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

MÁRIA ADÉLIA PIQUET
CONCEIÇÃO Menezes
adeliapiquet@gmail.com

OBJECTIVE
The objective of this project was to offer an experience that would draw the group of young people to the experiment. The experiment, conducted in a group format, required the participants to engage in a group activity that would help them understand the concept of grounding.

PROJECT SITUATION
The participants were young people in the age group of 15 to 18 years old, who attended a group therapy session in a public school, and participated in the intervention as part of a larger project.

RESULT
The participants were able to experience the concept of grounding in a group setting. They learned how to ground themselves and how to support each other in the experience.

INTRODUCTION
The present project is a study on the psychosomatic patterns of young people in the age group of 15 to 18 years old, who attended a group therapy session in a public school, and participated in the intervention as part of a larger project. The project was aimed at understanding the concept of grounding and its impact on the participants.

CONCEPTUAL FRAMEWORK
The project was based on the concept of grounding, which is the process of connecting with the physical world in a way that helps the individual feel grounded and supported. The grounding process is a key component of the Bioenergetic Analysis, which is a therapeutic approach that focuses on the interplay between the mind and the body.

METHODOLOGY
The methodology of the study involved a combination of session planning, intervention, and self-reflection. The sessions were designed to facilitate the grounding process and to encourage the participants to explore their feelings and experiences.

CONCLUSION
The participants were able to experience the concept of grounding in a group setting. They learned how to ground themselves and how to support each other in the experience.