

Wednesday, February 29, 2002

Dear Savannah,

During the last three weeks, you have been on my mind a lot. I have missed your presence in therapy. I think you are not willing to come at this time to talk about what happened in your life and I also think that it is really important for you to come *now* to therapy. I have been worrying a whole lot about you, your silence and your refusal to attend therapy.

I meant to write to you and was afraid to do so at the same time. I wanted to find the right words and after much thinking and deliberations I am afraid to conclude there may not be such a thing as "*the right words*" in this present situation. But this is still important for me to connect with you in some ways and let you know I am often thinking about you. I hope though my words will comfort and make you feel understood and heard. I know how my previous letter to you has been of help to you and I hope this letter will at least make you believe that I am truly interested in you and want to help.

You have had a real tough time lately. I imagine, your soul and your body may still be aching, as you think about this fetus, this baby you could have had, the "choice" you made of abortion. Of course the word of "choice" is

imprecise and inaccurate, since this is of course not what you wanted but what you felt was at this time the best decision to take.

In a little more than a week, Savannah so much has happened to you. You were told you were indeed pregnant; as you were rather determined you were not. You struggled with this news and went and got an abortion. Many uncertainties, many doubts, many regrets maybe, many questions for sure in your heart. You did something really difficult and painful.

Yours, I am sure was a very, very, very difficult decision. You also told me you considered having the baby and then giving it up for adoption. It all went so quickly. It must feel all like a bad nightmare that you are trying to forget. In that sense, I can see how therapy would be threatening, you do not want to come and see me because you do not want to talk about "all that". I want to respect you and *respect where you are at*. I think you would agree that I always have so far. I just want you to come back to therapy, this may be the very time in your life you need it the most. You cannot turn inward and only withdraw when things are really tough, you need to find the courage to speak, and **I know you will** come back in therapy. Because, I know you, Savannah and I know deep down inside of you, you recognize how good therapy has been for you over the last few months, as you used to say.

I want to clarify something though that does not sit right with me. Just for the record, I want you to know that I never wanted to influence your decision in any ways. I thought, think and will always think that this is such a difficult and complex decision it can only be *your own*

decision. I however voiced my opinion against “rushing through any decision” and I did that with your mother Sabrina. I thought and still strongly believe that whatever decision was taken you needed to fully own it and not feel pushed in any way. That is it. It think you may have understood that maybe I wanted you to change your mind, this is not at all what went in my mind, I want you to know that.

For the rest, I hope you will remember the amazing road you and your mom climbed on your path toward health and recovery.

I find myself really eager to continue to assist you in getting better (somewhat awkward for you), to follow a path leading to more happiness and peace within your soul, and learning to leave the trauma just where it belong: in the past.

I look forward to seeing you next Wednesday. I believe you will take the courage it takes to work through this painful episode of your life. I know you will come back to therapy and find the courage to continue to face your demons, so you and I can put them where they belong, in the past.

Violence and hurt has consigned you to the passenger seat of your life, it is about time you take the driver seat, I shall be there you can count on me.

Yours, sincerely

Take care, Savannah, I care.

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**Fabienne Kuenzli**

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