

## As I See It by Joan Barnett – September

### Group Therapy

Psalm 121:1-2 KJV. I will lift up mine eyes unto the hills, from whence cometh my help? My help cometh from the Lord, which made heaven and earth.

Anyone experiencing a life changing event is left with many questions to ask. Sometimes we can feel that we are the only person in the world with our problem. Eventually our thoughts settle and we are able to make decisions and slowly move forward.

Whatever the situation there is usually a group you can join where you can discuss your feelings and experience if you want to. When you first join a group, either in person, over the phone or online, for a while you may prefer to listen to the others rather than take part.

While chatting with a friend on our weekly phone call this subject came up. She was describing her enjoyment of her particular group and I casually commented that she could write an article about her experiences, after a bout of laughter, I then realised it was yet another subject for me to use.

Psalm 121 is one of my friends' favourites and I know she loves the King James bible. My mother did too. This year I am listening to the King James version for the Bible in a Year readings. It is very interesting hearing the older style of language which I remember from my schooldays. The verses of this psalm came straight into my mind when I decided to write about the support given from being part of a group as it is one of the popular psalms that talk about the help we can find in god, should we care to look for it.

Over the years since my sight loss journey began, I have found the RNIB talk and Support groups very enjoyable. I have been a member of the Friday afternoon group for many years, there are 3 of us who have been there since it began. Tuesday mornings I take part in a group for people who have Charles Bonnet syndrome. The RNIB run a number of groups for those of us who suffer from this unpleasant experience. What is most noticeable is how most of the group do not like mentioning their problem to anyone other than those of us in the group. There is always the possibility they will be considered to have dementia. Fortunately, once they open up, between us we can reassure each other that it is normal, unfortunate but certainly not to be ashamed of. After 2 years in the group it is great to see how many of the others have accepted the problem and can laugh about it.