

Experiencia de trabajo grupal con sujetos que sobrevivieron a la experiencia de tortura y/o prisión política durante la Dictadura Militar en Chile (1973-1990)

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The exacerbated exposure of individuals to planned violence during the military dictatorship in Chile had profound and devastating collective and individual consequences.

One of the characteristics of the psycho-social trauma generated by State Terrorism is its recurrent and episodic condition which evolves with periods of symptomatic exacerbation linked to situations closely related to the traumatic experiences that caused them, that - in turn - rekindle situations of bereavement unresolved for most victims.

Despite the fact that the origin of the trauma lies in the social structure and political-economic context, there is an individual dimension related to the specific experience of the traumatic experience.

There is a large percentage of people that experienced detention and torture at an early age who had never reported what had happened until they were summoned to declare by the National Commission on Political Imprisonment and Torture. Subsequently, they had to request therapeutic support.

The objective is to account for some of the re-traumatization dimensions and their attempt at psycho-social reparation, based on the experience of group therapy with men between the ages of 35 and 55 that submitted their testimony. At an emotional relational level, they evidence a profound sense of isolation and loneliness (characterized by the privatization of the experience), together with great mistrust and a feeling of being under permanent surveillance and risk. In addition, they present feelings of anger, frustration, hopelessness, embarrassment because of the degradation and guilt about their survival. A further common characteristic is the absence of significant social networks, inexistence of a historical project for their lives, as well as important difficulties in the stability relationships with their families and couple/partner.

The experience of group work focussed on recovering emotional and collective attachments, social roles and the reconstruction of historical life projects through the de-privatization, representation and elaboration of the traumatic experience with an approach based on corporality. Some of the main results were a significant cohesion among group members which became a social support network, together with the initial construction of historical life projects.