'It is a defined approach, designed to introduce the past as markers for the present.'

RICHARD ROSE



A FUNCTIONAL APPROACH

THE STAGES EXPLAINED

STAGE ONE: INFORMATION GATHERING

Caring With Carers staff meet with the allocated case work team to discuss the child or young person's current situation.

From here, we assist by:

- Gathering and sorting appropriate information including files (paper and electronic) and making requests under Chapter 16A (with agency agreement).
- Reading current and historic information regarding the child or young person and their family.
- Recording information in a chronological order (information banking) and testing assumptions.
- Interviewing people of significance e.g. the mother, father, grandparents, previous carers, school etc.

STAGE TWO: THERAPEUTIC NEEDS ASSESSMENT NO.1

In this stage we help agencies analyse their initial data collection to produce targeted support for the child or young person's safety, stability and engagement.

Here, we implement the [Therapeutic Needs Assessment \(TNA\) program](#). This analytic tool takes the guesswork out of creating an effective therapeutic case plan by identifying: actions, responsibilities, progress of support and time-frame management.

The TNA functions include:

- Three assessments of up to five interviewees to review placement environment and indications of change.
- A senior management function.
- A Multi-layered reporting framework.

A photograph showing a man and a young boy sitting on the edge of a boat, looking out at the water. The man is wearing a white t-shirt and the boy is wearing a striped t-shirt. The water is calm and reflects the light. The boat has a metal railing.

THE STAGES EXPLAINED

STAGE THREE: ENGAGING THE CHILD OR YOUNG PERSON

To help the agency effectively engage the child or young person we prepare the case worker and carer by:

- Equipping them with aims and objectives prior to each session.
 - Helping to facilitate face-to-face sessions held at the carers home.
 - At each session, evaluating engagement between the child/young person and the carer.
 - Submitting outcomes of each session to the case worker.
 - Providing any resources needed at this point.
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STAGE FOUR: THERAPEUTIC NEEDS ASSESSMENT NO.2

In this stage, we help complete a second round of interviews to see how the child or young person and those around them are responding to the Therapeutic Life Story Work. At this point we will be responsible for:

- Evaluating indicator performance compared to TNA No.1.
- Engaging the case worker to share knowledge.
- Providing the agency with a report on TNA No.2.



THE STAGES EXPLAINED

Caring With Carers staff review the work completed. A TLSW book is designed for the TLSW worker to deliver to the child/young person and their carer. This book captures their journey and celebrates their progress to encourage ongoing development.

At this point, our staff will also discuss the current TNA indicator performance with the case worker, provide recommendations and agree to a TNA No. 3 time frame.

TNA No. 3 is a third round of interviews that we provide to see how the child/young person and those around them have progressed post-TLSW engagement. This involves:

- Again, comparing indicator performance to TNA Assessment No.1 (benefit realisation sustainment).
- Handing over the therapeutic case plan and recommendations entirely to the case worker.
- Providing the agency with a report on TNA No.3.
- Meeting with the agency to discuss outcomes, and present all evidence.

STAGE FIVE: COLLATING THE LIFE STORY BOOK

STAGE SIX: THERAPEUTIC NEEDS ASSESSMENT NO.3



WHY CARING WITH CARERS?

Our ultimate goal is to help agencies deliver their services with the highest degree of commitment to the child or young person's safety and wellbeing.

Together, we can confidently implement research-based outcomes that result in meeting the following [Child Safe Standards of Permanent Care](#):

- Standard 2: Providing a positive care environment
- Standard 4: Identity
- Standard 5: Family and significant others (we uphold this by ensuring appropriate involvement of family and significant others)
- Standard 6: Participation in decision-making (we help ensure the child or young person is appropriately involved throughout the process)
- Standard 7: Confidentiality and privacy
- Standard 8 Emotional and social development (we help you support the young person's emotional, social and behavioural development)
- Standard 9: Health
- Standard 10: Education
- Standard 11: Behavioural support
- Standard 14: Case planning and review
- Standard 17: Documentation and record keeping (we help create an articulate and systemised documentation and record-keeping system).

TIME EFFICIENCIES

EXPERIENCED AND TRAINED STAFF WITH TLSW DIPLOMAS

AN OUTCOME-FOCUSED SERVICE TO MEET INDUSTRY STANDARDS

A SERVICE DELIVERY MODEL THAT UPHOLDS CHILD SAFE STANDARDS

TNA CAPABILITY TO ENSURE CASE FORMULATION INTEGRATES CLINICAL KNOWLEDGE AND THEORY.



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