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The trauma of being a member of a minority and the therapeutic impact of the group-analytic group

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Learning Goal:

The goal of this oral presentation is to highlight the mechanisms through which an increased incidence of psychosis in child or adults minority groups occurs and to demonstrate how group-analytic group techniques enhance prevention, inclusion and management of psychosis in such populations.

Abstract Text:

The trauma of residing in an adult or child minority group with low status – such as refugee, poor, unemployed, having a visible body defect, etc – imbues the person with anxiety, shame, guilt, deficiency of self acceptance and integration, low self-esteem, sense of not belonging, not deserving and emptiness, lack of vision and dreams, disappointment, frustration, anger, depression, leading to the appearance of psychotic-like symptoms more frequently than in other social groups. These people feel fundamentally voiceless, as if speaking without being heard, isolated, having nowhere to turn to. They find no space and suffer in silence. Especially the young ones become adult children, parentified young persons, exposed to harmful conditions. The shame inherent in disability is stimulated by the presence of others. Working through is possible with the availability of others in the group-analytic group. Heterogeneous groups including members of minority groups with low status, inhabitants of the neighborhood, nurses, social workers, psychologists, and psychiatrists may contribute to both the prevention and management of psychosis. As far as the younger ones are concerned, it would be particularly beneficial to organize such groups in schools, with the participation of pupils and their families, teachers, neighbors and professionals, so as to enhance inclusion and therefore to decrease psychosis incidence rates.

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