
Use of therapeutic offices involving reading and dynamics as proposals for multiprofessional action in CAPS

Utilização de espaços terapêuticos envolvendo leitura e dinâmicas como propostas para ação multiprofissional no CAPS

Use of therapeutic offices involving reading and dynamics as proposals for multiprofessional action in CAPS

Vanessa Domingos de Moraes¹
Miriam Cristina Leite Felix²
Sônia Maria Alencar Lima³
Maria Jaidete Jó Alves⁴

RESUMO:

Diante da reformulação do modelo assistencial proposta pela reforma psiquiátrica foram criados os Centros de Atenção Psicossocial (CAPS), que através de uma equipe multiprofissional oferece atividades terapêuticas, que visam à construção de novas maneiras de cuidar do usuário com transtorno mental. A realização de oficinas terapêuticas permite a possibilidade de expressar sentimentos de maneira saudável e criativa, estimulando a autoestima e a autoconfiança. Este estudo trata-se de um estudo descritivo na modalidade de relato de experiência, a partir das atividades desenvolvidas por residentes de enfermagem, farmácia e nutrição nas oficinas terapêuticas realizadas no CAPS Caminhar no município de João Pessoa/PB. O estudo objetivou promover o

¹ Universidade Federal de Campina Grande, Farmacêutica, Residência Multiprofissional em Saúde da Família e Comunidade - Faculdade de Ciências Médicas. Especialista em farmacologia e interações medicamentosas – UNINTER. Correspondência: vane.dm2010@gmail.com

² Universidade Federal da Paraíba, Enfermeira, Residência Multiprofissional em Saúde da Família e Comunidade - Faculdade de Ciências Médicas

³ Universidade Federal da Paraíba, Nutricionista, Residência Multiprofissional em Saúde da Família e Comunidade- Faculdade de Ciências Médicas, Especialista em nutrição clínica-prática e terapia nutricional

⁴ Universidade Federal da Paraíba, Psicóloga, Diretora do CAPS Caminhar

acesso ao conhecimento, a troca de ideias e a produção cultural através da leitura de poesias e cordéis, utilização de músicas e dinâmicas. Foram utilizadas oficinas terapêuticas semanalmente, na qual participaram em média 35 usuários. A cada encontro percebemos a importância do CAPS e das oficinas terapêuticas na produção do cuidado não apenas para eles, mas também para seus familiares. Conclui-se que a realização das oficinas terapêuticas são espaços enriquecedores por proporcionarem a construção de vínculos entre usuários, familiares e equipe do CAPS, permitindo, assim, que tanto o familiar como o paciente reorganizem sua rotina e também retornem suas atividades na sociedade.

Palavras-chave: Saúde mental, Saúde pública, Literatura, Sistema Único de Saúde, Educação em saúde.

ABSTRACT:

In view of the reformulation of the care model proposed by the psychiatric reform, the Psychosocial Care Centers (CAPS) were created through a multiprofessional team to offer therapeutic activities aimed at the construction of new ways of caring for the user with mental disorder. The realization of therapeutic workshops allows the possibility of expressing feelings in a healthy and creative way, stimulating self-esteem and self-confidence. This work is a descriptive study in the experience reporting modality, based on the activities developed by residents of nursing, pharmacy and nutrition in the therapeutic workshops held at CAPS Walk in the city of João Pessoa / PB. The aim of this work was to promote access to knowledge, exchange of ideas and cultural production through the reading of poetry and cords, use of music and dynamics. Therapeutic workshops were used weekly, in which an average of 35 users participated. At each meeting we realized the importance of CAPS and therapeutic workshops in the production of care not only for them, but also for their families. It is concluded that the realization of the therapeutic workshops are enriching spaces for providing links between users, families and CAPS staff, thus allowing both the family and the patient to reorganize their routine and also to return their activities in society.

Keywords: Mental health, Public health, Literature, Single Health System, Health education.

RESUMEN:

Después de la revisión del modelo de atención propuesto por la reforma psiquiátrica, se crearon los Centros de Atención Psicosocial (CAPS) que a través de un equipo multiprofesional ofrecen actividades terapéuticas dirigidas a la

construcción de nuevas formas de cuidar al usuario con trastorno mental. El logro de los talleres terapéuticos permite la posibilidad de expresar sentimientos de una manera sana y creativa, estimular la autoestima y la confianza en sí mismo. Este trabajo es un estudio descriptivo sobre el modo de experiencia en la presentación de informes, a partir de las actividades desarrolladas por los residentes de hogares de ancianos, farmacia y nutrición en los talleres terapéuticos en el CAPS Caminar en la ciudad de João Pessoa/PB. El estudio tuvo como objetivo promover el acceso al conocimiento, el intercambio de ideas y la producción cultural a través de la lectura de poesías y la lectura de secuencia, de la música y de dinámicas. Talleres terapéuticos se utilizaron semanalmente, a los que asistieron un promedio de 35 usuarios. En cada reunión nos dimos cuenta de la importancia de los CAPS y talleres terapéuticos en la producción del cuidado no solo para ellos, sino también para sus familiares. Se llega a la conclusión de que la realización de talleres terapéuticos están enriqueciendo los espacios para proporcionar una construcción de vínculos entre los usuarios, los miembros de la familia y el equipo de los CAPS, lo que permite tanto a la familia y al paciente reordenaren su rutina y también volver a sus actividades en la sociedad.

Palabras clave: Salud Mental, Salud Pública, Literatura, Sistema de salud, Educación sanitaria.

1 INTRODUCTION

The process of Brazilian psychiatric reform began in the late 1970s and it is part of a global movement to overcome violence in the asylum model, which was predominantly adopted as a treatment for people with psychiatric disorders. From this reform, the substitution services were inserted into the hospital-centered model, which has as main objective the care of the subject beyond the mental disorders presented, providing moments of relaxation and learning for life in different spheres: personal, social or family, seeking the reinsertion of this subject into society. In view of the reformulation of the care model proposed by the psychiatric reform in 1986, the Psychosocial Care Centers (CAPS) were

created through a multiprofessional team offering several types of therapeutic resources which aimed at the construction of new ways of caring for the mental health user, both through individual care (prescription drugs, psychotherapy, counseling, home visits) and collective therapeutic behavior (group care: workshops and therapeutic groups, family care), besides being open to a series of actions for greater interaction and social insertion of the user with the equipment and services available in the community.¹

The execution of therapeutic workshops allows the possibility of expressing feelings in a healthy and creative way, valuing the user's imaginative and expressive potential, stimulating self-esteem and self-confidence, betting on the reconstruction of social bonds, without losing sight of the unique interest of each user, going beyond doing, occupying time and care, constituting a space of complex, plural and transversal activities of knowledge. Among the several therapeutic activities carried out in these groups, there are activities such as dances, music, handicrafts and community therapies, becoming a space for integrating users between themselves and with society.^{2, 3, 4}

Thus, the CAPS has the objective of recovering the autonomy of the user in mental health, introducing them into the society and creating alternatives so that this insertion occurs in a pleasurable way for both.⁵

These spaces of care and embracement provide the building and strengthening of bonds, for the subject becomes the main focus, being seen in its totality and existential subjectivity with respected human, individual and civil rights. Care and autonomy experienced by the user facilitate adherence to treatment, also influencing personal growth. These care relationships should be based on ethical principles and should be the result of the agreement between a

triad, composed of professionals, users and family members, who should always be involved in the treatment process.⁶

All this construction aims at the subject empowerment, making them capable of being the protagonist of their own life and seeking, above all, social integration.⁶ Vasconcelos⁷ defines empowerment as "the enhancement of the personal and collective power of individuals and social groups in interpersonal and institutional relations, especially those subjected to oppressive relations and social domination".

To achieve this goal, it works with the expanded clinic which, according to the National Humanization Booklet, is a clinical work that aims at the subject and the illness, the family and the context, aiming to produce health and increase the autonomy of the subject, family and community.⁸

Among many other performed activities, the search for knowledge in the literary and poetic world can be an instrument capable of promoting the autonomy of the subject affected by mental suffering, providing moments of leisure and relaxation, as well as contributing to the imagination and development of critical and reflexive attitudes, since it leads them to reflect, to problematize, to reformulate concepts, to review postures, especially, to overcome challenges around them.

Given the importance of reading as a form of communication, expression of thoughts and feelings, we hold moments where we experience with users the search for an unlimited and transformative world that is the reading through therapeutic workshops, giving access to information, knowledge and culture, as well as enabling dialogue, exchange of experiences and reflection.

The work aimed at promoting access to knowledge, exchange of ideas and cultural production through the reading of poetry and cordel literature, use of music and dynamics, seeking to provide the pleasure of learning, stimulating the creativity and expression of users and also promoting the reflection of the themes addressed in their life context, directing them to perceive reading and music as an essential tool in the process of interaction, appreciation and improvement of orality.

2 METHODOLOGY

The present work is a descriptive study in the experience reporting modality, based on the activities developed at the Multiprofessional Residency in Family and Community Health (RMSFC – “Residência Multiprofissional em Saúde da Família e Comunidade”, in Portuguese) – Established by the Municipal Health Department of João Pessoa, in partnership with the College of Medical Sciences, support of the Federal University of Paraíba and with encouragement from the Ministry of Health and Education, whose objective is to help in the consolidation of SUS, increasing the resolving power of health actions with emphasis on the needs and diversities of the reality of the territory.

This paper describes the experience/performance of nursing, pharmacy and nutrition residents in the therapeutic workshops held at the Psychosocial Care Center - “Caminhar” CAPS in João Pessoa/PB, being classified as type III that serves and treats patients with moderate and severe persistent mental disorders. The unit has six observation beds for users who need night care or temporary hospitalizations, which should be understood as an additional

therapeutic resource, aiming at avoiding hospitalizations in psychiatric hospitals, promoting comprehensive care for those who seek this service.

Regarding the method chosen, the therapeutic workshops happened weekly, in which 35 users participated, in which texts and dynamics were used, which allowed reflection and let the users' imagination loose for associations and inquiries, that required the use of literary resources such as cordel literature, poetry and songs. For the execution of the therapeutic workshops, the following materials were used: text in cordel literature, poetry, music, videos, paperboard, sheets of A4 paper, paint for painting, balloons, markers and colored pencils.

The target audience was the users who were present at the “Caminhar” CAPS in December of two thousand and sixteen and who felt comfortable to participate in the workshops. The workshops themes were discussed with the users group, being built at each meeting, in view of the aspects identified as being of most interest to them. The course of the selected themes were based on three points: 1st- User sensitization for the proposed theme -presentation of cordel literature, poetry, songs and dynamics; 2nd - Construction of ideas through questions that allowed reflection on daily attitudes and subjective relationships that the individual brings; and 3rd - Register of the proposed theme -expression of artistic or written activities in individual or collective productions of what the user observes and feels through the texts and dynamics presented.

3 RESULTS AND DISCUSSION

The therapeutic workshops were divided into four weekly meetings, with a duration of one hour for each intervention, with an average participation

of 35 users, being developed in the group activities room where the multiprofessional residents team, which includes a nurse, a pharmacist and a nutritionist, received support from the “Caminhar” CAPS workshop.

In these workshops, the multiprofessional group acted in order to contemplate the subjective aspects demonstrated by the participating users and that were evidenced through their opinions as to the measure that the workshops took place. Among the main actions taken in these workshops, it was discussed: family context, experience exchange, the formation of affective bonds, the stimulation of the verbalization of feelings and, especially, the humanized and comprehensive care to the users valuing the small gestures in the care. A study conducted by Pereira; Rivera and Artmann⁹ emphasizes the importance of this work in a multiprofessional team, which promotes shared responsibility for improving the quality of the population life and of the assisted group.

These therapeutic workshops are important environments for the rehabilitation of people with mental disorders, and for this process to happen it is necessary to provide means by which the user can express themselves, organize their contents and advance in the process of self-perception and self-knowledge, having the need to find in these places people who are willing to build a space for the promotion of health and collective well-being, taking into account the possibilities of building new friendships.¹⁰

The workshops development must occur in a way that broadens the understanding of group work through the symbolic expression of ludic content, affections and desires, stimulating the development of creative autonomy, resulting in a description of the observations, interventions and reflections carried out in these activities both by professionals and by the users involved.¹¹

In the first meeting, we had the "Box of feelings" dynamic, in which we provide a box containing papers with names of some feelings, such as happiness, forgiveness, hope, longing, affection, kindness, peace, among others. Each one should take one of these papers and from there we propose a reflection on the feelings, with the objective of having the users express their emotions and reflect on the negative and positive aspects of each word, relating it to their life, their memories, their families, etc. While some spoke, the others showed themselves curious and a little restless for their turn to speak. Several situations have been reported such as family abandonment, overcoming, hospitalizations, friendships. To close the moment, we made a poster with the word love, and from there we seek to work the emotional involvement of the present situation.

In the second meeting, we started by reading the poem "Friendship" by Fernanda Goucher, and afterwards we asked them to draw something that represented what they understood about what we had read and share it with all the people present. And, in the end, we realized that everyone, regardless of the cognitive condition, had participated, and through the drawings expressed caring attitudes towards one another. Many took the opportunity to make friendly statements to their workshop fellows. Then, we played the song "Amizade sincera" by Renato Teixeira so that everyone could get together.

To close the meeting, we made the "dream balloon" dynamic, in which each user received a small piece of paper, being instructed to write a dream they had on the paper and put it inside the balloon, which should be inflated, and then be thrown up and each one should defend/take care of their dreams that were inside the balloons, and in the end, they revealed what they had written. Everyone felt quite comfortable to speak about what they had written, and among

the many dreams we have heard, from material desires, some were more interesting, such as a user who wanted to see the sea, and another one who wanted to talk to her mother because, according to her, she has not been in touch for years not even by the phone. According to Ervedosa,⁶ these workshops of poetry generally provide the appropriation of the history of life, making their feelings and fears flow, in which everyone listens and is heard.

During the third therapeutic workshop, conducted with the choice of cordel literature as a mechanism for organizing and directing the dynamics, the users listened to the recitation of the "Um ano novo de esperança" cordel by Bráulio Bessa. The cordel presented to the users, through a simple language of understanding and broad in their sentences interpretations, the end-of-year climate that led to a message of reflection of the feelings experienced in the course of another year in the search of preserving what happened positively, but with the possibility of reinventing the world in a different way, without disregarding that all people face difficulties and that they are not only a singular individual but that they can affect the collective, but inner strength and faith can transform people individually and even collectively.

From then on, all the participants were encouraged to put on the paper, in a free way, to approach the form of expression of their feelings, what the cordel literature reading gave them in thoughts, gestures, feelings or any other form of approach. A set of feelings, thoughts and stories gradually gained the inner interpretation of each user and came to light through the verbalization of these sensations with the large group formed there. Thus, many demonstrated some of their fears, others the strength and willingness to face a new year of "positive head and thinking" as one user mentioned, some showed their emotions

of feeling good in the CAPS environment and wanting to continue doing “these good activity”, others felt emotional and took the opportunity to make statements of love and affection by fellow users and a user asked for permission to thank and ask: "May the CAPS family continue like this next year."

In the last therapeutic workshop, we performed the dynamic "the spell against the sorcerer", in which we began with the welcoming of the users, asking them to form a circle, then we distributed pieces of paper and pencils to each participant, in which each one wrote a task they would like their right-side partner to perform without letting them see. After everyone wrote it, it was revealed that what they desired the other to do, would be for the person who wrote it to perform. In the first moment, a certain surprise was demonstrated by some participants, but soon after they took the courage and were able to play with joy and much relaxation, being stimulated by the multiprofessional team to value the creative, imaginative and expressive potential. In the end, it was presented the exhibition of all the artistic records developed by the users during the previous workshops and a video of Deivison Pedroza, which contained a positive and reflective message about Christmas and New Year. After this moment, reflections were made on what to expect from the New Year and ways to pursue their dreams and life projects.

In general, the therapeutic workshops are care strategies that seek the psychosocial rehabilitation of the individual in mental suffering, being open to all the CAPS users, with the intention of the user to decide whether or not to participate in them, being adjusted their individual therapeutic project, which aims to meet the objective and subjective demands of the users, and that has as purpose the production of their autonomy and appropriation of their care process.

In the course of the activities, an important point that was taken into consideration was the active participation of the users, who all the time were encouraged to verbalize and express their feelings, asking questions to clarify the dynamics, demonstrating that the attention and the dialogue are the means to create a link between users and professionals(patient and caregiver). This identification is very relevant, since it stimulates the user to feel as if they belong to that place and to the people (users and professionals), creating greater advances in the adherence to the therapeutic treatment.^{12, 13}

Thus, the therapeutic workshops are considered valuable technologies in the care process, as they provide, through work and artistic expression, spaces for socialization, interaction, (re)construction and social (re)insertion. In these workshops, the subject is free to express themselves, being able to deal with their fears and insecurities, as well as to make exchanges of experiences, helping in the changes impact in their daily lives.¹⁴

4 FINAL CONSIDERATIONS

In the context of the advances in the reformulation of the care model proposed by the psychiatric reform in 1986, the Psychosocial Care Centers come to potentiate the services offered to those with mental disorders, aiming at the construction of new ways of caring for the user in mental health, one of them being carried out through the therapeutic workshops that prove to be a fundamental preparatory instrument that allows contact, socialization, acceptance, exchange of experiences and reinsertion of the user in the family and social group.

In the course of the workshops, we were able to observe several shared experiences, and each one tried to express their good and bad feelings, especially in relation to family and self-care, making their colleagues feel touched, as well as residents and professionals who were there, for each report was not just an unburden, but something that made us seek similarities and value the moment when each drawing or each word was an exchange of experience and had a meaning that led to overcoming.

At each meeting, we realized the importance of CAPS and of the therapeutic workshops in the production of care not only for them, but also for their families. This experience resulted in a bond strengthening between users and among users and residents, because at the end of each meeting they evaluated the activities always as positive, thanked and asked if we would return the following week. The climate was always of sharing among everyone, since the learning was reciprocal, because while we took some art and culture for them, we had as feedback their reports and the life stories that made us grow as human beings, evaluating the encounters always as enriching.

In view of what has been presented, it is concluded that the development of the therapeutic workshops are enriching spaces for creating bonds between users, families and the CAPS staff, allowing both the family and the patient to reorganize their routine and also to return to their activities in society, providing a better quality of life.

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