

GROUP PSYCHOTHERAPY WITH PEOPLE WITH CHRONIC PAIN

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Introduction: Chronic pain more than a symptom expresses a complex situation in pathophysiological and therapeutic terms. It can become the center of one's life and be a reflection of suffering experienced in other areas of life. Support through group psychotherapy can enhance a better experience with pain and encourage healthy behaviors in this clientele.

Objective: To characterize the groups with chronic pain patients regarding the subjects discussed and the impact of pain on their lives.

Aims: Understand the life circumstances of people who suffer from chronic pain.

Method: This is a qualitative participant observation study. 48 group meetings conducted with 12 patients with chronic pain were analyzed. The groups were weekly, lasting an hour, and were coordinated in co-therapy by a psychiatrist and a psychologist.

Results: Themes discussed: health problems; vulnerability to diseases; limitations and perspectives of people with chronic pain; preparation for submission to procedures (surgeries, exams, analgesic blocks); relationship problems with family and friends; unconscious conflicts that feed physical problems; difficulties in interacting with professionals and treatments; economic problems; and sexuality. When patients were able to provide support to colleagues, they felt valued; when they received such support, they felt understood and protected.

Conclusion: It was possible to observe a personal development of participants who stopped complaining or blaming others for their relationship problems and their consequent suffering, going to take responsibility and find solutions more adaptive than the recurrent pain behavior.