~ i t i s a l l a b o u t l o v e ~

“people often ask me why I have spent most of my life concerned with the consequences of conflict and violence. The simple answer is, why not? The honest answer is difficult. It is about the suffering of refugees. It is about the short life of compassion, how quickly it is born and how quickly it dies. It is about the stranger to whom we owe nothing. It is how our society will be judged and how we discover our humanity. It is all about love.” Helen Bamber OBE (1925 - 2014)



<https://www.theguardian.com/law/2014/aug/24/helen-bamber>

transitional objects

transitional objects generally refer to objects in early child development, the physical object, such as a teddy bear or blanket is an extension of the child’s caregiver. It is a reminder of love and care and it can soothe the child when upset or away from their parent.

in therapy as in society giving something means forming an attachment. objects are fundamentally relational and act as an extension of the relationship. A physical object is given by the therapist and taken from the safe space of the consulting room into the client/patients home as a reminder and a physical representation of the safety and care of the therapeutic relationship.