

Whitewater healing

By Dorothy Oger

Between the client and the therapist
There is a space that can be shared
If both are willing to breathe together,
Both willing to touch their own pain.

Will you help me build my selfhood,
Asks the child of his therapist,
To become real? To learn to ride the surf,
Pulsating home and pulsating to you?

Will you help me remember myself,
Asks the therapist of the child,
To sustain and support the wave of relating?
To invite you through my real self?

In the in-between movements
Of gathering and of connecting,
Of engaging and of retiring,
A new coherence emerges.

Therapist and client enter a new space
When they relate honestly, body-to-body,
Moving from contraction to selfhood,
From separation to community.

They enter the safe space
Of a wider mind that contains them both,
That reclaims them both as humans,
A powerful dimension for change.

BIOGRAPHY

Dorothy Oger holds a Master of Arts in Germanic Philology (English and Dutch Literature and Linguistics). She is a certified NLP Trainer & Coach and she holds certificates in systemic constellation work and in Emotional Freedom Technique. She is a trainer and coach, practicing both within corporations and privately. A poet since the age of eleven, Dorothy offers individuals, groups and organizations a unique way to reflect back and deepen an experience. Her poem "I shall stand for love", written in the aftermath of the terrorist attacks on Brussels, has inspired people to regain trust and to step out of the stuck state of powerlessness. Translating the poem in their language and sharing it through the Facebook page has been healing for them:

<https://www.facebook.com/weshallstandforlove>.

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