

**TITRE / TITLE****Opening firmly sealed shutters: A relational process****THEME / THEMATIC**

VOTRE PROPOSITION D'ATELIER / YOUR WORKSHOP PROJECT

**Merci de sélectionner votre thématique parmi les choix suivants / Please select a topic among the different themes :**

Travail thérapeutique sur le trauma / Therapeutic Work on Trauma

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**TEXTE / TEXT**

Social constructionist ideas have influenced systemic therapeutic practice as they promote narrative multiplicity and polyphony in clients' stories. These ideas along with Harlene Anderson's question (2013, p.60): «How can therapists invite the kind of relationships and conversations with their clients, so that both parties can allow access to their creativity, and open new possibilities where none seemed to exist before?» were key elements of the presented therapeutic work with trauma. It entails a story of childhood sexual abuse by a closed relative that began with the client's panic attacks in her adult life.

The presentation will include the timeline of the therapeutic process through the perspective of the client, while the therapeutic stance will be discussed through the metaphor of the "Aura" and the spiral movement. The "Auras" in Greek mythology were nymphs and were the anthropomorphic perception of the gentle winds, while the spiral symbolizes flow and evolution. The Auras co-create the context of the therapeutic scene that promotes safety whereas the movement in the spiral allows for the emergence of voices that have been silent making room for post-traumatic growth.