



Auf Niederländisch zu finden unter <https://dewereldwijven.com/2018/05/07/opvang-voor-vrouwen-in-peru-eerst-basisbehoeften-daarna-de-innerlijke-psyche/>

Questions from Eva, 2018

Please tell me a bit about yourself? Name, age, job, what is typically 'Gaby'.

My name is Gabriele Höreth, I am 66 years old and live with my husband more than 30 years. Our three children have got a profession which they like and the eldest daughter has born two little girls. All persons of my family are conscious with the world und all the human beeings. In our family are many discussions about a good and meanful living without distracting the planet. We try to protect in our own life the ressources of the planet a little.

What do you do? Since when? Why do you chose to live this live?

I do und like my job as a psychotherapist and supervisor since more than 40 years and for me it is a win-win-situation: I have to develop myself every time if I want to support people in their personal difficulties. I support to social teams and institutions/hospitals to reflect themselves so that they can do an effectiv work. Also I am a teacher for future psychotherapists and doctors.

As one focus I support teams who work with women who left their home because they were hitten by their husbands or family. This staff members work in women's house and give protection

to those women in case of need. I for myself support this members of the staff because they often need support in this hard work. They are in the danger of own burnout.

I think typical for me is: I am still curious to understand people, their life, their feelings and thinkings inside and how to support them to develop them in living a good and content life. I do not feel like an old woman who has to be quiet.

If I would born once more I would chose the same life : family and job. That is why I live this life. And most oft he people who know me can feel this enthusiasm.

What are your drives? Your inspirations, your goals?

My drive is: I want to look in the mirror and be content with what I am doing without shame in general. I want to see faults and correct them if possible. I want to be a mother, a person in general so that people could tell their injury, other meanings and my errors without anxiety. Then I could change my behaviour.

When I was a student a want to go to foreign country to support people who cannot live a good and content life. But at that time nobody needed a psychologist in those countries. People needed food and places without war and violence. They wanted to live in peace.



I have heard in short that you travel to South America once in a while (or regular?) to help women? Can you please tell me more?

5 years ago on a travel through Peru I met the leader of a women`s house. She asked me to support the team because the members feel alone and sometimes overstrained with the traumatized women who are living in the house as a shelter. I promised to return.

First il began to learn Spanish.

Then I met Non Karoline Meyer, an exceptional woman, who began living with the poor people in Santiago de Chile 45 years ago. She built the community of Cristovive who supports her human work with donate money and people who work without money. First she supports to mothers to get food for their children in a region with drugs and alcohol and often men without responsibility und criminal energy. Karoline built Kindergartens to pay attention to the children. In the meanwhile Karoline shows to the woman how to earn money with handcraft or beeing a household help. All the time Karoline was living in this poor part of Santiago de Chile till today. Karoline knows that basic needs must be satisfied bevor you can satisfy emotional needs to other persons like the childs.

She for herself was a very brave woman who too protectes people by her own life in time of Pinochet. For me she is an example to go her own way even it is hard but you can have a look in the mirror with respect of yourself.



Why do you feel that it's your goal to do this?

I always feel my heart near woman who want to influence with their brave a little bit the unjust experiences of other human beings. I feel right because although I am a woman I can take the chance to influence my life in a good way. I want to give with my work my thankfulness of my good life to people who want to get it. In 2015 I worked with the members of the team of the women's house and we together improve the atmosphere of all the members: I support them to reduce their own pressure to influence the violented women in a special way. First all women need to be satisfied in basic needs like Place, Food, Protection, Support and Limitation. Then a person has the inner freedom to look on her psychological needs. The members of the team understand that pressure to one person produces resistance - you do not want to change anything. First you need acceptance for your personal being and life. And then it is necessary to have your personal decision if you want to change or not. I succeeded in a very good cooperation with the team leader and all the members of the team that the pressure was reduced and the satisfaction of the work raises. Then also the basic to decide for a better life can be transported to the residents of the house.

What are the most remarkable things that you have seen? Positive and negative?

It was remarkable to see how many people work without money to support people in a unjust life to live better.

I am grateful to live in a country where many women and men engage themselves for a world in justice.

I was very sad to see all the violence to women and children (90% in many parts of Southamerica)

Which difference can you make? Here in South America? But also in general?

We must have choices in our life to feel good with the satisfaction of basic needs.

What would you like to tell women all over the world?

You have the right to live a good life without forms of violence. Women for themselves have got the right to define their own borders.



