

WORKSHOP OF WORDS, SOUNDS AND MUSIC

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Introduction: Based on the assumptions of Group Analysis theorized by Burrow and Foulkes, in the Center for Mental Health of Casarano (Department of Mental Health of Lecce, Italy), it has been experienced the "Workshop of words, sounds and music", with the aim to develop and empower the skills of the participants promoting the functional re-inclusion in the context of normal life.

Methods: The work group has provided weekly meetings and involved 12 schizophrenic patients followed by the Mental Health Center of Casarano. It was stimulated the writing of songs first by lyrics and then by melody starting from individual and group introspective thoughts.

Results: Several songs have been created by the participants and it was released a CD in the recording studio.

Conclusions: It was possible to develop creative moments in which they could be expressed deep emotions that dwell in the individual lives of the protagonists stimulating at the same time socialization as an intrinsic part of the therapeutic process. This allowed the metaphorical language of the unconscious could be communicated to the conscious, resulting in a curative effect on psychosis. In this way, the pent-up energy from the disease has been usefully channeled in a group setting where each component has expressed a new access to mental regenerative sources.