



# People in my Life



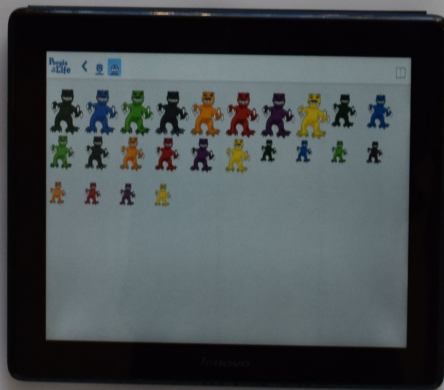
**People in my Life** is an app that has been developed for 10" iPads and Android data tablets. It helps children and parents to express themselves about their relationships in counselling and therapy. By visualizing various aspects of their social network a family and their helpers can gain awareness and fresh insights into each others perspectives

The **People in my Life** app can provide structure and focus to conversations in a way that is particularly helpful for children and it helps adults too

It works well for all family members because it gives them an overview of how each other sees their situation. It brings out the similarities and contrasts in points of view that they need to talk about

The **People in my Life** app can be used in many different ways: to visualize social networks, illustrate genograms, identify feelings, explore mentalizing, discuss priorities and externalize problems.

The **People in my Life** app is very flexible. Because there is no proscribed way to use it, it suits a variety of professional contexts, theoretical perspectives and styles of working.



**People in my Life** helps professionals to meet children on their own terms, where they can express their hopes & dilemmas in an open, creative and playful way.

Using **People in my life**, children and families choose and place figures, symbols and texts on a selected background

At the same time, they talk about how they get on with each other, what they like and what worries them, their thoughts and feelings, who can go to for help and comfort, how things are now, how they used to be and how they would like things to turn out for them

When a family can show each other their understandings of relationships and their problems it becomes easier for them to think about making changes



Visit our web site [peopleinmylife.org](http://peopleinmylife.org)

The **People in my Life** app can be downloaded from App store for iPads and Google Play for 10" Android data tablets. It is made for professional use and costs about the same as a paperback textbook.

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