

The Remembering Book

By: Margaret Osmond, MSW & John Keating, MSW

Available here:

An excerpt:

“The **Remembering Book** is a clinical protocol for use with children... The book is based on the work of Dr. Paul Steinhauer and Dr. Jim Wilkes, pioneers in the area of understanding the importance of attachment and the devastation of attachment failures.... The completion of (tasks for attachment troubled children) may preserve the ability to bond emotionally and may help the child to more easily integrate into the surrounding society. Reminiscence therapy... Memories of overcoming adversity, and that confirm the meaningfulness of life can be healing...

The book has been constructed to help children reminisce in a structured, safe way...The child's memories are expected to trigger intense feelings of loss and grief, bringing them to the surface so that the child can finally deal with them. It is expected the book can take several months to complete... Workers and other adult feedback is included to ensure that, as much as possible, the child knows the truth about what happened and why.

Some examples from the book are below and can be used verbatim or as inspiration.