

"Construindo Caminhos": intervenção psicossocial em grupo no contexto prisional [

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text (article)

Analítica

The provision of psychosocial interventions in groups is an important guideline for Psychology in public policies, including the prison system. Despite this, the national literature has a gap in the description of interventions of this nature. This article, an experience report, aims to present theoretical and technical aspects of the psychosocial intervention called "Construindo Caminhos", in addition to qualitatively analyzing its feasibility. The intervention covers 10 meetings and addresses themes that promote skills that aim to prepare the participant for freedom. With a theoretical framework of Systems Thinking, it includes personal, relational and contextual aspects, based on the themes of communication, social perceptions, emotions, interpersonal relationships and conflict resolution. It can be considered that it is a viable brief intervention to be introduced in prisons as a way to promote health. Participants' acceptability and satisfaction were measured, as well as changes in narratives, social perceptions and ways of resolving conflicts

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