

Family Life Stories Workbook : Adverse Childhood Experiences (NI) Initiative

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South Eastern Health
and Social Care Trust



FAMILY LIFE STORIES WORKBOOK



**QUEEN'S
UNIVERSITY
BELFAST**

Dr. Suzanne Mooney & Dr. Lisa Bunting, Social Work, Queen's University Belfast
Correspondence to s.mooney@qub.ac.uk

This workbook was developed as part of the N. Ireland Adverse Childhood Experiences Initiative.

It is designed to be used flexibly and in conjunction with the Family Life Stories Workbook Practitioner Guidance (Mooney & Coulter, 2019).

You can use the workbook as a whole or as separate activities (relationships map, life map, preferred futures, feedback) as deemed appropriate. Activity sheets can be printed one page at a time on A3 or A4 – or simply use ordinary pen and paper or flipchart and markers.

Correspondence to:

Suzanne Mooney

s.mooney@qub.ac.uk

School of Social Sciences, Education and Social Work

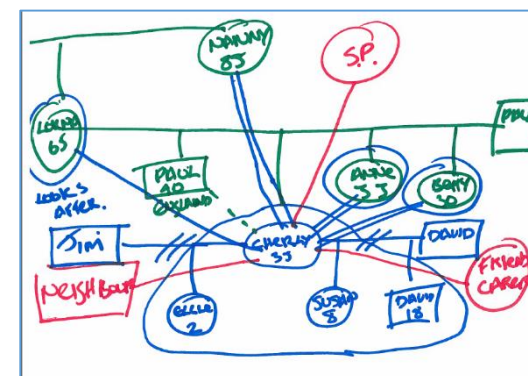
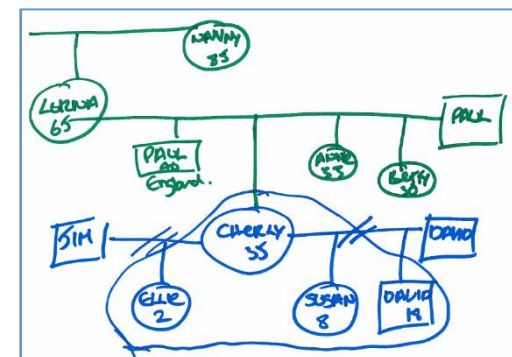
Queen's University Belfast

6 College Park,

Belfast BT7 1LP

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- Hand-drawn pedigree chart showing a family with three children. The parents are 'Jim' (square) and 'DAVID' (square). They have three children: 'Ellie 2' (circle), 'SUSAN 9' (circle), and 'DAVID 10' (square). The parents are connected by a horizontal line with a double slash indicating mating. The children are connected to the parents by vertical lines. A large oval encloses the three children, indicating they are siblings.



My Life Map: Good times, Hard times



Places I lived
/went to school

Family life &
relationships

Key memories?
Turning points?

Health and
emotional
wellbeing?

Education /
Work?

Involvement with
agencies/services?

Major Events in My Life - Time Line

0 1 year 2 years 3 years 4 years 5 years 6 years 7 years 8 years 9 years

Click and drag the box handles to move. Click and drag the arrow to move.

MAPPING THE FUTURE – WHERE DO YOU WANT TO BE IN 5 YEARS TIME?

If we were to future-gaze to 5 years time, and I were to meet you and *things were going really well...* what would life look like...?

(Name of each person and family as a whole)

- What might help you get there?
- What might get in the way?
- What needs to happen next?



FAMILY LIFE STORIES SESSION FEEDBACK

1] Did you get to talk about the things you wanted to?

.....

1	2	3	4	5
Strongly Disagree	Agree	Sometimes	Disagree	Strongly Agree

2] Did you feel listened to and understood?

.....

1	2	3	4	5
Never	Occasionally	Sometimes	Almost Always	Always

3] What was the most useful aspect of undertaking the Family Life Stories work for you?

4] Was there anything that we missed that you would have liked to talk about?

5] Any other feedback for your Social Worker or the Life Stories team?

Thank you very much for taking the time to complete this form!

Signed:

Dated: