

CASEY FAMILY SERVICES  
THE CASEY CENTER FOR EFFECTIVE CHILD WELFARE PRACTICE

---

*Lifebook resources*  
*Updated September 2006*

- *Books and other tools*
- *Lifebook articles or research*

*All internet materials retrieved September 2006*

*Books and other tools*

*Chalmers, M. (2001). Passages: A journal for growing home. Tulsa, OK: University of Oklahoma. Available from NRCYS for \$15. To order, go to [www.nrcys.ou.edu/pdfs/05springcat.pdf](http://www.nrcys.ou.edu/pdfs/05springcat.pdf); see description on page 10.*

*Fahlberg, V. (1994). A child's journey through placement. Indianapolis, IN: Perspectives Press.*

*From [www.childadvocacy.com/books](http://www.childadvocacy.com/books): "This book provides the foundations, the resources, and the tools which will help professionals (therapists, pediatricians, juvenile justice workers, CASA volunteers, and child advocates), parents (birth, foster, adoptive), and others who care, in supporting children for whom the journey through out-of-home care becomes part of the road to adulthood. This easy-to-read book on a complex topic contains the bulk of the material Dr. Fahlberg presented in her attachment-focused trainings for consumers and professionals throughout the world."*

*Folaron, G. (1983). The book of me: All about where I came from, what I like to do, where I'm going, who I am. Self-published by the author. Available for \$6.95 plus 50 cents shipping and handling per book (minimum shipping and handling is \$2.00). Fifteen percent off for orders of 25 or more. Order online at [www.thebookofme.com](http://www.thebookofme.com). Or write to: The Book of Me, 9407 Juniper Place, Clarence, NY 14032.*

*A spiral-bound lifebook into which youth can insert pictures and write stories and remembrances. Includes sections such as, "This is what I know about my birth family," "Why I don't live with my birth family," and "The reason I moved here was because..." Ends with a personal directory for the names, addresses and phone numbers of important people in a young person's life.*

*Foster Parents Society of Ontario (n.d.). Lifebooks for children in foster care [online slide show]. View at*

*[www.fosterparentssociety.org/Training/LIFEBOOK\\_files?frame.htm](http://www.fosterparentssociety.org/Training/LIFEBOOK_files?frame.htm)*

*Presents an overview of lifebooks for social workers or parents (birth, adoptive or foster). Includes a handful of printable .pdf files that can be used as pages in a lifebook.*

Gabel, S. (1988.). *Filling in the blanks: A guided look at growing up adopted*. Indianapolis, IN: Perspectives Press. Sometimes available from online bookstores. Available from Perspectives Press online at

[www.perspectivespress.com/productlist.asp?pagestyle=productlist](http://www.perspectivespress.com/productlist.asp?pagestyle=productlist)

From the publisher: "A lifebook/workbook designed for use by 10-14 year olds with an adult helper--parent, therapist, teacher. ...[W]ill help parents prepare for the kinds of issues that are a part of the pre- and early adolescence inner search for self in children adopted as infants or at an older age, domestically or internationally, through agencies or independently, by singles or couples."

Kaylor, S. & Cote, T. (1988). *Life book*. Fair Oaks, CA: First Distributions. Spiral-bound notebook. Sells for \$10 through the National Resource Center for Youth Services. To contact NRCYS, call (918) 585-2986 or 918-660-3700. Description from Purdue U. website: "This resource is essential for every young person leaving home. This lively and personal guidebook offers practical advice on how to get a job, open a bank account, get a social security card, and more. A resource section tells teens how to vote and get health care or tax information. Bound-in file pockets safeguard important papers such as birth certificate and diplomas, and a special Velcro clasp keeps everything enclosed."

Lacher, D. Nichols, T. & May, J. (2005). *Connecting with kids through stories: Using narratives to facilitate attachment in adopted children*. London: Jessica Kingsley Publishers. To order, go to [www.jkp.com/order.php](http://www.jkp.com/order.php) Description from the ACF clearinghouse site: "This book explains Family Attachment Narrative Therapy for the parents of adopted or fostered children and for the professionals who work with them. ...Discusses ... how parents can create their own therapeutic stories to promote increased attachment and improved behavior in their child. ... Examples of narratives are provided throughout the book to help parents understand how to construct narratives for children. Appendices include a story construction guide."

McCoy, T. & Barnes, D. (2002). *The real me: A teen lifebook for young adults in foster care or adoption*. Available for \$13.95 from [www.tapestrybooks.com/catalog/text/a\\_teens.shtml](http://www.tapestrybooks.com/catalog/text/a_teens.shtml). From the publisher: With style and simplicity, offers teenage adoptees and foster kids a place for information that's all about them. With exercises and topics that are inviting, thought provoking and therapeutic, this book helps teens explore and document the many sides of their personalities as well as their past connections, present status, feelings, strengths and weaknesses, hopes and plans, and much more.

Mooney, J. (1996). *The complete lifebook workbook*. Hillsborough, NJ: Tapestry Books. Available from Tapestry Books at [www.tapestrybooks.com/catalog/text/b\\_mem.shtml](http://www.tapestrybooks.com/catalog/text/b_mem.shtml) for \$11.95. From the publisher: "This book contains hundreds of sections of text and 'fill in the blanks' that cover any adoption and/or foster care situation. After your child fills the appropriate ones in, he or she can cut and paste them on to the blank pages to create a totally personalized book. The spaces around the text can even

be decorated with drawings and pictures. Provides the perfect medium for a child to record memories, hopes, thoughts, and dreams.”

O'Malley, B. (2002). *For when I'm famous: A foster/adopt teen lifebook*: Winthrop, MA: Adoption Works. Available from online bookstores or directly from <http://www.adoptionlifebooks.com/Order/order.mv>

From the publisher: “Taps into every teen’s dream---to be rich and living in Hollywood. ...This workbook eases into past life experiences and relationships. It starts with creating an invite list for a fantasy birthday party and ends with the ‘Life plan page.’ Written in casual, teen friendly language.”

O'Malley, B. (2001). *Lifebooks: Creating a treasure for the adopted child*. Winthrop, MA: Adoption Works. 2001 revised paperback, \$12-15, available from online bookstores or direct from <http://www.adoptionlifebooks.com/Order/order.mv>.

From the Midwest Book Review, "Provides adoptive parents with a unique, invaluable, practical, highly recommended, step-by-step guide for explaining the truth of their child's history in ways that the child can understand, accept and feel good about. ... The result will help adoptive parents assist their child in creating a record of his or her life from birth using words, photos, graphics, and artwork in the form of a lifebook that is more effective than a general scrapbook or traditional baby book.”

O'Malley, B. (2000). *My foster care journey: Creating a treasure for the adopted child*. Winthrop, MA: Adoption Works. Available from bookstores or directly from [www.adoptionlifebooks.com/Order/order.mv](http://www.adoptionlifebooks.com/Order/order.mv).

From Amazon.com: “Allows you to work quickly as you capture vital information. The animated pages hold the child’s interest and are written to complement any permanent goal (i.e. guardianship, return home, adoption). Affordable and easy to use, this lifebook involves the foster child as much as the adult. Appropriate for ages 1-8. Meets federal mandates.”

Rogers, K., Gabrels, L. & Scott, S. (1991). *Lifebooks*. In *Building resources in adoption: Mental health services for families and children in adoption*. Nashville, TN: Family and Children’s Services.

Describes the lifebooks technique and includes several sample pages from different children’s own work.

Schroen, S. (1985). *Here I am! A lifebook kit for use with children with developmental disabilities*. Southfield, MI: Spaulding for Children. Available from the National Resource Center for Special Needs Adoption at 248-443-7080. Or see p. 8 of their catalog, which can be downloaded from [www.nrcadoption.org/resources/source.htm](http://www.nrcadoption.org/resources/source.htm).

From the publisher: “This kit is designed to guide professional and parents as they help children in transition work through difficult issues such as separation, sexual abuse and body image.”

*Spaulding for Children, the National Resource Center for Special Needs Adoption (1998). Planning child assessment and preparation: Participant's resource book [part of the Child Assessment and Preparation Curriculum]. Southfield, MI: Author. Written for child welfare professionals, this book covers the social work skill of preparing a child for permanency; it includes an excellent section on lifebooks and other permanency tools and techniques.*

*Sprouse, J.R. (2002). My life's book (various versions). American Foster Care Resources, Inc. Includes lifebook materials for several audiences. See full listing, descriptions and prices at [www.afcr.com/content/6860-65.html](http://www.afcr.com/content/6860-65.html). Includes forms, notebooks, trainers' guides, books for kids of different ages.*

#### *Lifebook articles or research*

*Fahlberg, V. (n.d.). The child who is stuck. Adapted from various materials. Available online from Perspectives Press at [www.perspectivespress.com/item.asp?recordid=vfstuckchild&pagestyle=default](http://www.perspectivespress.com/item.asp?recordid=vfstuckchild&pagestyle=default)*

*Fahlberg, V. (n.d.). The life story book. Adapted from various materials. Available online from Perspectives Press at <http://www.perspectivespress.com/item.asp?recordid=lifestory&pagestyle=default>*

*Gindi, C. (n.d.). The magical match [electronic version]. Retrieved January 2006, from <http://www.adoptionnetwork.com/adoptiveparents/magicmatch.shtml>.*

*Harrison, J. (1988). Making Life Books with Foster and Adoptive Children. Chapter in Schaefer, C E, ed., Innovative Interventions in Child and Adolescent Therapy. New York: John Wiley & Sons, pp. 377-399*

*Holody, R. & Maher, S. (1996). Using lifebooks with children in family foster care: A here and now process model. Child Welfare, July/August 1996, 75(4), pp. 321-335.*

*Kliman, G. and Zelma, A. (1996). Use of a personal life history book in the treatment of foster children—an attempt to enhance the stability of foster care placements. Chapter in Zelman, A. (ed.), Early intervention with high-risk children: Freeing prisoners of circumstance. Jason Aronson, Northvale, NJ, pp.105-125.*