

## THE SILENT GALAXY

– poster –

The Silent Galaxy: is a world where space, planets and plants embody the refuge of a "lonely astronaut". On this Galaxy there is a lot of mystery, silence but also loneliness. The chaos in the house where he grew up, determined him to be silent, to not want verbal interaction with others. Wanting to stop being afraid, he took refuge in the wonderful world of planets, of plants, developing a world of his own. Only the Astronaut has access to this Galaxy where he knows all the planets, how many kilometres they are from each other, knowing what kind of soil each one is and how many degrees there are on them.

The fact that he has no voice in front of adults causes him a lot of fear and sadness. And this loneliness and sadness pushes him towards a lot of anger that the astronaut releases in tantrums or excesses of anger. His greatest desire is to no longer be alone. The astronaut's need is to have security, for his parents to be there for him. To be appreciated and to be able to feel the joy.

The astronaut in just 9 sessions, started talking: in a kitchen, in a pizzeria. And then he came and told the "mechanic" that he had a surprise. And the surprise was that he started talking to him, to build the Galaxy and became the first Astronaut to kill an alien in space, save a dog and repair the spaceship so that it would not remain in space. He was happy to give interviews and explain how he fought and how he saved all of humanity.

The poster will help you to know this Astronaut a little bit better, to understand his journey from loneliness and silence to words and connecting with others.



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Clinical Psychologist, Adult Psychodrama Psychotherapist for 7 years. In 2024 she finished Psychodrama for Children at the Interplay Institute.

Her work experience is mainly in the psychiatric psychology area, approximated for 10 years. She is passionate about working with trauma, about how to "resolve" borderline situations. She lives and works at Braşov, Romania.

She find the world of children fascinating and also challenging: it is the world in which she feel the freest, where as a therapist she can fulfil all the children's wishes and basic needs, and build the story of their lives together.