

Dear Mum Love A

- **Using therapeutic letters as a way of helping a family recover from Trauma.**

Family Centre's Influences:-

- **Family/Whanau come in many shapes and sizes.**
- **Migration issues must be considered.**
- ***Belonging must be honoured and is crucial for healing.***
- ***Therapy is a sacred event and God can be called to help in any conversation.***

Therapeutic letters

Embed/Celebrate/Document:-

- ⊙ **New Knowledges.**
- ⊙ **Preferred Changes.**
- ⊙ **Re-enforce resiliences.**
- ⊙ ***Undermine serious mindedness of problems.***

Post-Modernism

- **Privileges subjective experiences over objective/expert knowledge**
- **Embraces multiplicity of experiences.**
- **No over arching global systems of understanding.**
- **Understanding and Values always local**
- **No fixed or ultimate truths/realities**
- **No essences/truths only discourses**

Identity

Is not a fixed personal possession.

It is constantly changing and influenced by:-

- Context,
Beliefs,
Webs of relationships,
Behaviour.

Post Structuralism 4

- Human Beings do not possess universal inner essences.
- Human experiences are always related to cultural circumstances and it is local and constantly variable.
- Therefore the quest for “Who we are” is futile.
- Questions the ideas of hidden internal states that only experts can uncover.
- Privileges local knowledges.

Thin Descriptions

- are interpretations of events which embody observers' unexamined and socially influenced preconceptions.
- arise from people being subject to expert opinions/diagnoses.
- Privilege expert and global knowledges
- obscure local/subjective knowledges.
- are “*experience far*” descriptions

Thick Descriptions

- - descriptions of those events which embody the meanings of those directly involved in events.
- Thick Descriptions focus on people's experiential knowledge
- Thick Descriptions are “*experience near*” descriptions

Thick Descriptions

- **Protect against problem re-asserting influence in people's lives.**
- **Cautious and tentative.**
- **Close to client's language – require careful listening.**
- **Therefore they are “de-centred” practice.**

They are Not:-

- **Premature statements of positives**
- **“Gushy”**
- **“Jolly along”**
- **The therapists interpretation of the clients meaning.**
- ***These dis-empower people***

IT'S NOT YOUR FAULT

Everybody has Rights, Options and Choices.

You have the right to “dress to impress” and to express yourself through style or wear clothing that makes you feel confident and comfortable.

Tight jeans and short skirts, no-one has the right to comment, touch, judge, abuse or hurt you because of their ill minds.

You have options.

If it's a short cut you what to take; a party you want to go to; a different place you want to visit or if you decide you want to walk home - -

You have the right to go where ever you like and to feel safe and secure.

No-one has the right to stop you and to make you feel unsafe anywhere.

You have choices.

You can say **NO** any time you feel pressured or at any point you feel it's not right.

No-one should make you do something you don't want to or if you change your mind not to do.

It's not your fault. Don't blame yourself for someone's crime.

A.K. May 2011