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GROUP PSYCHOTHERAPY FOR WOMEN WITH GENERALIZED CHRONIC PAIN.

Abstract

The aim of this study is to demonstrate how group psychotherapy influences the life situation of women with chronic generalized pain (CGP).

This paper is based on the study of 18 women with CGP participating in short term group psychotherapy. Short-term group psychotherapy in this study is defined as 20 sessions three hours each, altogether 60 hours. All data are collected and tape recorded through the group meetings. Data on traumatic life events, work situation before and after therapy and ability to solve problems are presented. It seems likely that these women are gravely incriminated with traumata from early childhood up to this day. The role pain plays in daily psychosocial survival is discussed.

In conclusion, the authors suggest that short-term psychotherapy causes no miracles, but initiates a positive development in each participant.

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