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Each personal story as a brick in the bridge? Is dialogue possible? The free choice of human reconnection.

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Learning Goal:

How to listen and how to be heard? How to be among others and with self. How to share attention and time? How to accept and be accepted? How to be healed and by who? Is it possible?

Abstract Text:

Six to twelve people in one room, one and a half hour together, once per week for couple of years. Expectations, hopes, many questions, silence, conversations about job market, social services, advices, anger, shame, guilt, fear, pain, daily routine, problems, misunderstandings, lack of hope, sometimes sharing of life experiences, maybe feelings, jokes, candies, smiles, small gifts (nice, handmade soaps).

At the end, maybe at the beginning question how to listen and how to be heard? How to be among others and with self. How to share attention and time? How to accept and be accepted? How to be healed and by who? Is it possible? Many questions don't you think? Do you know the answer? Let's talk about it?

As an anonymous, therapeutic group of people with the experience of psychosis and two psychotherapist, we would like to share our persoanl stories.

**ON THE HEALING POWER
OF HUMAN RECONNECTION**