

# PsychAGE News

Information and commentary about older adult and carer wellbeing

## Issue 19, 14th January, 2020: 'New Beginnings'

As a new year and a new decade gradually unfurls itself I am reminded of what a ninety five year old client said to me last month after I had read the poem that she had enclosed in her Christmas card to me,

“That’s the first time that I’ve written something like that since school.”

Turned out that a nasty school teacher had crushed my client’s budding abilities well and truly with her cruel words. Ripped up creative desire and thrown it in the trash heap.

My client had penned a heartfelt piece and submitted it for her school assignment. Her teacher chastised her for having copied it from somewhere (because she couldn’t believe that this little girl could have possibly written something like that all by herself). My client whooped a laugh when she recounted this but looked at me sadly. This was a most sinister compliment—to be told off in front of the whole class for being a fraud. To not be believed.

For an incredulous eighty years my client never picked up a pen to write creatively. Until last month. For me. I think the paper in my hands started to shake a little as it dawned on me the significance of this event.

This was the hour for bravery and I could see that my client was appreciating her achievement.

Yes I felt privileged that my client could trust me like this but more than this it was such a beautiful coming of age. A new beginning. A blasting of the cobwebs of the inner critic and a sticking-the-tongue-out at a memory that had haunted and silenced her. For way too long.

So here’s to a new year, a new decade and new beginnings for our older adults.



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Felicity Chapman

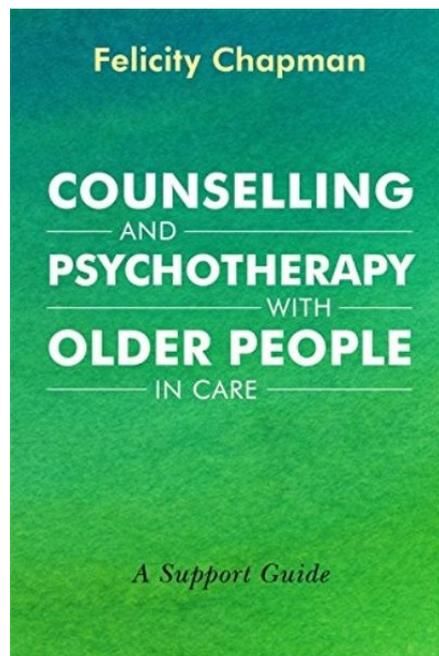
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