

Abstract for

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"Social Challenges - Shared Responsibility in Psychiatry and Psychotherapy"

Presentation

Workshop

Male / Female / Diverse

Name: **Krienke** First Name: **Ute**

Title / Position: Psychotherapist

Country: Germany

Presentation title: **Impacts of Social Crises on the Groupdynamic Network in Group
Psychotherapy**

Abstract text up to 15 lines in English:

In the last years since world crises were discussed more and more in our daily life, working with patients in group therapy had to be adjusted. My talk will discuss how manual based group psychotherapy could be affected by social issues that break in from outside. Patients bring their irritations from everyday life to group therapy and are thus distracted from working on their therapy goals. I will explain how my work with outpatients of a psychiatric clinic had to be changed because group dynamic aspects get more influence on the interactions between the patients. Due to the rising emotions in society and correspondingly heated debates everywhere, the therapy sessions also showed an increasingly tense atmosphere and a greater tendency for participants to get into conflicts or withdraw from the interaction altogether. This hindered the structured work on the individual topics, as there were repeated distractions from the interventions specified in the manual. In order to maintain or restore the group's ability to work, it was necessary to temporarily focus on the group dynamics in order to then be able to return to the therapy content to be worked on. The highly manualised structure of the group therapies based on Cognitive Behavioural Therapy that I would like to present usually reduces uncertainty and frustration through a high proportion of education and joint positive reinforcement in the practice field. In recent years, however, it has seemed necessary to me to pay much more attention to and work with group dynamics throughout the entire process.