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Creative writing and group analysis in a group of people suffering from psychosis

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Learning Goal:

It will be possible to apprehend how the combination of modified creative writing with the application of group analytic methods in a group of people suffering from psychosis enhances therapeutic improvement.

Abstract Text:

For a two year period the author conducted an outpatient group of people suffering from psychosis; they wrote texts and talked about their experience. Writing was used as a transitional object, whereas the group was conducted in a group-analytic manner, adjusted to the patients' special needs. The group members answered a questionnaire at the end of the first and of the second year, reporting that they were helped by the group process in different ways, such as improvement of their communication with others, increase of their self esteem, amelioration of their opinion expression, ability to achieve their goals. They realized that they were not alone in their mental difficulties. They managed to try different behaviors, to deal with anxiety, to plan and organize, to acquire useful skills. The group offered to its members experiential learning, mirroring potentiality, interaction ability, enhancement of self esteem and self awareness, ability of contact with emotion, imagination growth, instillation of hope, insight in other people understanding, description and presentation of self, cultivation of new skills, mutual help, confidence and acceptance.

During the workshop the theoretical background of this attempt will be presented and a demonstration of the technique will be carried out with the participation of the attendants, followed by questions and discussion.

**ON THE HEALING POWER
OF HUMAN RECONNECTION**