COMMUNITY THERAPY IN THE CENTER OF PSYCHOSOCIAL SUPPORT: CONCEPTS OF NURSING STUDENTS

TERAPIA COMUNITARIA NO CENTRO DE APOIO PSICOSOCIAL: CONCEPÇÕES DOS ACADÊMICOS DE ENFERMAGEM

TERAPIA COMUNITARIA EN EL CENTRO DE APOYO PSICOSOCIAL: CONCEPTOS DE ESTUDIANTES DE ENFERMERÍA

Mariana Albernaz Pinheiro de Carvalho¹, Renata Olivia Gadelha Romero², Maria de Oliveira Ferreira Filha³

ABSTRACT

Objective: to analyze the concepts of nursing students on Integrative Therapy Community. Method: qualitative study conducted with 10 nursing students of the Federal University of Paraíba, during the stage in a Psychosocial Care Center in João Pessoa/PB/Northeastern Brazil. Data were collected through semi-structured interviews and analyzed by content analysis technique. Initially, we made the initial reading of each text and detailed, and later formed the corpus analysis, electing up the themes. The study was approved by the Research Ethics Committee under protocol number 0044/2008. Results: the results revealed two themes that have proven to Community Therapy Integrative space as speaking, listening and reflection as exerting important influences in vocational training. Conclusion: community Therapy is an integrative learning facilitator that can be used for personal and professional development of nursing students.

Descriptors: Mental Health Services; Therapy; Psychiatric Nursing; Perception.

RESUMO

Objetivo: analisar as concepções dos estudantes de Enfermagem sobre a Terapia Comunitária Integrativa. Método: estudo de abordagem qualitativa, realizado com 10 estudantes de Enfermagem, da Universidade Federal da Paraíba, durante o estágio em um Centro de Atenção Psicossocial, em João Pessoa/PB/Nordeste do Brasil. Os dados foram obtidos por meio de entrevista semiestruturada e analisados pela Técnica de Análise de conteúdo. Inicialmente foi feita uma leitura flutuante e minuciosa de cada texto e, posteriormente, constituído o corpus de análise, elegendo-se as categorias temáticas. O estudo foi aprovado pelo Comitê de Ética em Pesquisa, sob o número do protocolo 0044/2008. Resultados: os resultados evidenciam duas categorias temáticas que revelaram a Terapia Comunitária Integrativa como espaço de fala, escuta e reflexão e como exercendo importante influência na formação profissional. Conclusão: a Terapia Comunitária Integrativa é um instrumento facilitador da aprendizagem que pode ser utilizado para a formação pessoal e profissional dos estudantes de Enfermagem. Descritores: Serviços de Saúde Mental; Terapia; Enfermagem Psiquiátrica; Percepção.

RESUMEN

Objetivo: analizar los conceptos de los estudiantes de enfermería sobre la Comunidad de Terapia Integrativa. Método: estudio cualitativo realizado con 10 estudiantes de enfermería de la Universidad Federal de Paraíba, en el escenario en un Centro de Atención Psicosocial en João Pessoa/PB/Nordeste de Brasil. Los datos fueron recolectados a través de entrevistas semi-estructuradas y analizadas por la técnica de análisis de contenido. Inicialmente, realizamos la lectura inicial de cada texto y detallada, y más tarde formó el análisis corpus, eligiendo los temas. El estudio fue aprobado por el Comité Ético de Investigación bajo el protocolo número 0044/2008. Resultados: los resultados revelaron dos temas que han demostrado Terapia Comunitaria Integrativa como espacio de conversación, comprensión y reflexión como ejerciendo una influencia importante en la formación profesional. Conclusión: la terapia comunitaria es un facilitador del aprendizaje integral que se puede utilizar para el desarrollo personal y profesional de los estudiantes de enfermería. Descritores: Servicios de Salud Mental; Terapia; Enfermería Psiquiátrica; Percepción.

¹Nurse Municipal João Pessoa, Master, Graduate Program in Nursing, Federal University of Paraíba/PPGEnf/UFPB. João Pessoa (PB), Brazil. E-mail: renataoliv@hotmail.com; ²Nurse, Professor Master in Nursing, Federal University of Campina Grande/UFCG. Campina Grande (PB), Brazil. E-mail: mary_albernaz@hotmail.com; ³Nurse, PhD in Nursing, Federal University of Paraíba/UFPB. João Pessoa (PB), Brazil. E-mail: mariliafilha@yahoo.com
INTRODUCTION

The worldview that has reality is culturally constructed from the meanings we attach things and phenomena and people. This guides the subject’s social position and influence the everyday act. To transform nature, man uses his intelligence cognitive, physical strength and work tools. The work here is understood as transforming action of nature that also transforms the subject that produces it.¹

Over the past 20 years, the mental health work has been conducted by different practices and among them the Community Integrative Therapy (TCI) has been gaining attention for being a low-cost technology accessible and mobilizing resources promoting personal autonomy and empowerment of research subjects.

TCI has been established for over 22 years, by psychiatrist Dr. Adalbeto de Paula Barreto, in Fortaleza, Ceará, as a resource for dealing with people in hardship. She became a complementary practice of preventive health, having been inserted into the primary health care in many municipalities across the National Policy on Integrative and Complementary Practices of the Unified Health System (SUS). It is a practice socialized for many health professionals, or related fields, and also to lay people who do not have academic knowledge but have the knowledge acquired in life.²

With the creation of new user dispositive care with mental disorders do not purport optimize assists existing structures, but rather to develop new spaces that ensure the right quality in assistance and ensuring citizenship. In this sense, there are the Centers for Psychosocial Care (CAPS) as appropriate strategy to work mental health in primary care, with their teams engaged in everyday community, incorporating promotion and health education in the perspective of improving the living conditions of population.¹

The CAPS are configured as institutions of daily attendance. This is on the assumption that the clinical specificity of its members, by their disease and living conditions, needs more than an outpatient weekly or monthly. Are structured so that people, if they need, they can attend the service every day, and are offered a variety of therapeutic actions such as the TCI, and the host of a multidisciplinary team.⁴

The CAPS are considered strategic services to the organization’s network of mental health care in a given territory and to the consolidation of the Brazilian Psychiatric Reform. These new devices fall within the paradigm of psychosocial care, recognizes the folly not only as a misfit organic, but also takes into account the subject’s interaction with the environment they live. ⁵ Thus, not only aimed at symptomatic suppression, is not based on the logic of illness and healing, but the existence of suffering. The psychosocial care requires a flattening of power. The individual thus becomes the subject of its existence, arguing with the multidisciplinary team the direction of your treatment, besides its responsibilization the maintenance and management of spaces of care.⁶,⁷

Through theoretical and practical activity in the community, the academic experience exchange of knowledge that enrich the scientific knowledge and become more skilled, to work beyond the frontiers of biological knowledge, fragmented and individual, leading them to devise as active subjects social circumstances, political, educational and cultural, not only as students, but as agents of social change motivators.

Nursing has pursued in other fields of knowledge, foundations for its practice and the challenge of working with community groups, requires nursing skills that often does not meet the academy. As there are therapists working in community practice settings of mental health and TCI being a tool that can also be used by nurses, we wanted to know: How nursing students viewed the community therapy applied in a practical scenario CAPS? What importance they attributed to community therapy for vocational training?

OBJECTIVE

- To analyze the concepts of nursing students on Integrative Therapy Community.

METHOD

Study come from monitoring experience in the discipline of Mental Health I, UFPB. Regarding nursing, practice monitoring provides grants to academic develop a professional approach to safety. In this perspective, the monitor acts as advisor of teaching proposals either from small groups or organizing activities with the whole class.

This is an analytical and evaluative, qualitative study, conducted with 10 nursing students from the Federal University of Paraiba / Campus I, João Pessoa / Northeast of Brazil, in the discipline Mental Health I, the 4th period of the course, in 2009. Inclusion criteria for the sample is given from the choice of students who participated actively
in the wheels TCI held in a CAPS in the city of João Pessoa (PB) and accepted to voluntarily contribute to the study by signing the Instrument of Consent (IC). The locus of research represented a scenario of academic achievement in activities theoretical practices.

The material was obtained from a semistructured interview guide, facilitated by an electronic recorder. The interviews were conducted after the end of the activities, to ensure greater reliability of feelings, perception and evaluation by students. Shortly after the material was collected and subsequently analyzed based on both technical analysis of Bardin.

Initially we made a brief reading of each text and detailed, and later formed the corpus analysis, electing up the themes. In this study we highlight two categories: Community Therapy: speech space, listening and reflection and Community Therapy and influences in vocational training. The results are presented in the form of expressions and were transcribed verbatim. The names of the scholars are fictitious, because the study was based on 196/96 National Health research involving humans. Were used names in Brazilian popular music artists to refer to research collaborators. This study followed all the procedures of evaluation of the Ethics Committee in Research of the Center for Health Sciences, Federal University of Paraiba (CCS / UFPB), whose approval was given under the protocol number 044/2008.

RESULTS AND DISCUSSION

● Community Therapy: space speaking, listening and reflection

The Community Therapy Integrative emerged in an attempt to find answers for solving the mental suffering of the individual from experiences and mechanisms of facing up that others have experienced at some point in their life, and I could superate.8 Solidarity becomes main instrument in an attempt to resolve impasses, seemingly distant from the people who participate in the TCI. Through collective mobilization, proposes the enhancement of individual potential, with a view to building citizenship.3 Here are some reviews of nursing students in the TCI:

Finally, I could see and observe how the therapy is beneficial and invites us to look for a change of focus, inadvertently disqualify the contributions of other approaches, but its angle zoom action. (Maria Rita)

Through ICT can make people have better mental health, preventing various mental problems and crises, due to problems that can be solved by large network established by therapies in the community. (Ana Carolina)

The systemic theory adopted as a fundamental pillar in the TCI is a way to approach, to see, to place, to think a problem in relation to its context, whose stressful situation can be understood and resolved if it is perceived as part of an integrated network complex that binds and connects people in all. The constituent parts of a whole influence and interfere with the other party. However, many resources should be mobilized to provide systemic responses to human suffering, since this is part of a macro-socio-economic, cultural, and political and social.10

Cultural anthropology, the other pillar of the TCI, shows us that every human society has valid therapeutic mechanisms and culturally relevant that reinforces and values the life course and identity of their members. Anthropology is an area that gives grant for the construction of large social networks that include intersectoral, inter-institutional development of local resources, strengthening ties and support to family dynamics. In this way, community therapy proposes the old model of mental health care complementary actions that interfere with the social determinants of health, promoting community development, preventing and addressing situations of disintegration of individuals and families.11

TCI promotes the construction of Sponsorship and inseparable creating a social support network, strengthening the bonds and preventing social disintegration and emotional, and these in turn contribute to improved self-esteem and mutual empowerment, understood where the community seeks to solve the problems that are within the reach of the community.11-12 Corroborates this statement the following statements:

On that day, experiencing the community therapy, I could feel stronger before my problems and more courage to face them, taking with me the teaching that regardless of the size of my problem, I am able to overcome it. (Elis Regina)

It was very important to participate in a therapy that participants were people with mental problems. I could see that the therapy works the same way with people than that no problems. The therapy helps these people to have their speech space, exposing their feelings, their anguish. I can say that TCI is a welcoming environment where everyone has the right to speak,
Community therapy in the Center of...

Each year, in Brazil, there are approximately 300,000 hospitalizations in public psychiatric hospitals and the SUS, causing great impact in the lives of these users, family conflicts and bring huge costs for society. To minimize disturbances that users suffer in this system related to abandonment, insecurity and low self-esteem, coping strategies were created able to stimulate and integrate actions and models that prioritize health promotion rather than the psychiatric and medicalization of problems social and existential.²

In this scenario, emerges the community therapy as a tool for care technology features lightweight, which aims to promote a space in order to reinforce the importance of valuing family and network of support and solidarity, which believes in the ability of the other, strengthening linkages, establishing harmonious relationships that enhance the ability of resilient people and we value the local cultural resources. The guidelines present the methodology of TCI resort to tools and devices to consolidate networks, linkages and accountability between users, workers and managers.¹⁴

- The Community Therapy and influence in training

The academics perceive that through TCI, you can create an input between scientific and technological knowledge with popular knowledge, thus contributing to the academic, professional and personal, empowering them as active subjects of the care process measure where they live in a community, providing the creation of links, host community and holistic and integrative care. 15-6 Through the testimonials below, note the perception of students on these experiences:

I believe that in addition to promoting growth as a person, such moments I experienced added enough in my training and in my learning regarding mental health, after all I ever be a nurse and I will need to get my care for people is full, and not only focused on the pathology. Once we see how significant is a simple conversation, sometimes even coming to be more effective than any drug that is able to see the real importance of treating the body, mind and spirit of each and every human being. (Elis Regina)

This experience was very important for the construction of my professional life, as for my personal life. I could have contact with people who have problems, different needs and are too poor of a psychosocial support

I'm sure if there were more nuclei of these therapies in the community fewer psychological problems existed in the homes and lives of a large part of our population. (Maria Bethânia)

I felt privileged to understand this new way to display and share problems and concerns. “[...” It is important to know certain alternatives so we can help or deploy in our field of work, where often the cause of the disease may have a cause that is not physical. (Alcione)

Regardless of age, social class and education level. (Sandy)

The traditional psychiatric institutions, based on trust, the hierarchy between experts and patients in the internal clearance in relation to society, among other things, promote a process of becoming chronic patients. Currently, the trend of mental health services is to build and strengthen a new paradigm of psychosocial care, which requires actions at the design of the health and mental illness and the theoretical and technical means, the organization intra-institutional relations, relations between the institution and their agents with the clientele and the general population, and finally the effectiveness of their actions in terms therapeutic and ethical.⁶

This is how the webs of social relationships are built and strengthened, because there is a space where one seeks to share life experiences and wisdom so flat and circular. All become responsible for the disease process and the search for instruments of coping that allows an adjustment psychosomatic before any stressful situation in a warm. ¹⁰ This can be seen in the statements below:

For those who have a problem with not knowing how to fix them therapy appears as a light at the end of the tunnel, a way to vent what was not had opportunity and better yet, be able to find a solution, knowing that others have passed the same difficulty and managed to overcome plus learn many solutions giving us strength to face our problems, being able to find solutions to them. (Ivette Sangalo)

I confess that during therapy, often came to thrill me and I realized that the problems that people have are common problems, problems that have lived, big problems, small, curious, interesting and up, but all with high degree of resolution, having as its main ally, time. (Maria Bethânia)

From the benefits brought to the community and the low cost of implementation, public policy has consolidated TCI as a strategy for promoting mental health and preventing disease, as people gather to build a group of therapeutic community, providing the creation of links, harmonious relationships that enhance the ability of resilient people and we value the local cultural resources. The guidelines present the methodology of TCI resort to tools and devices to consolidate networks, linkages and accountability between users, workers and managers.¹⁴

- The Community Therapy and influence in training

The academics perceive that through TCI, you can create an input between scientific and technological knowledge with popular knowledge, thus contributing to the academic, professional and personal, empowering them as active subjects of the care process measure where they live in a community, providing the creation of links, host community and holistic and integrative care. 15-6 Through the testimonials below, note the perception of students on these experiences:

I believe that in addition to promoting growth as a person, such moments I experienced added enough in my training and in my learning regarding mental health, after all I ever be a nurse and I will need to get my care for people is full, and not only focused on the pathology. Once we see how significant is a simple conversation, sometimes even coming to be more effective than any drug that is able to see the real importance of treating the body, mind and spirit of each and every human being. (Elis Regina)

This experience was very important for the construction of my professional life, as for my personal life. I could have contact with people who have problems, different needs and are too poor of a psychosocial support

I'm sure if there were more nuclei of these therapies in the community fewer psychological problems existed in the homes and lives of a large part of our population. (Maria Bethânia)

I felt privileged to understand this new way to display and share problems and concerns. “[...” It is important to know certain alternatives so we can help or deploy in our field of work, where often the cause of the disease may have a cause that is not physical. (Alcione)

Regardless of age, social class and education level. (Sandy)
and to be heard. I realized how important to help them overcome life's adversities. (Cláudia Leite)

It is known that when sharing we learn more, why I let you know just what I already knew, the individual gets to know only what we already know and sharing it generates a new way of thinking plus, plus new knowledge and ways of see the world. Thus, community therapy weaves support networks, integrating new knowledge, articulate sectors of society, involving people and, above all, their scales actions to strengthen the integrity of the subject through questions at all levels: biological psychological, social and political.

The Community Therapy Integrative engaged in integrative health perspective, in which the understanding of culture, history, life, social, political, family and community are key. The knowledge and different ways of coming to know the academy (formal) and life experience (non-formal) are valid and builds the care process do focus on illness care, but in health promotion. In this sense, many professionals, particularly nurses, is engaging in political complement of network services health working at the primary level, without working with the pathology.²

CONCLUSION

The Community Integrative Therapy has proven to managers, professionals and community a tool of great strategic value, a treasure toward accomplishment of the national health care system, responding within this universe the important guidelines such as equity and universality: major sources of inclusion and citizenship. The validation of ICT centers in Psychosocial Support has been used by Program Integrative and Complementary Practices of the SUS as a strategic resource to strengthen the community in facing daily conflicts, combat isolation and promote social reintegration.

The challenge is therefore in breach of this continuity and fragmentation of the completeness and the inclusion of humanizing practices even during training. In this context, we emphasize the importance of transcending knowledge fragmented emphasizing comprehensive care, which seeks to meet the needs of individuals and population groups in a more expanded and holistic. The use of active methods of teaching and learning is essential to the learning process is permanent and will allow integration multidisciplinary, interdisciplinary and transdisciplinary.

REFERENCES

18122008000200006&lng=en&nrm=iso


Community therapy in the Center of…

Submission: 2013/09/11
Accepted: 2013/04/20
Publishing: 2013/06/01

Corresponding Address
Mariana Albernaz Pinheiro de Carvalho
Rua: São Gonçalo, 110 / Ap. 201
Bairro Manaíra
CEP: 58038-330 – João Pessoa (PB), Brazil