

Therapeutic Life Story Work (TLSW): meaning making through play, storytelling and therapeutic safety

Workshop

Everyone has a story. When trauma impacts a child, young person and/or families, Therapeutic Life Story Work™ (TLSW) allows the child and their primary carer to make meaning of their lived experiences in safe and playful ways through art and narrative work on wallpaper. Designed to support attachment, make meaning of lived experience and whole-body experience of their lives in the past, present and into the future, the work supports a healthier way of being within their world (IWM shifts, Bowlby, 1969) and post traumatic growth.

In this workshop, participants will have the opportunity to:

To hear the only evidence-based TLSW/life story work model across Australia and the world and the importance of why understanding stories is important to a healthy sense of self, purpose and belonging.

To learn adaptable tools and see examples of practice and can take home at least 6-8 therapeutic tools that they can use in their practice.

To be encouraged and supported in using play, art and storytelling in a therapeutically safe way for the child/carer and themselves as practitioners.

Presenter: Elise Saunders



Elise has been involved in the welfare, care and protection sector for 20 years across NSW and Victoria in various positions (residential carer, department case manager, manager in foster care, intensive young person care, kinship care, child protection, therapeutic specialist, consultation and training delivery). She has been conducting training and supervision in TLSW since 2019 with multiple agency partners including Berry Street, MacKillop, ACWA/CCWT, VACCA, Youth Justice, Family Life, DFFH, Allambie Care, Benevolent Society, The Centre of Excellence, Anglicare and internationally (Singapore, UK, Japan, New Zealand, America). She is a lead Therapeutic Consultant running pilot programs and practice integration with First Nations, disability, multicultural services, refugee programs, homelessness, and OoHc agencies. Elise has a degree in Psychology (2009) Western Sydney University, graduate studies in TLSW (2016) and Developmental Trauma (2018). She is a contributing author to (2017) “Innovative Therapeutic Life Story Work: Developing Trauma-Informed Practice for Working with Children, Adolescents and Young Adults and has delivered

international and national conference keynotes, workshops, presentation and MC (2019 – present). She also has a research involvement (Deakin University) and is a lead practitioner in the Department of Families, Fairness and Housing for TLSW for young people in residential care (2016-2020).

Presenters Professional Affiliations

Therapeutic Life Story Work International and Australian Member
Chair of Therapeutic Life Story Work Australia

