

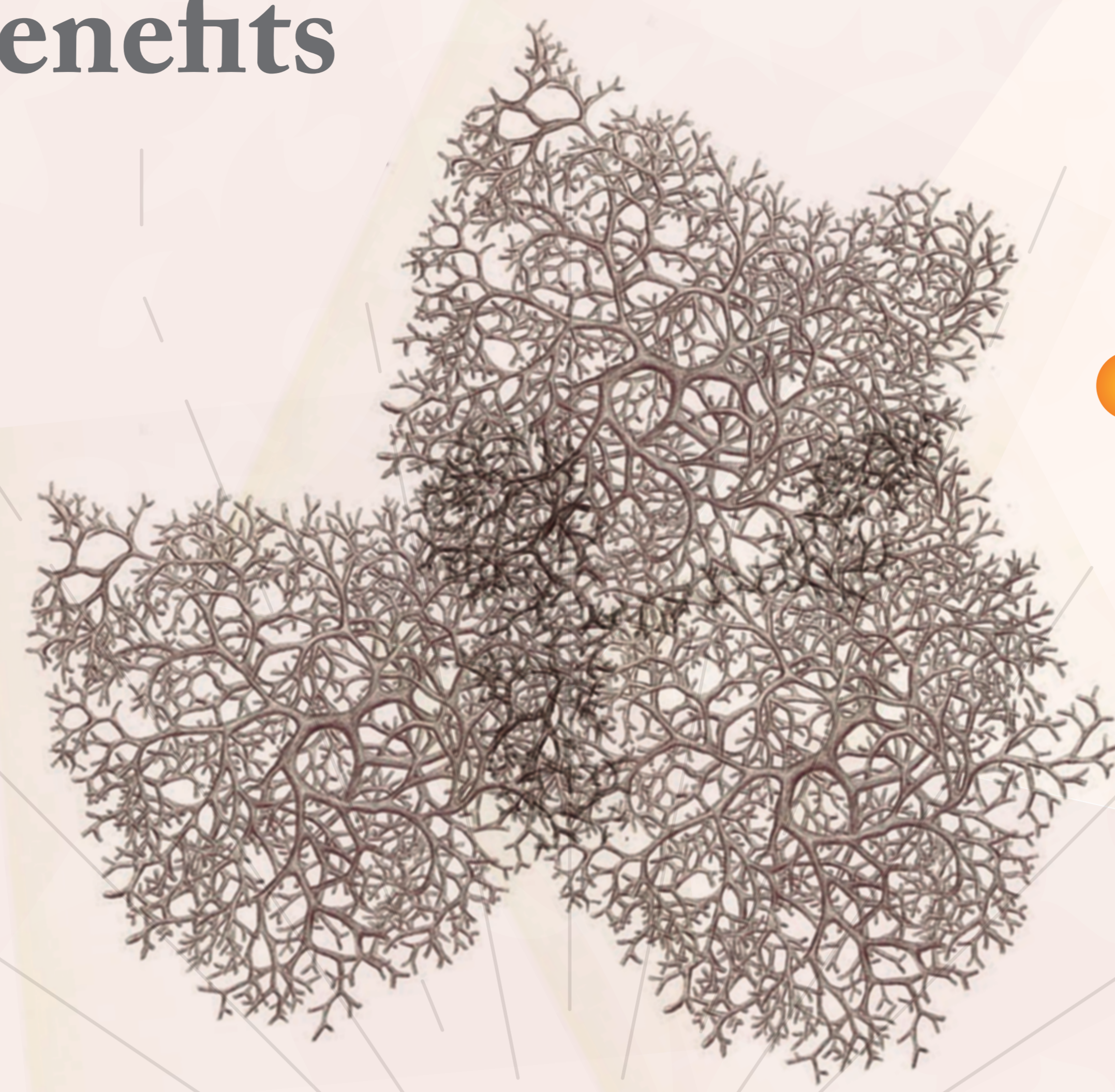
Introducing psychodrama as a group psychotherapy with psychosocial benefits in hemophiliacs and their families

ID 201 PSYCHOSOCIAL ISSUES



01. INTRODUCTION AND OBJECTIVES

Include and host hemophiliacs and their families through a **group psychotherapy process** to meet and work with their concerns. By offering a space to achieve a deeper understanding of emotions and their consequences, the experience provides them with **greater cognitive flexibility**. Psychodrama is a method of comprehensive intervention that originates from working with segregated and excluded sectors of society. The method applies **effective strategies for the promotion, protection and restoration of health**. A **pilot study** consisting of four meetings of two hours was coordinated and communicated by e-mail to patients from different regions of Argentina. A total of 20 patients with available e-mail information were invited. 3 of them joined the activity and one also decided to assist with its couple.



PHSYCODRAMA IS POWER OF TRANSFORMATION CONNECTING PEOPLE WITH CARING AND INCLUSIVE FEELINGS.

PHSYCODRAMA IS COMMITTED TO SUPPORT THE PLURAL AND SENSE MULTIPLICITY AGAINST THE NARCISSISTIC FORCE OF THE INDIVIDUAL LEVEL.

THE CREATIVE PROCESS IS THERAPEUTIC IN ITSELF.

RECREATION OF CONFLICTS ALLOWS PATIENTS TO GO FROM SINISTER AND PATHETIC TO SPACES FOR LEISURE. TO IMMOBILIZE THE BODY

PRODUCES IMAGINATION SHUTDOWN AND SUBJECT BECOMING INVISIBLE.



03. RESULTS

THE PARTICIPANTS WERE ABLE TO:

- INCREASE THEIR ADHERENCE TO THE HEMOPHILIA TREATMENT
- INTENSIFY THEIR NETWORKING BEING ABLE TO DEMYSTIFY HEMOPHILIA AS A DISABLING DISEASE
- RECOVER SPACES FOR LEISURE AND SENSE OF HUMOR
- IMPROVE ABILITY OF SYMBOLIZATION AND DREAMING
- FOMENT AN ENVIRONMENT OF TRUST AND SECURITY
- HAVE THE OPPORTUNITY TO WALK IN OTHERS SHOES AND DISCOVER THE RELATED THE FEELINGS AND EMOTIONS
- CREATE NEW POSITIONS BEFORE CONFLICTS



02. MATERIALS AND METHODS

The four meetings took place in a 25 m2 comfortable room with 6 chairs and 6 cushions. They developed pre-work tasks, group dynamics, leisure activities and personal scenes of participants, which deployed in a dramatic setting, also offered multiple meanings engaging and involving everyone present, including the coordinator.

PSYCHOTHERAPY MEETING SCHEME

- PRE-WORK TASKS "CALDEAMIENTOS"
- GROUP DYNAMICS AND LEISURE ACTIVITIES
- EVOCATION OF SCENES
- ROLE-PLAYS AND DRAMATIC SCENES DEPLOYMENT
- GROUPING RESOURCES
- DRAMACTIC MULTIPLICATION
- WRAP UP AND CONCLUSIONS



04. CONCLUSIONS

Psychodrama is an exceptional tool to promote greater openness, self-awareness, conflict resolution, inhibition overcoming and the treatment of personal and institutional symptoms. Based on its results, it becomes relevant the inclusion of this program in health and welfare organizations working with patients and their families. **The implementation with larger groups will leverage the experience boosting all the benefits obtained in the pilot study.**

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Lic. Javier Neumann. Servicio de Hemofilia PAMI INSSJP. Buenos aires. Argentina.



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Javier Neumann

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