

Paving the way to Acknowledgement

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INTRODUCTION

I would like to share with you a small introduction.

I enjoyed my work with Rosa for many reasons: I was feeling free, due to the work setting that had not a specific therapeutic direction, to apply the narrative ideas as I wished; working that way I came much closer to that ideas and practices. I made mistakes and found difficulties but I had the safety net of supervision and colleagues. Rosa's feedback led me to the more appropriate for her directions in the conversation; I saw her "blossom" (that is why the name Rosa) and that helped me to believe even more to the transforming power of the narrative ideas. Finally, writing this project based on her story I felt like I contributed to her own project towards Acknowledgement. Reading her story you contribute too.

MEETING ROSA

I started working voluntarily in October 2012 in the newly established Youth Center of the local Church. I was trained as a psychologist and family therapist and I agreed to offer individual or family counseling consultations until May 2013.

(I used the italics to write about my thoughts and some theoretical ideas of narrative practice. The rest of the paper describes our actual consultations).

I am going to tell you the story of Rosa that I met in November 2012. Although I have her permission to share her story, names and other information are altered.

Initially, I explained to her a few things about the context of my voluntary work there and the confidentiality of our consultations. I also asked her if I could write down some of her words which I would share them with her at the end of the consultation. She agreed and since then I give her a copy of my notes -I use a carbon paper sheet(not always very readable I confess). This was an idea I borrowed from Alice Morgan (Morgan, 2002) that helped me be more transparent to people who consulted me.

I proposed to her and she accepted to receive summaries of our consultations in a form of a letter. My ideal would be to give it to her between consultations but we both did not trust post services (letters might come late to the receiver or be lost) and she wasn't very fond of the internet mail services. So, we agreed to give them every time we meet and she would then read them.

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I decided to use the letters as summaries because I thought Rosa would have her words saved in written documents in her disposition whenever she needed them. Those letters documented also the attributed meaning to her actions and thoughts while discussing together. That way was more than just notes. David Newman writes that "we are dealing with the meaning of what people say, and not just what they say" (p.26, Newman, 2008). Also, it would help me stay in touch with the content of our consultations and think again about our conversations as I wrote the letters or as I reread the letters. Actually, many ideas came to my mind and many questions for Rosa after having read or written such a letter. I am going to include only parts of the letters since there is a word limit! Morgan writes that the use of letters as summaries offer a synopsis of the main ideas that emerged during the consultation, offer a space for questions and/or reflections occurring after the consultation, offers documentation of some of the unique outcomes discovered, etc. extending the therapy session in a way (Morgan, 2000).

Rosa, was around 50 years old, currently unemployed, had divorced from her abusive husband 15 years ago and had three adult daughters (Faith, 30 years old, Sofia, 26 years old and Hope, 21 years old). The two older ones lived with her and the youngest was studying in a different city. Next to their house lived Rosa's mother, Daisy and their relationship was described as "bad".

She came to see me about her "panic attacks" (this was her term) for which she had seen a psychologist one year ago for a couple of times which suggested her "to fix her relationship with her mother". Since August 2012 she was on medication that a friend of hers and a GP had proposed to her to take for 6 months. She was feeling better but she was worried whether the "symptoms" would come back after the end of the medication.

I thought as a first duty to check with her what kind of panic attacks she was facing and her unique experience of it that would lead us to a specific and experience -near definition of her problem(White, 2007).

She said that mainly she got very anxious and couldn't eat (especially in public) for fear she would choke and she woke up at night trying to breathe. She then stayed awake in the living room until morning.

GIVING A NAME TO THE PROBLEM: THE "FEAR"

After some more talking I tried to engage her in an externalization of her troubles which she had already mentioned as "panic attack" but I wanted to see if some more non psychological and more "experience near" term would fit her

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better. Externalizing her problem would also help her to separate herself from it and the following negative conclusions about herself and it would "make it more possible" for her "to assume responsibility to address the problems that she's encountering" (p. 26, White, 2007).

I was inspired from another idea of Alice Morgan that I thought it was helpful and asked her to imagine that her troubles sit to the empty chair across her (Morgan, 2002) and asked to tell me what she would call her trouble. She thought about it and mentioned "Fear of panic attack" and she mentioned that she was worried whether that Fear may cause an actual panic attack.

I asked her to tell me what were the effects of that Fear in her life and she said that: "has me locked inside the house, trapped me, has me look to others as a bitter person, has me worried a lot about my girls and my future, affected my sleep, my eating and my social life in general". I asked her if she can locate when that Fear comes more frequently and she replied "when there is anxiety, sadness and turbulence in my life..."

I proceeded by asking her to evaluate these situations (whether fit or not with what she wants in her life) and then to justify her answer. Her answer was that "do not fit at all because I want to be happy, want the old Rosa who was cool and free". I asked her to tell me a story about the "old Rosa" and the "free" description and she said that she felt that way when she divorced, "I freed myself, I grew myself up, and I developed, matured and stood to my own feet".

In that way I thought we approached Rosa's purposes and commitments that the problem was trying to deprive her from. We approached a different territory of her identity than the problem - saturated territory.

At the end of our first consultation I asked how it was for her and if she had find something useful or not so useful in our conversation. She said almost immediately that she found useful the idea of the "problem being outside of me (seating on the chair) and not inside me and that I mustn't let it get into my life but to keep it out".

The purpose of my question was to check with her if things went well during the consultation and to try to step closely to the narrative idea of accountability (White, 1997) and see the impact of my practice on Rosa's life. I was surprised with her last statement because it confirmed the immediate power of externalization on helping people.

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WHY ROSA

I thought a lot why I chose to write about Rosa. I let myself think of a strong moment with her and it came to me strikingly our first consultation and her immediate adaptation to that way of thinking. This was amazing for me to see it because it offered me a very strong experience of the impact of narrative ideas in people's lives. I would say that she helped me to believe more and to trust even more the narrative practices. It is my intention to tell her my experience of her contribution to my professional development as White describes while talking about "taking- it - back" practices, (p.132- 147, White, 1997). These are practices that aim to give to the person information about their stories' contribution on the professional development of the therapist. To let them see the possible help they have offered to therapists and through them to other people, probably.

THE "RESISTANCE" AND THE RE-MEMBERING OF A PRECIOUS PERSON

In our second consultation, Rosa talked about how she influenced the Fear and had power over it. That was a different situation. As White writes "unique outcomes or exceptions provide a starting point for re- authoring conversations" (p. 61, White, 2007) that can provide a more richly described life story of the person. That "door" led us also to a re-remembering conversation about her beloved step father. Re- remembering practices are based on the idea that people's identity is built from the contribution of others through life and it is not just an innate characteristic (white, 2007). Also, "encourages not passive recollection of one's past, but deliberate reengagements with the significant figures of one' history" (p. 139, White, 2007). Here is an extract of the letter I wrote her back after that consultation:

".....in our second consultation you said that Fear appears where there is insecurity around you (one more place that Fear blossoms). Despite Fear's effort, you said that during the past week you managed to deny leaving your bed and denied spending the night in the living room after waking you up. Also, you denied ruin your evening out with friends and tried to have fun until you relaxed and forgot about it for a while. You said you "resisted" its plans. You had two acts of "Resistance".

After asking you about other acts of "Resistance" you mentioned your divorce as such an act which led you see things differently about your life.

Except of your oldest daughter's support on this you had the support of your father (step father) who was as you said "the only person that has never let you

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down". That person "gave you safety, never argued with you, he tried for you, gave you love, joy, offered to you and stood by you". He was a "man of offer", as you said. You also realized that you offered to your dad too. You didn't say "no" to favors to him and you believe that your existence must have given him a purpose in his life (as he had no other children).

You also said how much you were touched recently when you learned from another person that he knew how much you loved him, as you had not the opportunity to tell him while he was still alive. That meant much to you..."

After the summary I included some questions for her to think and to talk about if she wanted.

ACTS OF RESISTANCE, DECONSTRUCTING "THE GOOD MOTHER" AND DISCOVERING NEW SKILLS

In our third consultation Rosa told me that she tried to think more acts of Resistance in her life and she found out that she started to say "no" to a few occasions like when she said "no" to the presence of her ex-husband in her own house in spite of her daughters' wish (she said that he had been an abusive man towards her and her children).

Then, she initiated a conversation asking whether she was a bad mother.

That statement led me to think that we were in the area of powerful dominant discourses about motherhood. I thought to try and start a kind of deconstructing conversation with her having in my mind how supportive of her Fear might these ideas be. In narrative practice "deconstruction" refers to the process of externalizing the internalized discourse (p.3, Anthony, C., 2004).

I asked her about what constitutes a good mother for her. She said that "a good mother keeps her children always happy, must give way, children's wellbeing goes first, must have integrity and her moral always high, must be seen strong and highly valued".

I asked questions to see where this opinion and knowledge came from. She mentioned no living person. I asked her about her mother and she described her as a "weak" person with no opinion of her own, no initiatives, no dynamism but hard working and fast. She mentioned that she (Rosa) listened to the radio and she read books, so she knows a few things from these sources. She then said about how she managed the situation with her daughters when she divorced her husband: she explained to them that must make it on their own now and every one of them must try to do her part and help because they are together in it.

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She admitted that her action proved helpful. I grabbed the opportunity to ask her if this was a skill that fitted with the idea of the "good mother" she had in mind and if this was a kind of a survival (my term) skill. She said that it might be but wasn't so sure.

I asked her about any other helping skill in her past; she had difficulty to find one and she talked about how difficult her childhood was with her father and stepmother (she was until 9 years old with her father and stepmother and from 9 years old with her mother and stepfather). She identified as a big trouble to her the «constant critique" of others towards herself and her actions. I asked her how she managed to "resist" (her previous definition of her skill) to this "critique" and she said that she was kept thinking "I want to get out of here, I want to leave". She added that she was a "daydreamer" and she was «living in her world". I asked her if she could tell what she was day dreaming about and she said about "being a different person than who she was (taller, cleverer)". I said to her as we were out of time that we could talk about it more next time as I thought that this might be another skill of her that she now started to recognize. I had many questions in my mind about it for the next time.

THERAPIST'S TALKING INSTEAD OF ASKING QUESTIONS

In our fourth consultation we talked about the problems in her life, her impression of herself as "emotionally weird with great mood swings". In my tries to help her I talked more than I should instead of asking questions.

Before the end of the consultation she asked me if she tired me today and I said "no" to her and grabbed the opportunity to ask her about how this consultation was for her today because I wondered if something went wrong. She said that our relationship is important to her and helps her because I listen to her and I understand her. I answered that this is honoring of me but I would like her to see what in our relationship helps her so she could use it in her life out of our consultations. I tried to find what worked for her. She repeated the listening and understanding part and we ended the consultation.

That session taught me a lot and I saw how I can lose my orientation towards asking helpful questions that for me is a core element of narrative practice.

NEGLECTED ASPECTS OF LIFE AND INVITATION TO NARRATIVE IDEAS

In our fifth consultation she talked about that she felt she "failed in her marriage" because she married in order to leave her home and revenge her mother. I asked her a bit more about that and she said that "I left home

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because I didn't feel free to express myself as I wished. My mother didn't let me do chores like I wasn't capable of, I only received critique". Before that she said that she had only left home when she went to study for two years to become a secretary but living with her mother's sister.

That was an area for exploration because it seemed like a break from the "constant critique" but I had to ask her to confirm it. I was thinking that while we talked and talked about her story, unsaid or forgotten and different aspects of her life made their appearance. We had a chance there to check of their importance in her life.

In the mean time she wanted to mention a surprising intervention of her mother. She described it like "love flash" (she doubts strongly about any love by her mother). I asked her if she wanted to talk about it more and she refused by saying that this is a finished issue for her and she does not want to see it more. I accepted her refusal and I said that she can only talk about the things that she wants.

Sometimes Rosa asked me for advice or to tell her that panic attacks will disappear someday. I said that I could not give her that answer and I talked to her about the idea of the relationship we have with the problems we face. I decided to talk to her a bit more about the narrative therapy ideas that I am being interested in and being trained about and I suggested to her to look for herself for more information on the internet and we could talk about it if she wanted to.

I talked to her about narrative therapy because this was an opportunity to be more open and accountable to her about my ideas of therapy. As she mentioned later, she really did look it up on the internet and said that she liked the "no norms about people's behavior" idea that she read about.

NEGATIVE CONCLUSIONS AND TREASURED VALUES IN LIFE (KINDNESS, DIGNITY AND JUSTICE)

In our next consultation Rosa wondered about who she is and expressed the need that somebody tells her that. She wondered if she "has a problem" or if "it is her fault that she cannot understand who she is". She also spoke about her situation as "not being able to take the right decision about things in life".

I guess the negative conclusions about her identity had a comeback. I continue by investigating what might be what she wanted from the others or her relationships. I had started to realize the range of options that was in front of

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me every time I wanted to ask a question. I realized the idea of narrative therapy being a process of offering or discovering possibilities.

I asked her what she was looking for in life and in her relationships and she said that she wanted to learn things from the other and that is something that found out about it after her divorce. She also looks for: "kindness, dignity and justice" which she said that were values that her step father) had (whom she calls father and that is how I will refer to him from now on) and gave them to her (we had already spoken about how precious this man was for Rosa and we added this information to his remembrance too).

I asked her for any other experience in her life that she met with these values. She told me about those two years away from home to study where she met a man much older than her who protected her, loved her, took care of her and supported her. We continued with some re - membering questions. She was for him a tender and sweet story (not sexual). He was probably in love with her because he saw in her beauty, politeness and sweetness. He was happy and she was happy too and feeling well that someone took care of her. But she wasn't in love with him and she managed to "escape" his proposal to marry her with the help and support of her father.

She also told me about her relationship with a friend of hers from high school (after she got her divorce) which begun as platonic and ended up as an "obsessive relationship". He lost his dignity and honesty which she valued in life and the relationship ended with the help of a new relationship in her life and the help of her mother who stood by her as Rosa asked her.(Rosa still did not want to talk about her mother's support and I had to respect that!).

As we had discussed how much she tolerated in her marriage, I asked her why she did that, what she was insisting on, what idea she supported this way. She replied that behind all that it was "the need for a beautiful and close fitting family", something that she said she never had and did not want to deprive her children of.

My intention was to see what was it so precious but still unnamed that kept her going through those difficult years or what was "the absent but implicit" idea that was under her insisting in an abusive marriage. White writes that "the notion of the "absent but implicit" is associated with the idea that, in order to express one's experience of life, one must distinguish this experience from what it is not" (p. 153, White, 2005). Also, "the expressions of living are to be a phenomenon made possible by 'making things out', or by distinguishing things and

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giving them meaning, in relation to, or in contrast to, the meanings or descriptions of other things"(p. 36, White, 2000).

HEALING ROSA, HEALING RACHEL

In our seventh consultation she remembered a time when that Fear of panic attack was overwhelming and a woman that worked with her managed to help her through that crisis. That woman became her friend and she was called Rachel.

I thought that it might be useful to apply the "re-membering" practice as Rachel seemed to be an important figure for her and it might wanted her more close to her.

Here is a small piece of our dialogue:

Viki: What did she do to help you?

Rosa: She was holding my hand and rub it because she said had some knowledge of reflexology. She held me in her arms until I felt better. She holds all her family, she is a very "giving" person, and she is the only person that stood like that to me.

We talked a bit more about her friend and her contribution to her life and then I asked Rosa about her contribution to her friend's life.

R: I think I helped her to go out from something like a marshland in her life. I gave her self-confidence.

V: How did you do that?

R: I taught her how to take care of herself and her looks by using facials and beauty masks. This is something that helps me and helped her too. It also gave me the trigger to start feeling good again.

V: How would you call that initiative of yours, that skill?

R: "Push", "emerging beauty".

V: How did you feel about doing this?

R: I felt satisfaction; I felt that I wasn't useless.

V: And how that initiative, that skill changed your friend's life do you think?

R: She changed and started to take care of herself. She started thinking that she values.

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We tried to trace that skill of "push" or "emerging beauty" in her past but she could not recall any memories about it.

She later told me that she had notice that skill to her mother but I guess I didn't ask the right question to her to produce that answer. I look back now and see how differently I could respond to her and realize the importance of the art of making helpful questions.

DISCOVERING SKILLS OF PROTECTION

In our eighth consultation she came worried about Faith (the oldest daughter). Mostly, was feeling guilty about causing troubles in her daughter that she would have all her life from not leaving her husband earlier. She mentioned that she would have left him earlier before Faith suffers more but she was afraid of how she was going to support her family and she was feeling weak. Here is a piece of our dialogue:

Viki: Did anyone know what you were feeling and what were your troubles with your husband back there?

Rosa: I had this friend in that city that she knew and she used to say to me "he is not going to change, you are the one that has to do something". That is something that had me thinking and my older daughter too, who wanted things to change.

(Rosa blames herself for not leaving earlier to protect her daughters. She remembered Faith saying to her "if you had left earlier I wouldn't have to hate my father". She gets devastated about it.)

I took the opportunity to ask her how she managed to survive to the abusive behavior towards her and her daughters. *I was thinking of that idea of White about trauma and that the story of the response to trauma it is thinly described if described at all but it can show if traced and richly described what one holds precious in his life that shaped his /her responses to the abuse or trauma. Also people tend to react to trauma and no one, according to White, is a passive recipient of it (Morgan & White, 2006).*

Some stories of survival and maternal protection came to surface.

Rosa: We were growing up together (with the daughters - especially the older one). When he was at work and we were alone we were cool. I took them out, we went shopping, we played games (since they didn't play at all with their father), I supervised their reading for school - I would never let him do that because he

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was abusive of them. Especially Faith I never left her alone with him because he would hurt her. I let them watch their favorite series on TV (but not until late, there were some limits) until he returned and all run to their bedroom. I was training them and giving them some duties to have in order to learn to do chores.

I asked her how would she call all these things she did for her daughters but she couldn't find a word. So, I dared to offer a name that she could think about it and I said "what about protection?" She agreed with some tears in her eyes that she did not let run down. That was a very touching moment for me too to be a witness of the telling of those actions of her.

I asked her who would have known about it but she said no one knew. Our time had ended and we agreed to talk about it again.

I felt that a precious skill had come to the surface but we had to make it stronger and richer in future time.

TOWARDS PRACTICES OF ENDING OUR JOURNEY

In that consultation I asked her if I could write for my year's project about our work together. She agreed and she was delighted to hear that her story will reach Australia. I told her that if any feedback occurs from presenting it I will inform her about it.

We talked about how we could end our consultations and how she could keep some of the things she liked from this closer to her. Having that in mind, I gave her information about the outsider witness practice and its purposes and asked her to think about it.

Before we ended that consultation I asked her if she wanted to hear a letter a woman had written with me as a document of her fight against Pessimism and Loneliness.

She listened to the letter and I asked her questions from the outsider witness inquiry that she answered willingly and at the end her face was smiling. I said I would give her answers back to the woman and I would give her back any message from her. She asked me about the letter writing practice and said that she liked it for herself too. So, she decided that a letter "to whom it may concern" would fit her better. That kind of letter is written from the person and the therapist in order to distribute it to people they want to and it is about the new developments in their life and the new alternative identity of the person (Morgan, 2000).

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THE ROAD TO FREEDOM

In the next two consultations we spoke a little bit more about how she managed to leave her husband while she was feeling that Weakness. She said that once she decided the rest was easier. She found a job, took care of the children, did not care much about what her mother said and accepted her father's support.

At that moment I wanted to see what kind of skill she had to achieve such a determined position and leave without any second thought. So I mentioned to her the troubles some other women face after the decision to leave an abusive marriage and the possibilities to return back a few months after. My purpose was to help her see what she has done to prevent herself from returning to a marriage like that. What skills of her made that possible?

Rosa said that the most difficult part was to face the Fear (not the panic attack Fear) she was feeling. She described herself at that time as "a scared child". Here is a piece of our conversation:

Viki: So you had to face that Fear to be able to leave. How did you become so determined to leave and never return back despite any difficulties?

Rosa: I was a step away from hell, I was imprisoned. When I left I freed myself. Who wants to go back once experiences freedom? All those years I was building that decision.

Viki: How was it that process for you?

Rosa: It was like coming up from a deep grave (a deep hole in the ground). My daughter was the one that gave me that push to go up. If she had not done that....

Viki: She really helped you! And your father helped you too, as you have mentioned. I would like to ask you where in that "grave" were you exactly when your daughter pushed you up, were you down in the bottom, half way up, ten meters up, can you think of it?

I had the impression that Rosa did not see her own actions to escape that marriage and she tended to acknowledge only the effort of her daughter or her father. My intention was to help her see her own actions by being ready to receive the help or the push of the others. That - I thought - would contribute to the strengthening of her personal agency, which is "the sense that one is able to intervene in one's own life as an agent of what one gives value to and as an

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agent of one's own intentions, and a sense that the world is at least minimally responsive to the fact of one's existence" (White, 2005).

Rosa: I think I was half way up after all those years of thinking. I was thinking how am I going to find a job to support the four of us, how can I return to my hometown, if my father and mother would approve and support me. I was also thinking that I do not want to lose my children's love while I was getting down in their eyes by not reacting and by feeling that I am losing my dignity. When I took that decision I was in despair, I could not stand it anymore.

Viki: You were in despair and you were thinking of it for many years. How did you manage to keep on this thinking that led you to the final strong decision?

Rosa: I was psychologically preparing it by making dreams and stories of how might that be, by imagining it.

Viki: These dreams and stories helped you not to give up and to continue to preparing your leaving. Can you think of any other ways that you used back there?

Rosa: I was saying to myself "to be strong" and now that I am mentioning it I remember writing a lot about how I was, how I was feeling in order to read them later and not forget what was happening. That helped me remember that those things must change.

Viki: It was like helping yourself not to forget and to continue your underground course to freedom?

Rosa: Yes. But I have lost that skill now. I cannot write anything now.

We ended our discussion by trying to connect the story of preparing and the story of writing with other people or earlier experiences of her but we had no time left. One of my intentions for the next session was to try to help her name these skills.

PROTESTING FOR ACKNOWLEDGEMENT

A couple of consultations before the end she talked about the Fear she felt in her marriage which told her: "you have no place to go" and by that statement was planning to keep her in the marriage.

That Fear had a supporting system that included her husband, her family and the social opinions around her that would critique her divorce and her mother's past (which was a divorced woman too).

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She managed to deal with it and said that "I only left when the time was right".

I was a bit surprised by that because she kept blaming herself for not leaving earlier. I wanted to ask a lot about that new idea and how she reached that idea.

Rosa wanted to talk about a very difficult subject that in the past did not want to talk about: the "rejection" or "non acceptance" or "non acknowledgement" that experienced from her mother.

I felt the importance of that matter to her and I wanted to ask helpful questions. While thinking about how I would proceed I thought that behind that powerful and negative feeling of hers about being "rejected" or "non acknowledged" by her mother must be something very precious for her. I decided to ask questions informed by the idea of "absent but implicit" and the notes of Russell about working with the effects of violence and abuse in the lives of women (Russell, 2008).

Here is a part of that conversation:

Viki: You said that every time you experience that "non acceptance" you feel "distress, sorrow, disappointment and blockage". What is it that you are doing only by saying this to me? How would you call that action of yours?

Rosa: (after thinking and negotiating a name with me) I would call it "Protesting".

Viki: "Protesting" in relation to what? What for, you are "protesting" about?

Rosa: I am protesting because I believe that I have something good and I want that to be seen by somebody.

Viki: So, this is something important to you. How would you name that thing that is worth protesting for?

Rosa: I would call it "Acknowledgement".

Rosa continued by saying that every time she received that "non Acknowledgement" either she made the opposite positive thinking about herself or she kept those non acknowledging people away from her. This was her own way to protect herself. Also she said that she tried to have the Acknowledgment needed from her role as a mother. She felt very good and "Acknowledged" when she heard one of her children say "I am very proud to have you as a mother".

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She wants that because it makes her feel good, gives her strength and she is then able to achieve many things. What is very important for her is to be able to stand alone, without anyone's power over her head because this is the way she grows and develops. We traced some pieces of "Acknowledgement" in her relationship with her father who would listen to her. She also talked about how she educated her children to inform her if her behavior was not good towards them, to talk about it instead of waiting for her to guess. She used to say to them: "I am only your mother, not God. I don't know everything, I make mistakes. You have to tell me if there is something I don't do right." Her purpose of that position towards them was "to be a good mother and to save them from having problems or disposition to problems". Her great and precious value in life is to do the right thing and bring happiness.

It was very touching to hear her say all these realizations about the meaning of Acknowledgment in her life. "Rejection" as she had named it was not an easy thing to talk about and every time we came across that theme she stopped the conversation and I respected her wishes. And now after all this time the right moment was here and she spoke about what was important to her and about purposes in life, wishes, personal understandings and precious values.

After a couple of days she informed me that she had already written the letter that would summarize her story and her preferences in life that she wanted people to know. She had also found a title for the letter: "The important people in life or Meeting and conquering myself ".I was pleasantly surprised by that. Not only because she had that energy and willingness to do it but also because I remembered her saying that she had lost the ability to write - a skill of hers so valuable in her past that had helped her "not to forget". I kept thinking that now she would not forget the precious moments and the people she met in her life journey while paving the way to Acknowledgement.

Due to time limitations I won't be able to write about our final two consultations but I'll have that opportunity during the oral presentation of our projects (it is not a trick to prolong suspense). Nevertheless I was pretty happy to end that written project with the resurrection of her forgotten skill of writing and the tracing of an important life project such as Acknowledgment. Also, she has informed me that she keeps control over the Fear of panic attacks which hasn't extinct yet from her life but stays at a distance.

I would like to add that our conversations were much richer and nonlinear than presented here but due to word limitations and the purpose of making it readable that richness has been transformed (of course it wouldn't be fully

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captured anyway!) Thank you all and Rosa which without her this would have never been written!

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