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Alienation and psychosis: a narrative of my family experience and the integrating function of group analysis

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Learning Goal:

The goal of this oral presentation is to enhance the empathy of the professional caregivers for the patients suffering from psychosis and to familiarize them at the same time with the therapeutic bridging function of group-analytic psychotherapy.

Abstract Text:

Belonging to a family with a member suffering from psychosis promotes paradoxically simultaneously alienation and integration, estrangement and approach. This phenomenon unfolds in three concurrent dimensions: in the relationship with one's self, with one's family, with one's social environment and is permeated by trauma and solitude. The dread of psychosis occurring in some communities is connected with stigma, shame, guilt and separation anxiety as well as fear of death. It is the sense of the 'uncanny' that stimulates what was once unconsciously known. This menacing feeling of the unknown and differentness, concerns our relationship with our own unconscious. The deficit is scary and requires notification. The inclusion of people suffering from psychosis in conjunction with family caregivers and professional caregivers as members in heterogenous group-analytic groups, conducted with modified technique, offers a valuable experience to all sides. The intercommunications in the group improve understanding and acceptance, together with amelioration of the modus the care is offered and received. The fermentation in the group of members arriving from different starting points leads to maturation, insight and better management of primitive fears and anxieties inherent in everyone. The resolution of stereotypes by all sides gradually increases empathy. The interactions within the group convey a possible application in real life terms.

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OF HUMAN RECONNECTION**