

*Recovering one's voice: listening to the self and to others; meeting with consideration**

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Summary. *Violence resulting from family patterns are a set of behaviours that tend to establish and maintain control over women and, at times, over their children. These include strategies directed at exercising power over the other person by means of threats, devaluation and denigration, exclusion, prohibition of financial resources and unwanted sexual intercourse (Ponzio, 2004). All these actions result in the establishment of a situation marred by threats and arrogance on one side, and of constant fear, tension and submission on the other side, in a relational dimension where feelings of anger with the persecutor cannot be recognized and expressed, and often fall upon the weaker links: the children (D'Ambrosio, 2004). Children who have witnessed violence inhabit a family situation where the experience of seeing women as victims, and men as having legitimate reason to use power, is natural; so in turn they themselves are often victims of a violent upbringing and violent educational styles and are not however adequately protected (Hirigoyen, 2006).*

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There are no clear boundaries between extreme violence and normality; we could perhaps speak of a continuum in maltreatment and lack of respect often found in the story of every woman, every man, and in the “educational style” of adults towards children (Ponzio, 2004).

Our proposal consists of conducting experiential workshop on violence in relationships between men and women, in order to move towards the acknowledgement of one’s wounds. The women’s group and the men’s group, are offered a creative space for sharing and expressing joy, pain, traumas, statements and submission, and for meeting one another (Dotti, 1998).

Key words: *woman, man, violence, respect, meeting*

Structure of the workshop: three stages.

The plenary session

In the plenary stage, we showed a PowerPoint presentation that illustrates drawings, collages, sculptures, stories–accounts that emerged from the workshops we conducted, with psycho dramatic modalities in favour of the women and children staying at the “Centro di Pronto Intervento Maria Bambina” in Brescia, in an exhibition curated by artist Gabriella Goffi.

The creation of this exhibition is a very important step in allowing women and children to tell others, in a powerful and tactful way, through creative/symbolic language, about their experiences and give them the possibility of redemption.

The images and accounts are also used as new activators during the psycho dramatic workshops to sensitize individuals to the theme of gender violence and to recognize that this phenomenon does not only concern “other women”, but also themselves and everyone.

Two groups

Two distinct and parallel groups, one for women, entitled “recovering the voice”, and the other group for men, entitled “listening to the self and to others” were created.

Within these two distinct workshops, it is possible to experience a specific group atmosphere, characterized by inter-subjectivity, reception, care and cessation of judgement, and by expression, through various language forms of otherness.

The Plenary Stage

A plenary psycho dramatic moment, entitled “Meeting with Respect” will be conducted in order to better approach, from one aspect, an identification attitude (telic), and from the other, the right distance and sound assertiveness.

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