

## O potencial terapêutico de uma oficina no território: autonomia e noção de pertença

The therapeutic potential of a workshop in the territory: autonomy and sense of belonging

El potencial terapéutico de un taller en el territorio: la autonomía y el sentido de pertinência

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### ABSTRACT

**Objective:** This study describes the therapeutic potential of a workshop in the territory for users of the Psychosocial Care Center and discuss the proposed therapy workshop and user interaction with the territory. **Methods:** Descriptive and exploratory research. The data resulted from participant observation and interviews as two coordinators. Thematic kind of content analysis was used for data processing. **Results:** As a result we obtained two thematic categories: Pool and the territory, and Benefits of a Pool Workshop. **Conclusion:** The workshop held in the territory allows the user to see himself/herself as part of it, and also reframe the ways of living in that territory. The notion of belonging, social acceptance and citizenship are keys in building the social subject.

**Descriptors:** Psychiatric Nursing, Community psychiatry, Mental Health, Hydrotherapy, Community Health Service.

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## RESUMO

**Objetivo:** Descrever o potencial terapêutico de uma oficina no território para os usuários de saúde mental e discutir a proposta terapêutica da oficina e a interação dos usuários com o território. **Métodos:** Trata-se de estudo descritivo-exploratório. Os dados resultaram da observação participante e das entrevistas com os coordenadores, sendo utilizada a Análise de Conteúdo do tipo Temática para o tratamento dos dados.

**Resultados:** Apresentaram-se duas categorias temáticas: Piscina e o território; e Os benefícios da Oficina de Piscina. **Conclusão:** A oficina realizada no território permite que o usuário se perceba parte dele e, ainda, ressignificar as formas de viver naquele território, bem como a noção de pertença, de aceitação social e cidadania que são fundamentais na construção do sujeito social.

**Descritores:** Enfermagem Psiquiátrica, Psiquiatria Comunitária, Saúde Mental; Hidroterapia, Serviço Comunitário de Saúde.

## RESUMEN

**Objetivo:** El presente estudio describe el potencial terapéutico de un taller en el territorio, para los usuarios del Centro de Atención Psicosocial y discutir el taller de terapia propuesta y la interacción del usuario con el territorio. **Métodos:** La investigación descriptiva y exploratoria. Los datos de resultado de la observación participante y entrevistas como dos coordinadores. Tipo temático de análisis de contenido fue utilizado para el procesamiento de datos. **Resultados:** Como resultado se obtuvieron dos categorías temáticas: Piscina y el territorio; y Privilegios taller. El taller realizado en el territorio permite que el usuario se da cuenta parte de ella y también replantear las formas de vivir en ese territorio. **Conclusión:** La noción de pertenencia, aceptación social y la ciudadanía son clave en la construcción del sujeto social.

**Descriptores:** Enfermería Psiquiátrica, La Psiquiatria Comunitaria, Salud Mental, Hidroterapia, Servicio de Salud de la Comunidad.

## INTRODUCTION

Psychosocial Care Centers (CAPS) regulated by MS Ordinance No 336/2002 integrate the premise of meeting the people in mental suffering and provide care guided by the principles of psychosocial rehabilitation. CAPS aim to avoid hospitalizations, promote citizenship and social inclusion through family and social support.<sup>1</sup>

CAPS provide care on daily basis and use Therapeutic Projects Singular main care tool, which is built with the family and with the user. Among the activities developed in CAPS are therapeutic workshops, which are unique importance of spaces both for the care, social integration and increased autonomy of the subject in mental distress.<sup>1</sup>

Workshops are individually or in groups activities, with a view to greater social interaction and/or family, expression of feelings, engage in productive activities and collective exercise of citizenship.<sup>2</sup> These workshops can be expression (painting, dance, clay, poetry, etc.), generating income (bazaar, cooking, sewing, candle making, etc.) and literacy for citizenship reconstruction (reading and writing).<sup>1</sup>

The CAPS aims to increase the autonomy and social participation of people in the territory where they live. Thus, build strategies that put social subjects in condition of social

exchanges, with the purpose of increasing the autonomy and the exercise of citizenship rights. It is the relational dynamics between these dimensions of the territory that the subjects are social identity, either towards the strengthening of a negative or positive identity.<sup>4,7,22</sup>

The activity in the water promotes cognitive, social, physiological and psychological benefits and is recommended for all people, including people with mental disorders, working the whole being and progress of development: cognitive, social, physiological and psychological.<sup>5</sup> Being in contact with water also exercises the powers of concentration and attention, favoring the development of cognition, assists in the body maintaining the operation of itself: lowers blood pressure, improves cardiorespiratory system, reduces anxiety and stress and favors work of skeletal muscles, and improve body self-image and raise self-esteem.<sup>5</sup>

These benefits brought through the water go from the feeling of comfort and attention to independence and high self-esteem. Said positive psychological effects as make these individuals find themselves potentials that were previously unknown and which directly influenced their social, also favored by the relationship between educators, users and community.<sup>5,6</sup>

This study aimed to describe the therapeutic potential of a workshop in the territory for users of the Psychosocial Care Center and discuss the proposed therapy workshop and user interaction with the territory.

## METHODS

This is a descriptive and exploratory research of qualitative approach, from observations Pool workshop and interviews with two coordinators of the workshop. 21 hours of observation were made and these were systematically recorded in Field Journal.<sup>7</sup> The semi-structured and recorded interviews with two coordinators and CAPS professionals were conducted in order to understand the history of the workshop, the objectives, the proposed therapeutic and life experiences. The interviews took place in November 2014, the two participants signed informed consent after approval and approval by the service studied and CEP/SMSDC/RJ as the opinion 86A/2013 and Protocol 23/13.

The field of study included the pool Workshop, the pool of the territory covered. The Pool Workshop was chosen to happen in the territory. The activity takes place Monday afternoon with approximately three hours divided between: preparation for the workshop (in CAPS) walks to the pool, performing Pool workshop and walk back to the CAPS; all CAPS users can participate provided they have medical certificate to attend the pool and bring bath robes.

Data analysis was guided by the thematic content analysis method proposed by Bardin<sup>10</sup> the following steps: 1) reading the reports of observations and transcribed interviews; 2) definition of recording units (UR); 3) construction of

meaning units (US); all units in categories; description of the categories and analysis based on the theoretical framework.

We delimited ten units of meaning: 1) exit to the territory, 2) interaction with the territory, 3) efforts to keep the wave pool, 4) workshops that have a physical activity, 5) benefits for the body and mind, 6) autonomy, 7) user satisfaction with the workshop, 8) interaction and perception of improvement by the family, 9) perception of improvement by technicians, 10) available for users to talk about the disease; units grouped into two categories: 1) the territory and the pool in the user's social rehabilitation and 2) the benefits of hydrotherapy for the body and for the organization of psychic structure of the user, which will be discussed below.

## RESULTS

### Category 1: The Pool and the Territory

CAPS have a strategic role in the organization of the network of care to individuals in mental distress, coordinating with various resources (affective, cultural, economic, social, leisure etc.) with the territory. Thus, aims for subject to social life and to the territory, starting from the place where he lives.

The activity aims to integrate the individual to that culture, providing a leisure activity, provide a form of communication and improve fitness. These objectives could be clearly seen in the speeches of professionals:

*"The aim was to get the patient to leave the territory because the workshops were going on a lot here in the CAPS." (Coord. 2)*

*"Most workshops are here in CAPS [...] do not move much with the body [...] Pool workshop stirs the body in a cool way." (Coord. 2)*

Initially the effort to leave the institution was more professional. They gambled on leaving the service and action to move the body, but the way the territory was providing feeling of belonging to a place and be part of a particular group. These feelings are of fundamental importance to the organization of the self and for the recognition of the individual as a citizen process, possessing rights and duties with the company to carry out a common activity to all, and with and without suffering or mental disorder.<sup>11</sup>

It was necessary that professionals also come out of your comfort zone and seek in potential therapeutic territory for users. In practice, these professionals overcome the internal demands of work, adverse events, such as climate, history of violence in the territory, bureaucracies in other sectors, vulnerable networks, etc.

*"They now identify the location as an access site for them. Well, can I? [...] Today they spend and identifies that the space is there for them, they can use the pool." (Coord. 1)*

*"Today has the TR [Therapeutic Residence] and they are starting to go, take the resident to see the pool, entering there." (Coord. 1)*

On the return movement to the shop and back to the CAPS there were no reports of difficulties for some users, surprises and interactions with the population. Overall, this movement was carried out smoothly and the engineers consider an opportunity to mediate autonomy from crossing the street to extend the relationship with the territory, with the community.

*"After lunch, the user 'G' showed agitated because this afternoon occur the workshop he likes the most: the pool. All the way, 'G' goes ahead, but always bothering to look back to see their coordinators." (Field journal)*

*"We left the CAPS and proceeded toward the pool, which requires walking downhill about 1.5 km. On the return route, most users showed autonomy to make the journey to the destination, only two users demand management autonomy, by putting yourself at risk of being hit by examples." (Field journal)*

Efforts have been observed to increase the autonomy of users to circulate in the community and interact with other residents and local merchants.

### Category 2: The Benefits of Pool Workshop

In the activity in the pool and throughout its course, construction is democratic and respects the time and uniqueness of each participant, offers the opportunity for the user to use this therapeutic resource in a flexible manner, is an expression of activity in the water. It is also a stimulating interaction with water, with others, with professional, beyond the use of the territory.

In the interviews, the professionals said that some users were calmer after they began to perform this activity the family reported the observation of this improvement. Therefore, there was an improvement in the overall framework of the users participating in the workshop.

*"The activity develops the way everyone wants, nothing is imposed on anyone except their own rules of coexistence of space, so that each makes use of the activity as they wish." (Field journal)*

*"The user 'G' is freer and at all times is throwing water out of the pool after coming out of water, makes a run around the pool with 'F', pool their coordinators." (Field journal)*

*“The user ‘E’ was for the workshop even without medical certificate to enter the water, but he was to watch [...] He was comfortable and sometimes wets his face in the shower head.”* (Field journal)

*“There is a motivation every Monday. They already identify Mondays as the days they will have hydrotherapy activity, incidentally, that name was given by them.”* (Coord.1.)

According to reports, some users do what they could not before, improved behavior during the workshop, improved relationship with the family and the Workshop participants, improved physical performance, among others. It was found that there is an expectation in relation to the activity and user acceptance in participating in this.

Therefore, activity has visibility, expression, adherence of the participants and has the possibility of acquiring new fans. By identifying the availability and delivery by part of the users, it can be said that the occasion makes them to put themselves in a position more available for interaction with social resources. The experience in the pool is the time the user has to be comfortable at his health situation. In this sense, the workshop is a clear benefit to the physical and mental aspect, including relaxation, confidence, sleep, physical mobility and well-being.

The sections below illustrate the effect of therapy on the course of the disease and the effects that may be related to those found in CAPS users as we can see in the following sections:

*“They had patients who were very excited after started going to the pool was quieter.”* (Coord. 2)

*“The patient that was very nervous, very agitated, could not sleep at night, when he starts to go to the pool, starts making activity, the family now feels that had an improvement, not only due to medication but due to the exercise in the pool.”* (Coord.2)

*“Today, after they enter the pool, I realize that they see as something that give them pleasure and satisfaction.”* (Coord. 1)

*“They have more confidence. We realize that this contact with water. I do not know, [...] as I said the question of autonomy [...] they can have that confidence. Most could not stand “face down”, could not be immersed and can already be submerged some time and by themselves [...], I see how much for them is rewarding.”* (Coord. 1)

*“M’ was very happy and showing the daughter to everyone, even swam to show her daughter how to do.”* (Field journal)

The proposal is to mobilize the user for activity beyond the physical space of CAPS and use the water resource as a therapeutic strategy. Consequently, due to the physical effort throughout the course, the activity mobilizes large energy load. Thus, it was observed that the end of activity most users clearly appeared physical fatigue, relaxation and well-being.

*“What is observed in general is that users, each at their own way, take advantage of the time the pool, and also the relaxing effect provided by contact with water and well-being.”* (Field journal)

*“It is an activity that is given, though, has a physical sense, but I’m not giving swimming lesson. [...] It is an activity that we allow the liquid environment it has greater mobility, other than he’s doing a music activity, for example.”* (Coord.1)

*“Then comes home and can relax better, understood. [...] The ‘G’ user had a difficulty walking after he began to frequent the pool, he walked better after.”* (Coord.2)

The workshop helps users overcome their difficulties: physical (walking, improve butch, etc.); social (relating to water, such as the family and the territory); emotional (confidence, security, welfare).

## DISCUSSIONS

The workshop held in the territory allows the user to explore the space and realize part of it. The sense of belonging, social acceptance and citizenship are fundamental in the construction of social subject. Thus, we observe the workshop several movements: to the territory as a therapeutic proposal to establish exchanges with the territory, to experience the resources of the territory and rebuild as a social subject. However, these are not simple tasks for subjects limited by psychiatric symptoms, stigmatized by psychiatric labels and even physical and psychological marks resulting from psychiatric history and the situation of social exclusion.

Users relate to health network<sup>10</sup> and the Community network. Thus, the therapeutic workshops do not seek to exert relentless demand, with many standards to be met, but pleasant and fun activities. The relationships that users of a workshop set are looser than expected, and they take the various situations they experience only the parts that are subject to interest, one found a way to feel included in the social environment, taking advantage of gaps or small things and more fleeting points of adhesion.<sup>3</sup>

The therapy is embraced by the uniqueness of each user, whether in relation to water, the workshop and the territory, that is, with respect to time so that each one is perceived as part, identify and differentiate, or by observing how others are and what they do to choose their own way of doing. In this way, the dialogue and the relationships that take place in this space are aimed in some way; reframe ways of living in that territory.

Considering the citizen right<sup>11</sup> of these users of mental health services, the workshop produced in the territory value desires, abilities, needs and life projects of the participants, enables the interaction and the production of meanings in daily life and recreates potential in mental health care.<sup>12</sup>

Care in the workshop is customized, unique, technological and human. The assumption for care in mental health is the ability for users to rebuild healthier ways to live in the same scenarios in which they built their life stories. Before answering a user cannot predict what to do, anyway, all the ideas or practices after the meeting are discussed and examined and possibly changed.<sup>13</sup>

The quality of life is one of the biggest reasons to make the subjects participate in therapeutic spaces. Workshops can favor the partial remission of symptoms, and that means here "look less sick." Even the remission of symptoms has as a direct consequence of the decrease in hospitalizations.<sup>3</sup> However, increased autonomy is the actual increase in quality of life. The exit CAPS with the workshop is the mediation of autonomy to transit through the territory, known leisure and culture, to relate to the next, and others contained in the singularities of each case.

It is observed that even residents of the territory, users and family were surprised to know that they can enjoy the pool area. To provide information and the opportunity to experience a collective space created for that community means extending the exercise of citizen rights and ownership of that territory. What sounds simple is the process for citizenship. On the other hand, the pool shop invested in mobility of the physical body and the social subject: the body improves to move and mental and social improvement to take advantage of the resources of the territory. Both are intertwined, so the therapeutic proposal also intertwines, as well as mental health is directly linked to the exercise of citizenship.

Physical leisure activities offered seek to reduce the debilitating effects of conventional treatment to accommodate the demands of users in social scenarios which involved ordinary citizens.<sup>14</sup> However, the workshop goes beyond because it has effects such as relaxation, improvement of functional gait activity improves psychological and maximum conditions functional independence.<sup>15</sup> The recognition that each person is an indivisible and social whole, and that the actions of health promotion and recovery cannot be fragmented, is the principle of comprehensiveness.<sup>16</sup>

Therefore, the care that adopts the logic of the territory is based on the network of relationships in the community

knowledge and practices for collective and individual development. The Therapeutic Projects that really leverage the production life of the subjects' sustained care are the resources of the territory.<sup>13</sup> Thus, the function of the professional press for contractual therapeutic relationship, which involved weave dialogues aimed at co-responsibility in the relationship, empathic processes and cognitive and affective skills that happen, and the way to humanized practice.

The intervention is aimed at enhancement of existing capacity in the subject, getting to their autonomy, to overcome the difficulties encountered and the reinvention and strengthening of possible paths.<sup>17</sup> However, the workshop itself does not give a guarantee of autonomy.<sup>18</sup>

The workshop studied proved to be an important tool in the proposal of psychosocial care. The therapeutic potential dwells on the complexity of intervention possibilities, subjectivity, and interdisciplinarity, resources of the territory, care and investment in modes of existence of each. However, the potential of Pool Workshop was strengthened by the collective and shared management of care that values more free modes of existence, the effective incorporation of user autonomy and human rights.<sup>11</sup>

The tools, such as a workshop, water, speech, music, among others, represent technological resources for therapy in the psychosocial perspective. It notes that water plays an important role in motor development, relationships and communication, and improves behaviors and emotional aspects.<sup>19</sup> However, every social and subjective subject responds to your way to investment, so the mental health service invests in a range of tools, but primarily seeks to structure them in the territory.

So that care can indeed occur in full and meet the demands of users, the health network interacts with the community and family in search of opportunities and resources for effective demand<sup>21</sup>.

## CONCLUSION

From this study, we realized the importance of external workshops to physical CAPS space and exploitation of the territory has for the users of this service, and that is a valuable activity for health development and well-being, by reflecting on condition of life of patients with psychiatric problems.

The maintenance of workshops that allows exploring the autonomy and independence of users using the territory is not an easy task for professionals to face these projects because there are mishaps and peculiarities of each territory should be managed. However, it is a proposal adopted by the CAPS that have shown satisfactory results for improved quality of life, rescue and development of social skills, interaction, community support and leisure.

The workshop in the territory allows stigmatized patients to feel integral and accepted in the territory where they live, making it possible to explore what the territory offers them, without fearing of not feeling members of that place,

and understanding their rights and duties as citizens to take advantage of a place of collective use. The workshop provides increased quality of life and favorable changes to the treatment and recovery of users by stimulating autonomy and social interaction. It is therefore critical for the care and quality of life of users and expands the building spaces of the social subject and reframing of psychological distress.

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