

EFPP - NEWSLETTER JANUARY 2017

AEPP - RAQUEL VIDAL ARANDES **DELEGATE OF GROUP SECTION-SPAIN**

The Spanish Association of Psychoanalytic Psychotherapy (AEPP) is a founding member of the European Federation of Psychoanalytic Psychotherapy (EFPP) and its representative in Spain. It is also a member of the Spanish Federation of Associations of Psychotherapy (FEAP).

The AEPP is an organization that integrates qualified Psychoanalytic Psychotherapists of the Spanish State and facilitates the communication and exchange of experiences and knowledge between them.

The AEPP aims to promote the professional and scientific development of Psychoanalytic Psychotherapy in its different clinical, theoretical and technical aspects, and in its different fields of application: Groups, Adults, Children and Adolescents, Couples and Families.

The AEPP has among its priority objectives to provide a rigorous and quality training that enables future psychoanalytic psychotherapists in the exercise of their professional practice.

Our associations in different parts of the state as Catalonia, Madrid, Andalucia and so on, constitute the AEPP. More information about our association is available in our website:

<http://www.aepp.eu/>

OUR PROJECTS WITH GROUPS IN THE PUBLIC SECTOR: SUMMARY SINCE 2008 in CATALONIA

Since 2008 and due to the financial crisis, we began to fight to keep the position for Psychoanalytic Psychotherapy within the Mental Health Public Sector, where behavioral and cognitive therapists easily present research reports having more facilities to work in with.

Some communities like Catalonia have set up research projects at the Primary Care where Mental Health Services help them to select patients and help General Practitioners to understand the emotional and mental factors related to physical diseases: how emotional and mental factors affect physical illness.

New projects started to run in Catalonia, specifically in Barcelona few years ago. We are working more and more in Groups at the Primary Care Services (with General Practitioners) avoiding to collapse the Mental Health Services. What our professionals do in Primary Care Services is to help General Practitioners in dealing with the everyday problems: for example, the groups called GAD consist of a group of about 10 people that have consulted for an adaptative problem or for anxiety and depression disorders; the Mental Health professionals at the Primary Care Services, after creating a group, help them to think about their problems, to sort these out and trying to work through the difficulties. Patients who might need an extra help are then referred to the Mental Health Services for more attention.

OUR LAST PROJECT IN CATALONIA:
GROUPS OF PSYCHOANALYTIC PSYCHOTHERAPY
WITH ELDERLY PEOPLE AT PUBLIC SECTOR SINCE
2010

The population in Catalonia is aging gradually. The population continues to grow and grow; the rate of births exceeds deaths. Our generation is comformed as a solid and durable group: life expectancy is high. Very high.

Devised by Dr. Folch -who passed away in 2013- along with Dr. J.O.Esteve and Dr.LI.Isern and together with a group of professionals of Mental Health (among them J.Lara, M.Lleonart, G.Mateu and R.Vidal) iniciated a psychotherapeutical support for people over 65 years in 2010.

The main objective was to offer a psychological assistance of psychoanalytic inspiration for the elderly people in the Public Sector.

The project promotes a weekly support group for patients over 65 years.

The clinical material is collected every week and supervised. The result of the research and investigation conducted so far up to now has been the publication of several articles published in different psychoanalitic psychotherapy reviews.

The general aim is:

* To promote an improvement of the mental health care of the elderly.

* To promote the research and evaluation in relation to the grupal psychoanalitic psychotherapeutic treatment of this sector.

The project also requires the cooperation of the staff of Primary Care (family physicians, nurses, psychologists, social workers, administrative staff etc...) in the sense that they are who receive and can detect in the first place :

- * The depression or anxiety of the elderly
- * Their hyper-frequency of the health services
- * Their isolation
- * The possible early dementia

WHY THE GROUP?

The group hears and recognizes some specific aspects of us, mentalizing here and now what's happening to me; understanding what's happening to the other one and recognizing too what's happening to me through the other one. How I live through the other one. The group also allows us to hear what's happening within the group.

The group offers a place to manage what is overwhelming us. A space to think, speak and listen actively. The group offers a weekly continuity too.

PARTICULAR GOALS OF THE PSYCHOANALYTIC TREATMENT GROUP IN OLD AGE

- Provide the ability to talk to each other in depth of what's 'making us suffering.'
- Build a mental space where one can understand the relationship between past experience and current symptoms (go here/now from there/before).
- Achieve a level of awareness of the destructive impulses that allow an external modification leading to creativity.
- Achieve the degree of dependence and the degree of autonomy as healthy as possible in relation to the family and / or professionals who are related.

- Prevent mental disorders and emotional disconnection (preventing dementia).
- Favour socialization, which involves concern and mutual tolerance.
- Promote healthy lifestyles.

As psychoanalytic psychotherapists, we work enthusiastically in this new field. We meet regularly and supervise our work. We also have published several articles in psychoanalysis journals that are disseminating the results we are obtaining in our work of research. One of them will be published shortly in EFPP's digital magazine.

For further information please contact

vidalarandesr@yahoo.com

raquelvidalpsico@psico.com
