



Children and young people with a painful and difficult past are often ashamed for their history and their family of origin. Their deep-seated pain and shame affect their self-esteem and make it additionally harder for them to develop into healthy, strong and self-determined individuals.

Our main focus for Lifebook is to make children aware of all their positive aspects and characteristics, nice events as well as good encounters with people in their lives and to let them feel them as their own forces and resources. It should give them a new and expanded view of their past, from which they can draw strength and confidence for their future.

The process and the outcome of our first projects with children have been overwhelming. The children were enthusiastic and seriously involved, so much so that not even a swimming trip to the sea, could lure them away from their Lifebooks.

The children expressed enormous gratitude for the opportunity to talk about their lives in a protected environment. Although the Lifebook has an exclusive focus on positive aspects many painful memories were also expressed. The experience that one doesn't have to deal alone with oppressive elements of one's past, being able to express those and the feeling of being supported gave the children inner strength. We could actually see how the children grew and carried their Lifebook around with pride and radiation at the end of our work. That's why we think our Lifebook is worth sharing!

The Lifebook is:

Editable and accomplishable within a week, or five blocks of three hours each

Suitable for working in a small group of five children

Understandable and attractive to children and adolescents aged 7-18 years

Easy and yet deeply personal

The Lifebook manual

The Lifebook manual serves as a practical guide to experts in Lifebook who work with children and adolescents. It consists of a theoretical and a practical part. The theoretical part provides a basic understanding of how to work with the children with regard to Lifebook and the aims of the Lifebook. The practical part provides a step by step approach for working with children and adolescents, and can be directly used as a practical guide.

Lifebook training

The training focuses on biographical work and experiential learning (learning through reflection on doing). The participants will work on their own Lifebook. Learning by doing!

