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SILENCE

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Less can be more, much more. This brief four-stanza poem on "Silence" has served well as a focus in family psychotherapy addressing the changes in relationships between child and parent: inherent trust, perceived betrayal, attempts to heal, and communication. All parents and children at some time have felt or witnessed aspects of this poem. Poetry can be the catalyst for a deeper understanding of self, especially in the context of family. Poetry and poetry therapy permit the expression and analysis of powerful emotions and thoughts often too painful to vocalize.