

GROUP THERAPY... SYSTEMIC THERAPY...

For Whom ?

Different from individual therapy, different methods use the relationships within groups or families to study the relations within them and make it possible to understand the communication problems.

Group therapy

It attracts 'basically social' subjects : PSORICS, SYCOTICS and 'LUETIQUES' in varying degrees. Should SULPHUR and SULPHUR IODATUM, who may like its convivial aspect and discussions, seek help regarding everyday communication or professional problems, it may engender possible changes for them.

NUX VOMICA, AURUM and LYCOPODIUM generally like its practical aspect.

ARGENTUM NITRICUM and MERCURIUS SOL are often attracted to the absence of constraints in relation to its length. What lessens their guilt by showing them, in others, the same 'difficulty in being' leads them to take an often fleeting but genuine interest in it.

To be able to talk about it outside the group or the place where the cure happens, in a space aware of their need for communication, underlying set of problems and mode of functioning stimulates them... This often strengthens their desire to go further and continue with their enterprise.

To be able to give simple answers to their reflections or questions will help them make progress and will only strengthen the link with the doctor, in whom they will gradually confide.

LACHESIS and LILIUM TIGRINUM, who find in group therapy a breeding ground for the prolix facet of their verbal expression, are reassured by the presence of others. The doctor, aware of the commotion that they generate in spite of themselves, may sometimes explain tactfully and cautiously the way they are seen by others and the reason why they may arouse very justified feelings of hostility.

Are they not, in spite of and beyond their excessive and somewhat directive - or seen as such - facet, eager to be appreciated and liked ? If LACHESIS imposes themselves on the group, it is very often difficult not to frustrate them by setting limits to and restraining them, but they also seem to derive a secondary advantage from what they may say about it outside. Their sometimes boastful and somewhat superior logorrhoea will be boundless about it.

It is essential to 'channel' them and sometimes to say that they need to be so to help them progress within the world. Their narcissism will remain unchanged, and the atmosphere around them and ear of the people who surround them will be a bit spared.

Timorous, unadventurous and unconfident subjects : THUJA, GRAPHITES, CALC CARB, SILICEA and PULSATILLA may, like sad or 'negative' subjects such as CAUSTICUM, PSORINUM and PETROLEUM, be helped by it. NITRIC ACID, whose caustic and inopportune remarks may be feared, may derive appreciable support from it.

They may need to be urged to carry on trying to achieve better socialisation or management of their relationships. The warm welcome, stimulation and presence of others with the same worries and difficulty in being may be very constructive. To say so will help

them carry on with their effort and the words of the doctor whom they trust will only have... a weighty influence !

But beware of what occurs again of their past or present family life ! It is important that they should be reminded of this every now and then when too many unsettling and clash-provoking problems arise :

LYCOPODIUM, who is an inquisitive person, a secret manipulator and leader, expresses their desire to make themselves heard in their way. This is not always appreciated by everybody given their sometimes cynical remarks and defensive aggressiveness. To make them realise this may enable them to be aware of it, which is not always the case given their somewhat victim facet and tendency to project their ill-being on to others.

PLATINA seeks 'Showiness' and wants to be the centre of attention but is not always able to bear the resulting aggressive effects of it. One should keep in mind their underlying narcissism often coming from old and secret NATRUM MUR as well as their false self which makes seduction into their essential mode of relationship. To make them understand this, even if it may have no effect in reality given the structure of their personality and its defensive formations, sometimes permits very strange confidences and odd discoveries : alcoholism, loneliness, disappointment, difficult childhood... or original destitution... Even if they do not mention this again or do 'as if' nothing has been divulged, at least they will have revealed it once in their life. Perhaps this will make it possible to prevent a depressive move, with the inherent risks for this personality withdrawn into silence and dignity.

CYCLAMEN, NATRUM MUR and SEPIA, who are generally little attracted to groups, are not able to bear them very well given the possibility that words may hurt. To tell them, on that occasion, about what is linked to their sensitivity and represents an obstacle may help them question many of their inordinate or incomprehensible reactions.

PHOSPHORUS avoids it... As they are too sensitive to what comes from the other and to the inner and external disharmony which their unconscious engenders, they are not able to bear it very well. To stress the strengths and weaknesses of that characteristic may help them understand that everybody does not sense the world as strongly as they do and they should be aware of this so as to avoid closing the door on communication too quickly. To internalise the differences makes it easier for them to leave their world, which is too fusional and little differentiated.

AMBRA GRISEA panics. They may find in the group an environment conducive to learning a form of mastery over their state of confusion and to ulterior soothing. To suggest relaxation or stress management techniques may help them master more effectively what overcomes them in that environment and later in broader ones.

MEDORRHINUM wants to do too many things at once... As usual, they want to be everywhere and therefore nowhere. The group sends them back this message. To say so to them by explaining how tiring and distressing their behaviour is for themselves and how unreliable their word seems may make them understand many of their disappointments. It is often useful to suggest a few basic courses of action which will help them channel themselves. Not to deviate from them and to try to follow them and take the homoeopathic similimum will be, given their guilt, a starting point for genuine better quality of life.

MERCURIUS SOL is unstable, sometimes aggressive but often feels guilty because of the bad image they have of themselves and present to others. It may be important to explain their essential problems, phases of aggravation and the hazards to which their polydiathetic nature predisposes them.

ARGENTUM NITRICUM worries... They do not have the time to go and 'listen to themselves' or go and 'listen to "the other" '. But... they create tension around them and it is useful to make them aware of this.

ARSENICUM ALBUM forces themselves to go towards the other. They often have trouble relating to their fellow men. To point out their rigidity and explain the causes of it may, by satisfying their rationality and sparing their oversensitivity, which has led them to defend themselves so strongly and inappropriately, make it possible for them to try not to lay down the law too often and to take into account 'differences'. That will only help them in their family, social and professional life.

Through what the subject says about what they experience within the group, the opportunity for a discussion with their doctor, about which they may talk with their therapist later, may occur... Perhaps it will be another opportunity for 'common work', as if in a sort of imaginary broadened family.

Systemic therapy

Family and institutional pathologies may be eased and permit, through the observation of the combination of 'remedies', that of constitution and its mode of functioning and to spot internal problematics and risks.

It brings out 'Luèse' and its penetration into other diatheses and calls to mind the discussions that deny the other, the non-named psychosis which engenders so many wrongly labelled behaviour problems and paradoxical injunctions, which are so problematic : ANACARDIUM, MEDORRHINUM, ARGENTUM NITRICUM... are presented with all the vicissitudes of their modes of functioning towards the other.

It brings to mind 'TUBERCULINISME' and the inconsistency of words disconnected from acts... : absent-mindedness, the child who gets 'lost' and therefore widens the range of their feelings, the guarantee of survival... but also those pathogenic transmission chains which engender pathology. Unambiguous psychosis will often be its ineluctable result...

To know the homoeopathic type in question helps understand, clarify, anticipate and organise so as to reach the level of words, a more structured relationship and more appropriate things to say.

The doctor may often, by pointing out reactional modalities which are sources of conflict, help envisage the approach of the sources of the malfunction in another context. This will be all the more readily accepted as its aims are understood.

The spectre of guilt or transfer of responsibility to any person will be banished : each is involved equally. Only the relationship malfunction, coming from each of the histories in question, is brought out.

To explain this to the protagonists will change everything and constitute the first step of the systemic therapy which will be recommended for the future.