

# BIBLIOGRAPHY

A Casey Family Services Compilation

## Lifebooks for Children and Youth in Foster Care



**MANY CHILDREN AND YOUTH IN FOSTER CARE EXPERIENCE PLACEMENTS WITH MULTIPLE FAMILIES, AND THAT INSTABILITY CAN MAKE IT DIFFICULT FOR THEM TO DEVELOP A SENSE OF IDENTITY.**

Lifebooks – similar to scrapbooks – offer children a creative forum where they can document their experiences with foster care, identify current and past relationships with family and other adults, and explore their feelings and identity.

This bibliography presents selected resources on creating lifebooks: books, Web sites, tools, and journal articles.

This is a developing bibliography. Please send suggested additions to [lglasheen@caseyfamilyservices.org](mailto:lglasheen@caseyfamilyservices.org). All Internet documents were retrieved in June 2011.

## BOOKS, WEB SITES, AND OTHER TOOLS

**Accinelli, T. (2008).** *My lifebook journal: A workbook for children in foster care.* Oakland, CA: New Harbinger Publications. Available from <http://www.newharbinger.com/productdetails.cfm?PC=662> and other booksellers.

This workbook for foster parents is designed to help youth in care build self-esteem, deal with feelings of sadness and anger, and thrive in their foster homes.

**Accinelli, T. (2008).** *My lifebook journal: A workbook for children in foster care [Professional edition].* Oakland, CA: New Harbinger Publications.

This workbook for professionals is designed for use when working with young people in foster care. The professional edition includes a companion CD with printable worksheets.

**Adoptive Families. (n.d.).** *Scrapbook mania.*  
<http://www.adoptivefamilies.com/scrapbooks>

This Web site gathers a variety of online lifebook and scrapbook resources.

**Barnes, D. (n.d.).** *The secret ingredient in life books.*  
[http://adoptionworld.net/a\\_lifebooks.php](http://adoptionworld.net/a_lifebooks.php)

This article explains that lifebook work can help children process their feelings. Lifebooks are discussed from the perspectives of the child, the social worker, and the foster parent.

**Baynes, P. (2008).** *Untold stories: a discussion of life story work.* *Adoption & Fostering*, 32(2), pp. 43-49.

Places life story work into context in modern day social work practice. Discusses the importance for fluidity in the definition of life story work.

**Camis, J. (2006).** *My life and me.* London: The British Association of Adoption and Fostering. Available from [http://www.baaf.org.uk/res/pubs/books/book\\_mylifeme.shtml](http://www.baaf.org.uk/res/pubs/books/book_mylifeme.shtml)

This workbook involves children in recording their feelings at various stages in their lives and is designed to include photographs and artwork.

**The Center for Child and Family Studies, College of Social Work, University of South Carolina. (2005).** *Life book: A caseworker's handbook.* Columbia, SC: Author.  
<http://ccfs.sc.edu/images/pdfs/lifebookcwh.pdf>

This straightforward guide for social workers includes a helpful focus on the therapeutic aspects of lifebook work geared toward younger children, with references to older youth as well.

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

"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, and 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." – *Childadvocacy.com*

**Foster Parents Society of Ontario (n.d.).** *Lifebooks for children in foster care* [Online training]. [http://www.fosterparentsociety.org/Training/LIFEBOOK\\_files/frame.htm](http://www.fosterparentsociety.org/Training/LIFEBOOK_files/frame.htm)

This online training offers an overview of lifebooks for social workers or birth, adoptive, and foster parents, and includes a handful of printable PDF files that can be used as lifebook pages.

**Gabel, S. (1988).** *Filling in the blanks: A guided look at growing up adopted.* Indianapolis, IN: Perspectives Press. Available from <http://www.perspectivespress.com/productlist.asp?pagestyle=productlist> and other booksellers.

"A lifebook/workbook designed for use by 10- to 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." – *Perspectives Press*

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

Looks at the benefits and limitations of the here-and-now model of lifebook work.

**Iowa Foster and Adoptive Parents Association (n.d.).** *Lifebook pages.* [http://www.ifapa.org/resources/IFAPA\\_Lifebook\\_Pages.asp](http://www.ifapa.org/resources/IFAPA_Lifebook_Pages.asp)

This Web site provides a brief overview of lifebooks and includes free pages that can be printed and used in a child's lifebook.

**Kagan, R. (2007).** *Real life heroes: A life storybook for children.* New York: Haworth Press.

This workbook - and the companion practitioner's model - is focused on healing for any young person who has experienced trauma. Includes an introduction for parents and caring adults.

**Lacher, D., Nichols, T., & May, J. (2005).** *Connecting with kids through stories: Using narratives to facilitate attachment in adopted children.* London: Jessica Kingsley Publishers.

Available from <http://www.jkp.com/catalogue/book.php/isbn/9781843107972>

This book explains Family Attachment Narrative Therapy and how life stories can be used to facilitate attachment.

**McCoy, T., & Barnes, D. (2002).** *The real me: A teen lifebook for young adults in foster care or adoption.*

Hiawatha, IA: Adoption World Specialties. Available from [http://adoptionworld.net/the\\_real\\_me.php](http://adoptionworld.net/the_real_me.php).

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.

**National Child Welfare Resource Center for Adoption (Ed.). (1998).** *Planning child assessment and preparation: Participant's resource book.* Southfield, MI: Author.

Written for child welfare professionals, this book is part of the Child Assessment and Preparation Curriculum and covers the social work skill of preparing a child for permanency; it includes an excellent section on lifebooks and other permanency tools and techniques.

**O'Malley, B. (n.d.).** *Adoption lifebooks.*

<http://adoptionlifebooks.com>

This Web site, maintained by the author of popular lifebook publications, includes lifebook tips and resources for parents and social workers. Visitors to the site also can subscribe to O'Malley's lifebook newsletter.

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

"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." - *Publisher*

**O'Malley, B. (2001).** *Lifebooks: Creating a treasure for the adopted child.* Winthrop, MA: Adoption Works. Available from <http://www.adoptionlifebooks.com/Order/order.mv> and other booksellers.

"Beth O'Malley provides the adoptive parent 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 any adoptive parent 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." - *Midwest Book Review*

**O'Malley, B. (2000).** *My foster care journey: Creating a treasure for the adopted child.* Winthrop, MA: Adoption Works. Available from <http://www.adoptionlifebooks.com/Order/order.mv> and other booksellers.

"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 to 8. Meets federal mandates." - *Amazon.com*

**Pederson, A. (2002).** *The book of me: A guide to scrapbooking about yourself.* Cincinnati, OH: F & W Publications.

"Many crafters use scrapbooking to preserve the lives of their children, loved ones, and friends. This unique title encourages them to put the spotlight on themselves! Angie Pedersen shows them how to recognize and record their own life's work - from childhood and adolescence to adulthood. This interactive, step-by-step guide helps scrapbookers identify their roles and write about the importance of each. A variety of concepts for every role and time period are illustrated with sample scrapbook pages." - *Publisher*

**Rose, R., & Philpot, T. (2005).** *The child's own story: Life story work with traumatized children*. Philadelphia: Jessica Kingsley Publishers.

This book for professionals reviews concepts of attachment, separation, loss, and identity and explains how life story work can help children make sense of disrupted relationships.

**Shah, S., & Argent, H. (2006).** *Life story work: What it is, what it means*. London: British Association for Adoption and Fostering. Available from [http://www.baaf.org.uk/res/pubs/books/book\\_lwhat.shtml](http://www.baaf.org.uk/res/pubs/books/book_lwhat.shtml)

Designed for a parent to read to a child, this book explains the importance of a person's life story and provides examples of ways to approach lifebook work using a straightforward approach to help children articulate their feelings.

**Sprouse, J.R. (2002).** *My life's book II* (n.d.). King George, VA: American Foster Care Resources, Inc. Available from <http://www.afcr.com/content/6860-65.html>

A series of lifebook materials designed for various audiences that includes forms, notebooks, trainers' guides, and books for children of different ages.

## RESEARCH AND JOURNAL ARTICLES

**Fahlberg, V. (n.d.).** *The child who is 'stuck'*. <http://www.perspectivespress.com/vfstuckchild.html>

**Fahlberg, V. (n.d.).** *The life story book*. <http://www.perspectivespress.com/lifestory.html>

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

**Harrison, J. (1988).** Making life books with foster and adoptive children. In C.E. Schaefer (Ed.), *Innovative Interventions in Child and Adolescent Therapy* (pp., 377-399). New York: John Wiley & Sons.

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

**Kliman, G., & 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. In A. Zelman (Ed.), *Early intervention with high-risk children: Freeing prisoners of circumstance* (pp. 105-125). Northvale, NJ: Jason Aronson.

