

# COMMUNICATING WITH CHILDREN



On-line 3 hour study session

09.30 – 12:30 (comfort break 11-11.15)

For dates please contact: [smcgladdery@hotmail.com](mailto:smcgladdery@hotmail.com)

**Suzanne McGladdery, Independent Social Worker - Therapeutic Life Story Work**

## **Aims:**

- To present a range of quick and easy to access tools and techniques to support parenting and family assessments and hearing the voice of the child.
- To consider ways of explaining to the child who you are and why you are seeing them.
- To provide a handout of printable worksheets to use during visits to children.

## **Outline:**

Creating Safety & Relationship: what you bring

Introducing Yourself (Explaining your role / Introduction Booklet)

Tools and Techniques including:

- Icebreakers: Hands & Squiggles
- Footprints and 3 Islands
- Behaviour Tree (Rose 2012): a method of connecting current feelings and behaviours with past trauma.
- Tree of Life (Ncube 2006): a method of gaining an understanding of a person's life and how they reflect on it.
- All About Me (Rose 2012); a workbook/ worksheets to explore a child's wishes and feelings and create a snapshot of their lives.

**What you will need:** Paper (at least A4 but the larger the better), pen (ideally coloured pens), enthusiasm!

**Takeaway:** Participants will receive a handout which will include easy to print worksheets of the tools presented.

**References:**

**Rose, R. (2012).** *Life Story Therapy with Traumatized Children: A Model for Practice*. London: Jessica Kingsley Publications.

**Ncube, N.** *The Tree of Life Project: Using narrative ideas in work with vulnerable children in Southern Africa*. International Journal of Narrative Therapy and Community Work 2006 No. 1  
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