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Introduction: There are a number of studies about Quality of Life at Work (QLW). Noteworthy is that few of them focus mental health and show an intervention plan. Psychodynamic work indicates the value of listening to person and psychosomatic indicates the benefits of a body and mental practice like relaxation. Therefore it was developed a QLW project that includes collective interview (psychodynamic work) and relaxation (psychosomatic).

Objective: To test the hypothesis that the practitioner would show an increase in coping strategies and a decrease in avoidance strategies.

Aims: To identify the relationship between interview, relaxation and how employees deal with stress.

Methods: base line with repeated measures. Participants: 10 workers freely enrolled in the project. Measures: a) A questionnaire to identify demographic and health variables; b) The Coping Responses Inventory for Working Settings; c) Collective interview.

Qualitative Results: final collective interview showed an increase of the experiences of pleasure, and a minimization of the experiences of anguish despite the maintenance of some oppressive organizational features; quantitative results: there was an increase of the *Confrontation* strategies, especially *Positive Revaluation*; decrease in the search for external *Orientation* and in the *Avoidance* strategies as *Resigned* acceptance. The findings confirmed the hypothesis that talking sessions and psychosomatic relaxation helps to have a positive and active attitude.

Conclusion: In-depth talking analysis shed light on the psychodynamic of work. The collective interview associate with the relaxation appears as useful tool to help employees to cope with stress, improving their QLW.