

MORE GROUNDING:

The Bioenergetic Analysis as a support for the young adolescent apprentice in the labor market.

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INTRODUCTION

This social project had as its main basis to carry out Health analysis for adolescents and young people in particular constituting an alternative of health promotion for adolescents and young people in social vulnerability. Bioenergetic Analysis. According to Lowen (1975). It is the study of the human capacity in terms of energetic processes of the body. For Hoffmann and Gudat (1997). In Bioenergetic Analysis "energy is something dynamic, its movement and movement of the body as a form of internal movement and is expressed in well being and joy.

According to Lowen (1975), the individual is limited to receiving pleasures and satisfaction when satisfied with the satisfaction of their expectations. Alexander Lowen created a series of exercises and corporate resources to recover the vitality of the body not being used in psychotherapy but for her. In these are prepared basic principles of breathing, rooting, sound, movement, vibration and self-expression. (Alves and Correia, 2004, 35).

"TO BE GROUNDED IS TO BE CONNECTED WITH ONESELF, WITH NATURE, WITH SEXUALITY, WITH MOTHER EARTH, WITH THE COSMOS, WITH THE UNIVERSE"

Grounding is, in Bioenergetic Analysis, an important bodily task, means rooting, ground contact, with a reality. "To be grounded is to be connected with oneself, with nature, with sexuality, with mother earth, with the cosmos, with the Universe" (Correia and Alves, 2004, 36). The bond of good quality built in love relationships and with the parental figures is a basis for this connection. As Hoffmann and Gudat (1997) argue, bioenergetic exercises can be a relief for neurotic symptoms.

They help in cases of feelings of need or emptiness, constant irritation, making contact with yourself in a better way and finding new ways to life. Symptoms that often resemble those of the normal crisis of adolescence, a phase of transition in which a great challenge is to come to be in the world, a social construction that involves relationships with friends, achievements and choices. These imply the courage to live risks, make the decision possible at the moment, manage external and internal pressures.

PROJECT SITUATION

It was a volunteer work that was part of the discipline. Intervenção Psicocorporeal, taught by Grace Wanderley in the Specialization in Clinic with Focus on Bioenergetic Analysis of Libertas, Recife-PE, Brazil. It was carried out, in the period 27/11/2015 to 10/19/2015, by Maria Adélia Piquet Menezes, Patricia Melo and Jaciara Caraciolo.

TARGET AUDIENCE: 14 adolescents between the ages of 17 and 19, of whom 5 were male and 9 were female, all enrolled or graduating from the public school, participating through the Entrepreneur Institute of the Young Apprentice Program of the Ministry of Labor and Employment, which promotes, through socio-professional inclusion, the reduction of the youth unemployment index.



OBJECTIVE

The objective of the project was to offer an experience that would allow this group of young people an extra foundation. To provide, with psycho-corporeal activities, more grounding, bioenergetic balance, greater self-knowledge and more self-confidence so that these more appropriate ones of themselves had greater self-mastery and more integration as subjects with the world of work.

Other objectives were built with the group and reaffirmed during the process. Their words would be: "to develop group integration, unity, acceptance, respect, the ability to listen and to love, as well as to foster a sense of joy and peace." These objectives are consistent with a group demand for support, holding and care to make this crossing to adulthood lighter.



As Lopes asserts, at present, when human value is increasingly in appearance, being grounded will be critical to a "self-focused existence rather than a projected image of a narcissistic ego" (Lopes, 2009).

The socioeconomic context and family relations often form a scenario of helplessness in the face of the demands of the adolescent process, and there is also a demand for interventions along this age range. These interventions can, according to Roe-Sepowitz and Thyer (2004) cited by Murta and Marinho (2009), strengthen the construction of a life project that allows the development of the full potential to fulfill the professional, parental and conjugal roles.



"Adolescence alone can be a tempestuous period," Winnicott (1983) said. A phase of life that is pure transition. A great challenge is to become in the world, a social construction that involves relationships with friends, achievements and choices. These imply the courage to live risks, make the decision possible at the moment, manage external and internal pressures.

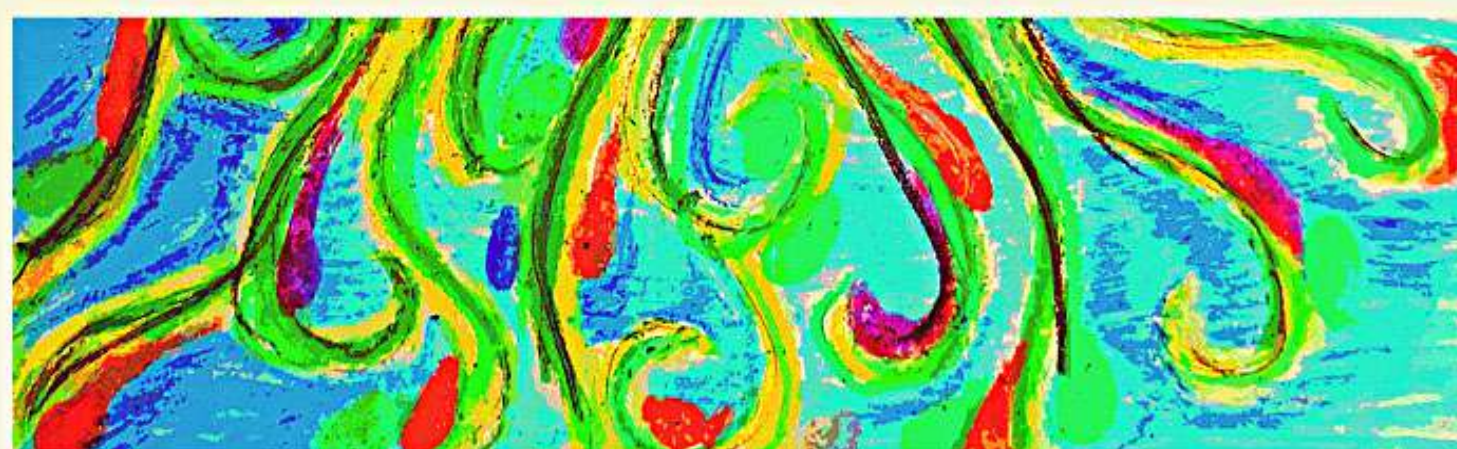
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METHODOLOGY

The basic principles of breathing, rooting, sound, movement, vibration and self-expression were the pillars of the 10 encounters with these young people from July 27, 2015 to October 10, 2015. The analysis of the group's demand, coupled with the basic considerations of Bioenergetic Analysis and the theories related to groups, led to the composition of the interventions of each meeting.

A great challenge was to dynamize the corporal works and the experiences adapting them to the adolescent public, being thus the element lúdico was indispensable. There were dynamics, dance, work with doubles or in group, use of water balloon, etc.



RESULT

To the extent that the breathing and grounding and the various body segments (ocular, oral, cervical, thoracic, diaphragmatic, abdominal and pelvic) were worked with the group, tensions were diluted and there was an increase in energy, providing greater disposition and adolescents, who expressed this in their statements. All psycho-corporeal work favored self-expression and made possible greater contact with emotions, not always good.

They presented themselves in the most spontaneous, joyful and creative encounters, revealing a greater capacity for pleasure and satisfaction. The focus on grounding in the knights seems to have, as planned, served as ground for the teenagers. These, more strengthened, were more self-confident at various times to cope with their frailties and reawaken. They were able, connected with reality and with their own desire, to dream and idealize a project of life.

They began to take a more expressive stance, speaking in the first person and revealing a better self-esteem and greater self-confidence before the group. Being more appropriate of themselves and their potentialities, more secure, they began to deal more calmly with the challenges of the world of work, including extending, according to group testimonies, the use of respiration and grounding in the professional context.



FINAL CONSIDERATIONS

The present project showed a possible alternative of health promotion with the Bioenergetic Analysis for low income adolescents, who probably would not have the opportunity to benefit from it otherwise. It was possible to conclude with this intervention that it is important, and totally viable, to perform a psycho-corporeal work in the social context, in addition to the private clinic.

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