

There are abbreviated materials - "Information Packets" - that are included in this list. This list represents only materials primarily on this topic. However, there are other materials that speak to this topic available in the library (i.e., brief "Articles," etc.). Contact ORPARC for additional materials.

## Lifestory Books

Material Title: **Adopted and Wondering: Drawing Out Feelings**

Author: Marge Eaton Heegaard *Children's Books* 2007 40 pages

This art therapy book helps children cope with the emotional impact of adoption. Children can use this book's interactive exercises to realize that their birth parents were good people who loved them but were unable to give them a good home; understand that they were placed, rather than abandoned; and develop a strong sense of personal identity. The interactive drawing exercises help children explain in pictures what they are unable to say in words.

Material Title: **All About Me**

Author: Lynn Burwash *Books* 1998 12

All About Me was written by two adoptive mothers, this simple, direct children's book was designed to be an invaluable tool for adoptive parents who wish to provide their young children an avenue for understanding the meaning of being adopted. When incorporated into a regular reading schedule, it provides consistent opportunities for parents and children to have open, frank and meaningful conversations about being adopted. Illustrated with wonderful, colorful art produced by adopted children, it encourages children to participate in the story by "filling in the blanks" using their crayons and washable markers. The large format is easy for young fingers to handle and it's washable, so the fun can happen over and over again!

Material Title: **Beneath the Mask: For Teen Adoptees: Teen and Young Adults Share Their Stories**

Author: C.A.S.E *Children's Books* 2018 95 pages

As a follow up to C.A.S.E. CEO and co-author Debbie Riley's signature book *Beneath the Mask: Understanding Adopted Teens*, written for clinicians and parents of teens, the C.A.S.E. Team has created this new companion workbook specifically for the teens themselves, featuring personal, heartfelt stories written by teen and young adult adoptees who graciously shared their feelings about their own adoption journeys. Filled with engaging exercises, journaling pages and thought-provoking activities, this workbook offers teen adoptees, their parents and the clinicians who support them a valuable resource.

Material Title: **Child's Own Story, The: Life Story Work with Traumatized Children**

Author: Richard Rose *Books* 2005 143 pages

A practice-focused guide to life story work, it shows how this effective tool can be used to help young people recover from abuse and make sense of a disrupted upbringing in multiple homes or families. Though some sections apply more to the system in Great Britain, where it was written, it is a resource for social workers, child psychotherapists, residential care staff, long-term foster parents and other professionals working with traumatized children.

Material Title: **Complete Lifebook Workbook, The**

Author: Jim Mooney, MSW *Books* 1996 52 pages

This book serves as an example of one way a lifestory book might be organized. Many of the pages are in fill-in-the-blanks format. There are pages to be filled in about birth family, foster families, and adoptive family; about birthdays, school memories, etc. There is also information to normalize many of the reasons that children might be adopted. Purchasing information is on the inside cover for those who would like to buy this book to fill in the blanks.

Material Title: **Elfa and the Box of Memories**

Author: Michelle Bell *Children's Books* 2008 24

We all have memories of happy times and sad times, and all our memories help us to remember the story of our lives. But what happens when you don't have anybody to share your memories with? In this bright, colourful book, Elfa the elephant revisits some of the important moments of her life.

Material Title: **Filling in the Blanks; A Guided Look at Growing Up Adopted**

Author: Susan Gabel *Children's Books* 1980 149 pages

This lifebook/workbook is a tool for older children and adolescents to help them learn about being adopted. It is divided into four sections: My Birth Family, My Adoption Process, My Adoptive Family, and Myself.

# Lifestory Books

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Material Title: **For When I'm Famous: A Teen Foster/Adopt Lifebook**  
Author: Beth O'Malley *Books* 2006 31 pages

For When I'm Famous begins with a letter to the teen addressing the fact that they might not understand the importance of completing a lifebook, but that it could be worth money one day! Author, Beth O'Malley, an adoptee and an adoptive parent, adds a spot at the end of the letter for the teen's autograph and then lists several famous adoptees. The lifebook may not mean much now, but in a few years it may be invaluable in helping the child have a deeper understanding of his/her life. This book offers a very easy way for a teenaged foster child to complete a first lifebook. Many times the older children in care are reluctant to create a lifebook. For When I'm Famous may help the project to become more fun and manageable for the older foster child.

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Material Title: **Foster Care and Adoption: A Pathway to Understanding**  
Author: Heather Wilson *Children's Books* 2006 64 pages

This is a unique interactive, illustrative and educational book created to help children de-mystify the process and their feelings as they move into foster care and adoption. It is an engaging tool to help children understand the people and steps involved in their transition to permanency. Ideally, the book is used by a clinician or caseworker in therapy with a child.

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Material Title: **How to Talk About the Hard Truths in Adoption (Audio-Part 1 of 2)**  
Author: Robyn Gobbel *DVDs* 2016 83 minutes

This webinar will help describe why it's important for children to know the truth about their life story while promoting honesty, transparency, and authenticity when talking to children about their past. As well as the importance of attunement and connection when sharing stories and how to use the right tools and language for discussing these difficult topics with children. This webinar offers examples and ideas about how to give our children age-appropriate and honest information about their life stories.

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Material Title: **How to Talk About the Hard Truths in Adoption (Audio-Part 2 of 2)**  
Author: Robyn Gobbel *DVDs* 2016 72 minutes

This webinar will help describe why it's important for children to know the truth about their life story while promoting honesty, transparency, and authenticity when talking to children about their past. As well as the importance of attunement and connection when sharing stories and how to use the right tools and language for discussing these difficult topics with children. This webinar offers examples and ideas about how to give our children age-appropriate and honest information about their life stories.

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Material Title: **How to Talk About the Hard Truths in Adoption (Video-Part 1 of 2)**  
Author: Robyn Gobbel *DVDs* 2016 83 minutes

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Material Title: **How to Tell the Hard Truths in Adoption (Video-Part 1 of 2)**  
Author: Robyn Gobbel *DVDs* 72 minutes

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Material Title: **I Don't Understand Why: A Search for Meaning (DVD)**  
Author: Illinois State University *DVDs* 2005 12 minutes

This documentary shows interviews with Jimmy, an adopted child with behavior difficulties, at age 8 and later, in his twenty's when he has two kids of his own. He talks about the importance to him of his lifebook, which includes school reports and a letter from his birth mother, in helping him understand his past and form a positive sense of identity.

# Lifestory Books

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Material Title: **Innovative Therapeutic Life Story Work: Developing Trauma-Informed Practice for Working with Children, Adolescents and Young Adults**  
Author: Richard Rose *Books* 2017 322 pages

This edited volume explores different innovative ways of carrying out life story work, a method which helps traumatized children question and resolve issues from their past. Using the experience of practitioners based in a range of settings -- including schools, intensive services, youth justice and post-adoption support -- it highlights the versatility of this work and provides a useful overview of the latest developments in the field.

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Material Title: **Life Story Books For Adopted and Fostered Children (Second Edition)**  
Author: Joy Rees *Books* 2/21/2017 152

Through words, pictures, photographs, certificates and other 'little treasures', a Life Story Book provides a detailed account of the child's early history and a chronology of their life.

Fully updated, this clear and concise book shows a unique family-friendly way to compile a Life Story Book which promotes a sense of permanency for the child, and encourages attachments within new families. Joy Rees' influential model works chronologically backwards rather than forwards, aiming to reinforce the child's sense of belonging and security before addressing the child's past and early trauma. The book contains simple explanations of complex concepts, practical examples, helpful suggestions and includes some simple checklists. This new edition has been expanded to include fostered children and those living in kinship care or with a special guardian.

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Material Title: **Life Story Books for Adopted Children: A Family Friendly Approach**  
Author: Joy Rees *Books* 2009 88 pages

This book shows a new, family-friendly way to compile a "Life Storybook" that promotes a sense of permanency for the child, and encourages attachments within the adoptive family. Clear and concise, it contains simple explanations of complex concepts, practical examples and helpful suggestions, aiming to reinforce the child's sense of belonging and security within the adoptive family.

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Material Title: **Life Story Therapy with Traumatized Children**  
Author: Richard Rose *Books* 2012 175 pages

Life story therapy is an approach designed to enable children to explore, question and understand the past events of their lives. It aims to secure their future through strengthening attachment with their carers and providing the opportunity to develop a healthy sense of self and feeling of wellbeing. This comprehensive overview lays out the theory underlying life story therapy, including an accessible explanation of contemporary research in neurobiology and trauma.

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Material Title: **Life Work With Children Who Are Fostered or Adopted**  
Author: Joy Rees *Books* 1/18/2018 120

This new book from life work expert Joy Rees explains the value of effective and meaningful life work with children who are fostered and adopted, and how best to carry this out.

This book will help social work professionals, foster carers and adopters to understand the many aspects of life work and to consider the important contributions they can all make to this task. Life work is about helping children to know and to understand their personal stories and the life experiences that have shaped them. Enabling children to reach their potential and achieve the best possible outcome is the common goal, and this is best achieved by using the collaborative approach to life work advocated in this book

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Material Title: **Lifeworks and Family Trees: Tools to Help Children Understand Their Stories (CD)**  
Author: NACAC Conference 2006 CD *CDs* 2006 90 minutes

A lifebook is a hands-on tool for talking about foster care or adoption and commemorates the child's journey to the current family. Losses and joys, accomplishments and loved ones dance across its pages. Adoption-friendly family trees equip the child for typical school projects. This interactive workshop examines why, how, and when to assemble a lifebook in a way that helps the child to understand and discuss adoption or foster care.

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Material Title: **Lifeworks: Creating a Treasure for the Adopted Child**  
Author: Beth O'Malley *Books* 2014 92 pages

This book, expanded from her 2000 issue, presents information on what lifebooks are, why they are so important, and how to proceed with them from just about any standpoint. O'Malley includes a 58 page chapter on the "Essentials." It is all written in a touching, personal manner by someone who spent her first five months in foster care before becoming adopted and eventually started a career as an adoption worker.

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Material Title: **Lifestory Books**  
Author: ORPARC Staff *Information Packet* 2015 45 pages

This newly revised information packet is a thoughtful and thorough compilation of Lifestory Book material, designed to inspire both parents and professionals. The contents include articles, helpful tools, and resources.

## Lifestory Books

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Material Title: **Pictures of Hollis Woods**  
Author: Patricia Reilly Giff *Children's Books* 2004 176

Hollis Woods  
is the place where a baby was abandoned  
is the baby's name  
is an artist  
is now a twelve-year-old girl  
who's been in so many foster homes she can hardly remember them all.

When Hollis is sent to Josie, an elderly artist who is quirky and affectionate, she wants to stay. But Josie is growing more forgetful every day. If Social Services finds out, they'll take Hollis away and move Josie into a home. Well, Hollis Woods won't let anyone separate them. She's escaped the system before; this time, she's taking Josie with her. Still, even as she plans her future with Josie, Hollis dreams of the past summer with the Regans, fixing each special moment of her days with them in pictures she'll never forget.

Patricia Reilly Giff captures the yearning for a place to belong in this warmhearted story, which stresses the importance of artistic vision, creativity, and above all, family.

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Material Title: **Putting the Pieces Together: Lifebook Work with Children (DVD)**  
Author: Lutheran Social Services of Illinois *DVDs* 2007 64 minutes

This DVD provides the what, when, how, who and why of building lifebooks. Through interviews with adoptees, adoptive parents, and professionals, it demonstrates what lifebooks are, what they are not, and what they should include; when and how to get started; who should contribute; and most importantly; why they are so indispensable in the lives of adopted and foster children.

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Material Title: **Real Life Heroes Life Storybook**  
Author: Richard Kagan *Books* 2017 236 pages

Real Life Heroes Life Storybook, 3rd Edition is a resourceful tool for children with traumatic stress. The resiliency-centered format and structure of the volume is coupled with treatment and sessions outlined in the Real Life Heroes Toolkit for Treating Traumatic Stress in Children and Families. This updated edition uses a creative arts approach, encouraging children to work with dependable adults to develop autobiographies through a wide range of activities, including drawings, music, movies, and narrative. By helping children feel protection from adversity and stressors that exist in everyday life, this workbook gives children a sense of value that can promote transformation of troubled children from victims into tomorrow's heroes.

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Material Title: **Story That Makes Me Special, The\* (Children's Materials)**  
Author: Peg Studaker and Judy Haines, Deb Contag Al-Aidy *Information Packet* 07-1990 30 pages

"The Story That Makes Me Special" is only one part of a larger binder of material entitled "FAMILY PRESERVATION: The Second Time Around, A Curriculum for Adoptive Families" produced by the North American Council on Adoptable Children (NACAC). ORPARC received permission from NACAC to reproduce and distribute the "Lifebook" tab of this binder, under "PART II: Latency-Age Curriculum" Lifebook II-129, which is "The Story That Makes Me Special" by Peg Studaker, Judy Haines, and Deb Contag Al-Aidy and Illustrated by Michaelin Otis.

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Material Title: **Telling the Truth to Your Adopted or Foster Child: Making Sense of the Past**  
Author: Betsy Keefer *Books* 2000 223 pages

The goal of this book is to equip parents with the knowledge and tools they will need for a lifetime as they communicate with their adopted or foster child about the complex, troubling, and often painful aspects of his or her fragmented past. It is designed to meet the informational and practical needs of adoptive and foster parents of either domestic or international origin, with or without special needs. It is also intended for adoption professionals, mental health professionals, school teachers, and other professionals who work with adopted and foster children.

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Material Title: **This is Me! Memories to Gather and Keep**  
Author: Susan Pierce *Books* 2001 110 pages

This expandable book serves as an example of one way a lifestory book might be organized. Most of the pages are blank with lines or blank forms to be filled in as information is gathered or as the child grows. There are pages to be filled in about birth family, foster families, and adoptive family; about birthdays and school memories. There is purchasing information for those who would like to have this book to fill in the blanks. Can be purchased in specific foreign adoption editions.

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## Lifestory Books

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Material Title: **Using Stories to Build Bridges with Traumatized Children**  
Author: Kim Golding *Books* 7/21/2018 208

Psychologist Kim S. Golding shows how you can use stories to build connections with children aged 4–16 and support their recovery from trauma and stress. She illustrates the techniques with 21 stories adapted from her own clinical work with children and families, and explains how you can expand or adapt them to make them more relevant for a particular child. Advice and stories are arranged into sections dealing with common psychological issues, including looking back and moving on, lack of trust and need for attention. Golding also gives invaluable tips for planning stories and life story work, and for storymaking with children. She also describes how stories can be used therapeutically with parents of traumatized children and as a tool for self-reflection by counsellors.

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Material Title: **Who We Are and Why We Are Special: The Adoption Club Therapeutic Workbook on Identity**  
Author: Regina Kupecky *Books* 10/21/2014 48

We each have our own unique life story which make us special. When you are adopted you have an extra layer of identity – your birth family. This therapeutic workbook is designed to be used with adopted children aged 5-11, and offers a gentle way to explore this difficult subject.