

We Are What We Were: Connection, Relationship and Storytelling for healing through Therapeutic Life Story Work.

A triadic intervention to strengthen outcomes for Children and Young People in Out of Home Care

Children and young people in OoHC have often experienced trauma and disrupted attachment resulting from abuse and neglect. As Jones (2017, p. 275) stated, “their story is often fragmented, discontinuous and characterised by confusion, misconception, blame and shame”. The Rose Model (2012) of Therapeutic Life Story Work (TLSW) is a relational therapeutic triadic intervention with the child and their caregiver. Through a narrative approach along with creative and play therapy techniques, utilizing externalization visually for internalisation, TLSW supports children and young people to make sense of past trauma and loss experiences; family experiences across generations; how these experiences influence their present thoughts, feelings, and behaviours; and explore trauma responses developed that enable survival in their past and may be hindering their present or future.

Presenter: Jodie Mollison



Jodie Mollison is a Social Worker with significant experience in Child Protection and Out of Home Care, predominantly in the NGO sector in NSW. She offers respect to all First Nations People and ancestors, seeks to listen deeply and walk in allyship. Jodie is an experienced practitioner, manager, and practice leader; and is currently the Therapeutic Life Story Work Specialist for NSW with MacKillop Family Services. Jodie has an Independent Practice in TLSW, including supervision, consultancy and training. She completed the Professional

Diploma in Therapeutic Life Story Work (TLSW) in 2018 and is passionate about the use of this model to promote healing from trauma, build self-efficacy and embedding a therapeutic approach to life story work in Out of Home Care practice. Jodie is the Deputy Chair of Therapeutic Life Story Work Australia and chair of the NSW TLSWa practitioner community.

Presenters Professional Affiliations

Therapeutic Life Story Work Practitioner, TLSWi

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