

The Yarramundi Therapeutic Program was established with a special priority on First Nations young people. Non-indigenous young people will equally benefit from Therapeutic Life Story Work as it is particularly helpful for:

- Children who have had multiple placements
- Children with attachment disorders
- Families who struggle to reconnect and re-build attachments having experienced separation through the out-of-home care system
- Young people who have a fragmented childhood trauma history
- Children who have struggled to trust and engage in other therapeutic interventions (e.g. counselling)
- Young people living in residential placements and particularly those who have limited family connections
- Children who have struggled to understand how to respond to a secure and nurturing attachment offering
- Young people who have engaged in risk taking behaviours, or who have struggled with authority figures and rules
- Young people who have a fragile sense of self and a limited sense of belonging

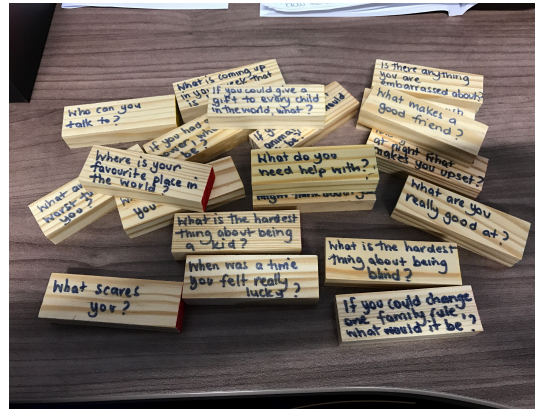
All Behaviour is Communication

Understanding the roots of the presented behaviour and reflecting what is being communicated verbally and non-verbally will empower the child to refine and reframe their communication process so as to be more effective in achieving their best interests.

- Rose 2012



HEAL THE PAST



Therapeutic Life Story Work enables children and young people who have experienced the trauma of child abuse and neglect and who are struggling with the pain of their past to reflect, develop compassion for themselves and move on. It is a defined approach, designed to introduce the past as markers for the present.

Once these are understood, the child is supported in considering how to move on to make significant changes, as a result of a far deeper understanding and awareness of how their history has been negatively impacting on their present. In essence, the Yarramundi Therapeutic Program is not just about the who, what, where, when, why and how, but how a painful past, if not reflected on and worked through, can go on to blight the present and future. Instead, if we can help children to think about their history of trauma and loss, to understand its origins and effects, we can identify and understand the 'ghosts of the past' so children are no longer haunted by them.

YARRAMUNDI THERAPEUTIC PROGRAM

(THERAPEUTIC LIFE STORY WORK)

Resolving Trauma through yarning so children and their families can be free to move forward together.

BEYOND BEHAVIOUR
COMMUNITY SERVICES



Together in Partnership

Each young person who participates in the Yarramundi Therapeutic Program is supported to reintegrate their history, resolve their sense of self; discover connection, and belonging; strengthen identity, and explore potential for their future. The child is the Yarramundi (meaning) story-teller and the work is concluded with their very own hard cover memoir.



We are accepting referrals to commence in April 2024 now.

A referral must consist of:

- Child or young person's details
- Primary carer details
- Location

'The value and power of the life story approach to reconstructing and reconnecting a child using personal narrative cannot be underestimated'. Perry, B (2012) Life Story Therapy with Traumatized Children

Beyond Behaviour Community Services wishes to thank the Dharug peoples and to pay respect to Elders past, present and emerging. Dharug Elders were consulted before using language in the naming of the program.

BBCS also wishes to thank Yarramundi for being a great leader, warrior, and example of a nurturing, caring and loving Father.

Contact:

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Leisa Bennett and Katrina Lewis are specialist trained in the Rose Model of Therapeutic Life Story Work, and give special thanks to Professor Richard Rose for his outstanding work with children and their families. Together, Leisa and Katrina are leading teams of Practitioners to deliver this vital therapeutic intervention for children and young people in Queensland.



TLSW PREPARATION:

Prior to TLSW beginning with the parent or carer and child, an assessment needs to be conducted. The assessment usually includes interviews with significant people in the life of the child, a child protection file review and an initial meet and greet with the child along with their parent or carer.



TLSW SESSIONS:

Sessions are conducted at the same place, at the same time and with the same people each fortnight for a period of 6 - 18 sessions depending on the individual needs of the child. The TLSW practitioner works together with the child and their nominated parent or primary caregiver and captures the child's story on rolls of paper.

6 sessions - **All About Me** - Phase 1 (For those requiring a brief intervention)

6 sessions - **More About Me** - Phase 2 (For those requiring a longer intervention)

6 sessions - **TSLW** - Final Phase (For those requiring the completion of the work and book)



TLSW BOOK:

Once the sessions have concluded, the child becomes the editor of their own story book. A book is then created, and the child is presented with two copies at the celebration and final meeting. The aim is for the child to recover from their painful past, open to the possibilities of the future, and find a place of connection and stability with their Mudyin (family) whatever that looks like for them now.

