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Poetry workshop: resource of Occupational Therapy in a psychiatric hospital in Brazil

Cecília Xavier, Pollyanne Calú
Hospital Galba Velloso, Belo Horizonte, Brazil

Introduction

Psychiatric hospitals today count on politics and humanized actions of insistency. The performance of Occupational Therapy, frequently composed by therapeutical workshops, is inserted in this logic. Poetry workshops have proved an important therapeutical resource for the possibilities not only to the patient but also to the professional.

Objective

Analyze poetry workshops led by Occupational Therapy its stages, methodology, impacts and clinical improvements in a public psychiatric hospital in the city of Belo Horizonte, Brazil.

Metodology

Qualitative study for speech analysis, in workshop of weekly poetry, carried through during six months, with patients interned in the psychiatric hospital. The registers were of spontaneous speeches and writings of one participant during poetry workshops.

Conclusion

The poetry is one of the manifestations of art capable to generate the meeting of the person with its internal universe. It makes the rescuing and/or creation of new actions in his daily restrictions possible, boredom, anguish. "... the written word, in its linguistic materiality, can act in the rescue of the subjectivity." (Tfouni e et all,2008).

To write, to read or to listen to a poetical text are invitations for a rupture in the pathological atmosphere and an entrance in a life with more autonomy and quality. It is observed that the psychotic one can transit into the symbolic universe. The poetry is door of entrance in this sphere through the metaphors that the citizen manipulates.

Contribution to the Occupational Therapy

Describing the use of words as a therapeutical resource is the same as describe about a material frequently used by the occupational therapists in different areas of performance. However it is still little systemized theoretically. The intention here is to extend the vision of the professionals on the potentialities of a resource available universally and to initiate the search of theories that bases this praxis. The deepening of the clinical reasoning of the occupational therapists basically reveals how much the analysis of the activities that frequently uses its practice as a way for the final objective: the healthy practice that it defines as "the qualified relation of the man with his making of." (CANÍGLIA, 2005).