

Finding Oneself Through Passion - Ana's Story and the Importance of Psychological Support

✿ What's the first word that comes to mind when you hear about childhood? What emotions do you experience when recalling events from your childhood? In fact, when we talk about childhood, we should all have colourful memories 🌈 and positive feelings! Childhood should be an idyllic garden 🌷 and the place of our dreams 🌙, where we could return without a second thought whenever we needed security and reflection!

But experience has shown us that childhood can resemble a faint 💔 shadow, sometimes even a dark one! For many people, childhood is a period filled with challenges, difficulties, tears, and pain! And this picture describes Ana, a 14-year-old girl living in a remote area of Fier.

The IRCA team met Ana near her home... if it can even be called a home! The house where the girl lived with her two younger brothers 👶 👶 and mother was in miserable conditions! Their life resembled more of a survival than actual living!

The mother introduced us to Ana, a 14-year-old girl full of dreams and fears. Ana had been unable to attend school for several reasons. Her school was very far 🚶 ♀ from her home, and Ana was afraid to go alone! The surrounding area was uninhabited, and they had often encountered people who harassed them. Besides the distance, Ana's family could not afford to buy books 📖, clothes 👗, or the necessary tools to enable her proper education. The mother was unemployed, while the father lived far away, and their contacts were minimal.

🗨️ Ana told us that these years had been a difficult journey for her, filled with challenges and limitations. She often felt lonely and hopeless. While her peers went to school and played, Ana spent her days thinking about the uncertain future that awaited her. Ana confided to the psychologists that she spent her days locked in a room, constantly feeling deep anxiety and 😞 sadness. The psychologists communicated with Ana for a 🕒 long time. They guided her on self-calming techniques 🧘 ♀, emotional management, 🤝 and self-esteem building.

As time passed, Ana began to see life differently. She began to understand that even though she couldn't attend school for a certain period of time, she had skills and talents that she could develop. The psychological staff helped her discover a passion for art and photography 📷, a hobby that allowed her to express herself and find solace.

Ana's story highlights the importance of psychological support for children and youth who face significant challenges and barriers. 🎯 On the other hand, her case is a call for the importance of mobilizing and integrating all services, beyond economic assistance!

📷 The accompanying photo to this story is a meaningful one! In this photo, not just images are captured, but also feelings, emotions, 💖 resilience, and a call for the importance of psychological support across all age groups.

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Note: This story (the name and details have been changed to preserve anonymity) was created as part of the project "Facilitating the Management of Social Care Cases for Returnees in the Municipality of Fier!" implemented by IRCA with the support of UNDP and EU funds.

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