

Topic:

## **FAMILY RELATIONSHIPS AND DISABILITY**

by Santina Portelli

### **Group: 4 people**

Work instruments: written report, life experiences of the participants, life experiences of the lecturer, interaction with the lecturer, video "Amore solo Amore" [Love only Love], open questions and debate.

Beginning - participant introductions, motivations and expectations, organisation of meetings and contents.

### **Prologue**

**A while ago, one of my psychology students told me: "if we are not able to listen, the entire heritage of a person will be lost, impoverishing both them and us".**

**Therefore, considering a person as "a heritage", and considering a disabled person as such, appears to be a starting point for sharing this "wealth", but very often this is a milestone on an evolutionary path, where you need to get to know the other person, be curious about them, be amazed by their peculiarities, their dissimilarities, their life experiences. But in order to make room for knowledge, it is necessary to first and foremost become aware of the barriers between us and therefore of one's own prejudice, fears, rigidity. Only then will it be possible to find strategies and tools to overcome these "barriers" and open up to another key word of this phrase: "listen".**

**Listening therefore means being silent, opening a psychologically and emotionally welcoming space, one which is not detached, isolated from our life story, but it is an integral part of it, it puts us on the line.**

**From that moment on we enter a relationship.**

**The objective of this meeting is to inform you about certain aspects of family dynamics and disability.**