

## **Chemical dependence: An unstable dynamite and group dynamics as an intervention mechanism**

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### **ABSTRACT**

This work aims to investigate the impacts and reflexes caused by the use of psychoactive substances in the inmates of a Recovery Center. In this sense, we initially seek to highlight the effects and scope of drugs in the lives of users, as well as the importance of group dynamics as an instrument of intervention in the process of permanence, rehabilitation and social reintegration of inmates. To this end, the present study was developed in two phases: expository bibliographic research and field research. The first was based on articles indexed in the SciELO, PePSIC, AND GOOGLE SEARCH databases, as well as on the theoretical notes of Lewin Kurt, and on the theoretical postulates of David Cohen (2014) on Freud's research in relation to cocaine and the reference work of Eliane Regina Pereira and Bader Burihan Sawaia (2020) on Group Practices: Space for Dialogue and Power. The second had as an instrument for data collection the systematic and descriptive observation of the speeches of the inmates of a user community center, exclusively for people with chemical dependency and homelessness.

**Keywords:** Chemical dependence, Unstable, Reach, Group dynamics.

### **INITIAL CONSIDERATIONS**

Based on the theoretical frameworks above and the data collection from the field research. The present work aims to understand what chemical dependence is and its effects. In addition, to describe, through the reports of the sheltered, the importance of group dynamics in the treatment of psychoactive substance dependent in the group therapeutic space.

The use of psychoactive substances, contrary to popular belief, is not a new event in the human repertoire, but an ancient and universal practice Toscano Jr. (2001). In this sense, it is known that since the remote times of humanity, there has been the use of psychoactive substances, however, due to the lack of research, perhaps due to ignorance of their overwhelming effects, it was possible to consider, initially, as a cultural and medicinal manifestation of that time.

Thus, analyzing the historical evolution of generations, it is possible to verify that there has always been drug consumption, from remote times to the present day. According to Martins & Corrêa (2004), this is because man has always sought, through time, ways to increase his pleasure and reduce his suffering.

Thus, it can be said that psychoactive substances were implanted in society like any other element present in the market and follow the cultural, social and religious patterns of each historical moment.

Currently, it is understood that drug use is a serious social and public health problem. It can be considered as a primitive disease, which develops in a seductive, illusory and progressive way, but it



affects the life of the individual like an unstable dynamite that explodes. Because it affects its dependents unfavorably in all aspects: physical, mental, emotional, spiritual and social.

Thus, the term dependence:

"When applied to alcohol and other drugs, it implies the need for repeated doses of the drug to feel good or to avoid bad feelings." Glossary of Alcohol and Drugs (2010, p.49).

At the same time, according to the ICD-10 Classification Manual of Mental and Behavioral Disorders, the central characteristic of dependence is the often strong and irresistible desire to consume the drug.

In this sense, according to the writings of David Cohen (2014), Freud's first investigations on psychoactive substances, especially cocaine, took place when he was a neurologist. However, his research at the time was in line with the psychiatric approaches of the time. Freud's complete works total 32 volumes, including no text on cocaine, although he wrote four articles on the subject and was very proud of them at the time of publication.

Next, Group Dynamics is an intervention mechanism that contributes to the development of group and interpersonal relationships, encouraging dialogue, reflection, learning and maturation of the individual.

Simultaneously with the subject, Martin-Baró (2017, p.141) clarifies that psychologist Kurt T. Lewin is considered the founder of modern group dynamics. It was he who introduced the term "Group Dynamics" to the social sciences and "gave a definitive name and identity to the study of groups" in American social psychology.

For him, the group is more than the sum of its members, it consists of a dynamic totality that does not result only from the sum of its members. In addition, it has its own structure, objectives and relations with other groups. Moreover, the essence of a group is not the similarity or difference between its members, but their interdependence.

According to Pereira and Sawaia, (2020, p.12):

"Group practices are potency and openness to another possible humanity. They are the possibility of experiencing the encounters and through them being what they are not yet, of going beyond the point of development and reaching other heights."

In this context, Lane argues that the group is the mediation between the individual and the social, it is the necessary condition to understand the social determinations that act on the subjects, therefore, all social transformation only happens when the subjects are grouped. In the group, the subjects discover themselves to be equal, since they belong to the same historical context that constitutes them, but they also discover themselves to be different from each other. According to Lane et al, (1998, p.11) "it is necessary



to recover their individuality, it is necessary that one looks at the other and recognizes their individuality through the differences between them".

In this sense, Group Dynamics is understood as an intervention instrument that enables mediation, provocation, stimulation and reflection in group therapeutic work. They have the ability to increasingly enhance individual experiences, giving greater openness to new knowledge. Even more, it assists in the group and interpersonal relationships of individuals, as well as contributes to the learning of all participants directly and indirectly.

#### CHEMICAL DEPENDENCY: AN UNSTABLE DYNAMITE

According to Cohen, David (2014) in his late 20s, Freud missed the opportunity to make a name for himself as a doctor through cocaine research. However, a friend Carl Koller proved more method in the study of the drug.

It is known that together, Freud made several attempts on the use of cocaine, he believed that under the effect of the drug the body could perform a greater amount of work with less energy. Subsequently, it was hypothesized that the effects of cocaine would act differently on each individual.

In this context, Freud, for some time, prescribed and administered cocaine to his friend, Fleischl. He believed in the possible benefits of cocaine in the body. However, after six months of using cocaine, he noticed that the patient was unable to work and suffered sudden mood swings. Currently, these changes are known as toxic psychosis, the result of chronic stimulant intoxication. At that time, probably, Fleischl's psychotic symptoms were terrible, for Freud reported in his writings: "he once had hallucinations of white vipers climbing up his body."

According to Devid Cohen (2014), Freud was pessimistic about the effects the chemical was having on Freud's friend Fleischl, as in a letter to his fiancée Martha told her that Fleischl would not live much longer than six months. However, according to the text under analysis, Freud, even though he knew the harm that cocaine was causing, did not stop prescribing it.

In addition, Devid also reported that Freud was shocked by the state of delirium tremens that his friend suffered, he was so sick that one night he did not have the courage to leave him alone, so he spent the night with him. He suffered from the syndrome of tremors, hallucinations, and seizures associated with withdrawal from chronic alcoholism and stimulant abuse. It was on this night that Freud admitted that the use of Exacerbated cocaine causes great harm to people. So he warned his fiancée Martha not to consume too much.

Therefore, despite these investigations with cocaine, there is a scarcity of the problem of Freudian drug addictions. Well, there are sparse references to alcoholic psychosis. (BIRMAN, 2005)



Finally, in the mold of psychoanalysis, psychoactive dependence is understood as a symptom, in the expectation of living continuously under the domain of the pleasure principle, the subject incorporates into his routine a habit of consuming chemical substances that can cause dependence (MOTA, 2007).

## GROUP DYNAMICS INTERVENTION INSTRUMENT

Initially, Group Dynamics "is constituted as an experimental science practiced in the laboratory and on artificially assembled groups, for the purpose of experimentation, with control of variables, quantification." Andaló (2006, p.43). Subsequently, according to Blanco, (1995); and Fernández, (2006) the relationships constituted in the laboratory began to be studied in groups, of daily life such as schools, neighborhoods, etc. Involving researchers in real situations of the groups, in the solution of social conflicts.

Thus, Barreto (2010) points out that Group Dynamics has historically developed, consolidating itself as a field of research and also as a field of application, related to different problems and contexts.

The phenomenon, group dynamics, has a significant importance for social psychology, in which its identity was fostered by Kurt T. Lewin, who elucidates two important ideas in group psychology: behavior is derived from the totality of coexisting facts and is concerned with examining the current dynamic field, analyzing the systems of tension that are produced by the forces in action; as well as the conduct of the group that would result from the particular system of tension between the members of the group at a given time. Martin-Baró (2004, p.202). Therefore, it is considered as a force field.

For Lewin, the explanatory key to group phenomena lies in the interdependence between members: "the essence of a group is not the similarity or difference between its members, but their interdependence" (K. Lewin, 1948a, p. 100). It is a matter of understanding that the group has specific properties as a totality, not directly resulting from the properties of the parts themselves: "today it is widely recognized that a group is more than the sum of its members, or, more exactly, is different from it. It has its own structure, its own objectives, and its own relations with other groups" (K. Lewin, 1948a, p. 100). In other words, the group is not the result of individual psychologies alone, but of a set of relationships.

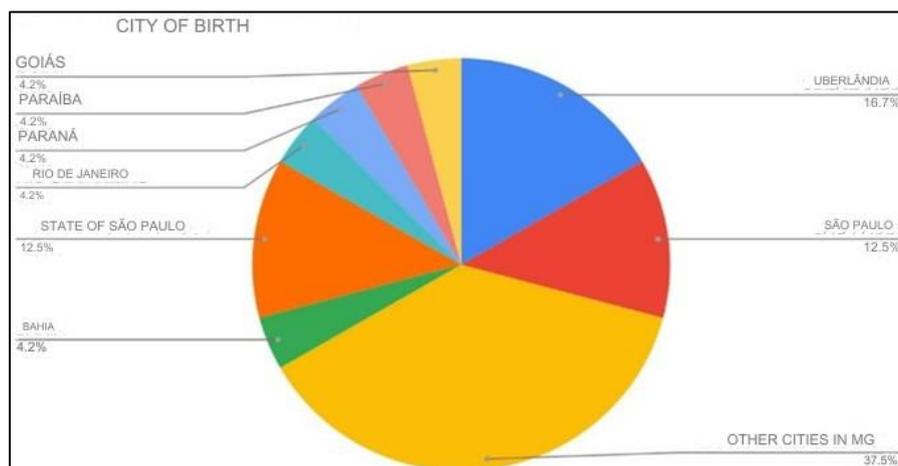
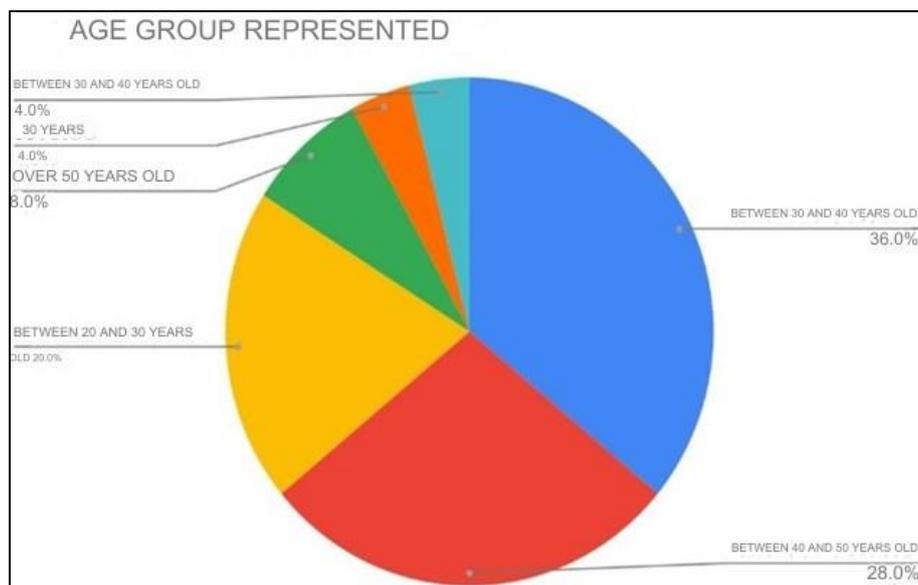
According to Pichon-Riviere (1998), the definition of a group is as a group of people linked in time and space, articulated by their mutual internal representation, who explicitly or implicitly propose a task, interacting for this in a network of roles, with the establishment of links between them. Consistent with this definition, his theory of the group gives great importance to social bonds, which are the basis for communication and learning processes, since the subject as a social subject is constituted in the relationship with the other.

Thus, it was possible to notice the importance of working with group dynamics with this public, as they face moments of physical, social, family and mental conflicts. In addition, they find themselves under a possible vulnerability in a social distancing that affects and overwhelms them psychologically.

## REFERENCE TO THE SHELTERED (A1; A2; A3...)

### Profile of the Welcomed

Number of participants: between 16 and 31 members. Drug addicts, exclusively, homeless people. An evident perception of the meetings was the diversification of the cities of origin and age group.



## 1st Meeting - Theme: Who am I? (self-knowledge, empathy and interpersonal relationships)

### Meeting Description

It is known that knowing a little of the other's history makes it easier to live together and treat.



In this first meeting, it was a moment of many expectations, presentation and identification of the group. Participants exhibited characteristics of introversion, as well as anxiety, and self-reflection. Then, the mediating team introduced itself and then the pact that would govern the work was defined: confidentiality, mutual respect, listening and dialogue on the issues addressed. In addition, there was an explanation of the project and the set of principles that govern ethics in Psychology.

Initially, it was worked with the Icebreaker Dynamic. Then, a song to relax and finally the Dynamics of the Deck. These were moments of identification of the profiles and the main needs of the group. All of them felt motivated to achieve the objectives of the dynamics described. In addition, it was noticed that through the dynamics, the introverted group became very expressive, they were able to interact and made good reflections on the themes and the chosen figures of the deck. Thus, they spoke of their fears, anxieties, guilt, and vulnerabilities.

Overall, the meeting met the expected expectations. In addition, it clarifies the difficulties and the main needs of the group. In this way, it facilitated the planning of the other meetings.

### Presentation Dynamics

The "Ice Break" group dynamics aims to promote interaction between participants, in addition to offering a welcoming environment that encourages them to participate in activities and also build good interpersonal relationships. So, by getting to know part of each one's story, it was possible to work on self-knowledge, empathy among the group.

The participants were instructed to sit down in two by two and write on an A4 sheet of paper, their name, age, city of birth, in addition, add three defects and three qualities. Then the members of the duos introduced each other. In the dynamics of the presentation, it was noticed that one of them did not know how to write, he felt a little embarrassed, but the colleague who made up the duo helped him promptly.

They found that in relation to good and bad qualities, on average, 50% reported being anxious, being chemically dependent and being introverted. On the other hand, an average of 60% reported being hardworking and honest. However, during the meetings, not everyone who reported being introverted seemed to be, as they had a very active participation during the dynamics.

### Deck Dynamics

The main objective was achieved, as the group was able to reflect and access the crystallized memories during the procedure. Initially, all participants were instructed to close their eyes while a relaxing song was played and at the same time cards with images were scattered on the floor. Soon after they opened their eyes, they were asked to circulate around the room and each one to choose a card that



best represented their story. They were then asked to explain why they chose that letter. I will quote the speech of some of the "Welcomed", being welcomed (A1) A2, A3, A4...

A1: "The figure I chose seems to represent two people from different cultures. She reminded me that before I didn't respect people, I didn't have empathy, I was very proud. Today, everyone has turned their backs on me, including those who said they are my friends, when they see me on the street, turn their faces, pretend not to know me. Here I learned that we need to be a light to each other, respect everyone, be more humble, be more human. Because, when I needed a hug and a caress the most, there was no one around. Maybe that's a consequence of my bad acts."

In sequence, within the same reality, A2: "the picture I took is from a game board, at that moment, it is my life that is at stake, because not everything is money, material things, etc. I only thought about acquiring goods, I went over anyone to achieve my goals, luxury, power was above people. Today, with drugs, with addiction, I lost everything: things, family and even dignity, because I was sleeping on the street, without food, without bathing, etc. Drugs, apparently, can give you power at first, but then it takes away even your dignity."

## **2nd Meeting - Theme: Mental Health: How to Live Lightly?**

### Meeting Description

"The lightness of mind, body and soul makes the days softer in the face of the diversities of life."

In this meeting, two dynamics were worked on: the mirror and the balloons, as well as music to relax and reflect.

At first there were greetings, welcome. Chat to find out how it went. Reinforcement of the contract (respect, confidentiality, compliance with schedules); talk about the importance of everyone participating, etc. Music to relax (sound of nature) then the dynamics of the Mirror. (background music While there's the sun, Titans)

Soon after, the requirements of the dynamics were explained. Then they were asked in silence, one by one, to go to the center of the room and contemplate the image that was inside the box and then return to their seats, then take the sheet that had already been distributed and mark the caricatures or write in a few words about the image they had just appreciated. Moreover, they were to remain silent until everyone saw the image. Thus, after everyone had fulfilled the conditions, a moment of provocation was made available by the mediators followed by reflections and manifestations by the sheltered.

Therefore, based on the group's comments, a climate of reflection was created around the importance that has been attributed to issues related to well-being on a daily basis as a recognition of their intimate state (stress, tiredness, lack of motivation), seeking to raise the inner state of the team with lightness.



## Balloon Dynamics

It aimed to promote an environment of dialogue and reflections on their emotions, in addition to proposing strategies to promote the mental health of the participants, leaving them free to talk about the tools they used to organize themselves and achieve their goals more lightly.

He then distributed two empty balloons to each participant and asked them to follow the instructions below. When delivering the first balloon, the participants were asked to imagine a fear they had and write on the outside of the balloon or if they wished they could just express it.

Within this context, while the music played, they were asked to reflect on their abilities to react and deal with their fears, emotions, feelings, changes in habits and challenges. Then, after inflating the balloon and tying it, the participants were determined to hold their balloon in front of them and, looking at it, imagine/visualize the fears that most brought them memories of suffering at that moment.

Then the group was asked to say out loud, "I'm not afraid anymore," and pop their balloon. In addition, the group had the opportunity to reflect on the power of letting go of fears and the importance of reframing and overcoming their grief. Immediately, the second balloon was distributed and the dynamic procedure was repeated. The game was to think and write on a piece of paper a word, a phrase of overcoming and coping that they would use on a daily basis. and then put it inside the balloon and blew slowly until it was inflated and holding it for a few moments, while listening to the background music, Raul Seixas; Please try again, reflect on the word or phrase they thought or wrote.

This time, within the requirements, the participants needed to take care of their balloon and finally, choose one of the members and give it as a gift and say out loud what they had written and wished to the person they chose to give their balloon.

Finally, it can be seen that the objectives proposed to the participants in this meeting were achieved with a lot of lightness and relaxation. There were safe moments of reflection, in which they were able to express their emotions, thoughts, fears, in addition to outlining strategies and tools to continue with their purposes.

At the beginning of the activities, through the songs, dynamics and reflections, the main feelings, fears and perspectives were raised. Thus, almost unanimously, they stated that they felt happy, because they were managing to persevere. Then it was realized that their greatest fears were of failing again and going back to addictions. In addition, they were eager to talk about their stories, how they were before, and how they were feeling at that moment.

Sheltered 1 said: "My main fear is the fear of being afraid, because everything I have been afraid of, since my childhood, has happened in my life. When I was a child I thought when I got married I was afraid that my wife would get pregnant and look like this..., then it happened. I was afraid of making



people sad, that's what I've done the most in my whole life, etc., so I'm afraid of being afraid. I'm afraid of failure."

In this context, A2 said, "I believe I am becoming a better person. Because, before, I thought that it was my family who didn't like me, I thought that drugs only harmed myself, so I thought: life is mine, I can do with it what I want, but it's not like that, I was wrong. Well, the drug is like a grenade, which when exploded there are shrapnel everywhere, reaching everyone who is nearby, so it is the user when he is under the effect of the drug they involve, hurt destroys everything and everyone who is around". He added: "Today I am happy, because I can see this and I believe that everyone loves me, I am the cancer in the lives of my family."

Still, A3 said: "I feel loved, I am full of self-love, because compared to my self I am much better. When I looked in the mirror I could see myself, I saw my face with greater lightness, because I seek my best every day more."

Continuing the testimonies, after the dynamics A4 reported: "I cried, because I felt empty, anguished, I can't like anyone, my parents didn't love me, today, I suffer, because I can't love anyone either". In addition, another A5 reported: "When I looked at myself in this mirror, I felt happy, because I feel better than before. Today, I know that my family loves me, I am the one who moved away from them, I chose drugs, addiction. I hurt a lot of people, my parents, my siblings, my friends. When I leave here, I want to value the people who are with me more."

Therefore, in this meeting, a favorable environment was provided, of free association, dialogue, respect, listening and reflections that led them to think about the importance of well-being in daily life, mental health. In addition, there were moments that led them to reflect on their own strategies to persist in their goals, to overcome addictions. This happened through reports of experiences of those who had been there for a longer time. Thus, this moment was of great enrichment and learning for all participants.

### **3rd Meeting - Theme: Self-esteem. How do I see myself?**

#### **Meeting Description**

"It will only be possible to look at others in an affable way when we are able to look within ourselves with love."

Knowing yourself is very important to increase self-love. This will help you to establish balanced relationships based on mutual respect and true emotional connection.

The meeting began with a welcoming chat, followed by explanations of the activities. The moment required silence and concentration. The objective of the meeting was to work on self-esteem, resilience, anxiety and especially a self-reflection on life, from birth to current attitudes.



Some participants showed sensitivity to the moment, bringing up internal things from the unconscious and providing emotions, some felt anxious and a little impatient. Thus, through music and directed relaxation, immersion took place, providing an encounter with the "I" being. Moments that allowed them to immerse themselves in their good or bad emotions. The group sat in a circle with their eyes sealed. Then, after finishing the activity, the blindfolds were removed and each one of the participants reported the experience they had during the immersion.

A1 said: "the experience lived, at that moment, for me was magical, the music, the guided relaxation made me go back to my childhood, I could visualize me and my sister playing, my mother who is no longer here on earth". A2 reported: "with the songs I was able to find myself with my own self, because I have been singing since my childhood and many memories came to the surface". In addition, A3 described: "I felt a lot of discomfort, because my emotions were mixed between anger, fear, guilt. My past condemns me."

In this sense, A4 said: "it was a moment of great emotion, I cried and got on my knees, because I feel guilty for having lost my family, my job and worse my dignity". A5 reported: "I remembered the smell of my mother's feet, I missed her a lot." A6 summarized: "I missed my son a lot, because when he went out on the streets he was less than 04 years old, today it's been 10 years since I've been away from home". In addition, A7 expressed: "at that moment a screen flashed in front of me, I saw my life go by as if it were a movie, my wrong attitudes with family. Well, I thought that working and putting food on the table were enough, but over time I couldn't do the bare minimum, which was to put food inside the house and give attention to the children." A8 said: "it was possible to reflect a lot on the time lost because of drug addiction in addition to the bad times I lived with my father."

Within this context, A9 added: "I was very selfish and thought only of myself. My focus was to make money. I lived a bad story with my father, he was also a drug addict, I was ashamed of him, however, I lived with a phrase that was repeated you will be just like your father. I hated that idea, but unfortunately it came true and today I could see that I do the same with my son, because history repeats itself."

Thus, there were several reports about the experience I had just felt during the immersion. In this way, the goal was achieved.

#### **4th Meeting - Theme: Self-Forgiveness, Dreams, and Perspectives**

##### Meeting Description

"Motivation to continue treatment responsibly and future expectations"

In this meeting, the group explored the themes of Self-Forgiveness, Dreams and Perspectives and aimed to promote a moment of lightness, reflection, motivation and relaxation. In the first moment, all the



guidelines were given and then three Dynamics were worked on: Blank sheet; From the balloons and toothpick and the Orange and finally, there was a moment of exposure of feelings, emotions and listening among the participants.

### Dynamic

Consecutively, the first Dynamics was worked on, so it was delivered a pair of scissors and a blank sheet of paper for each of the participants. Thus, the participants were asked to cut the leaf by making a hole in which they could pass their entire body through the leaf, without tearing it. Several attempts were made and no one succeeded. Then, the leaves were collected and then it was explained that there was the correct way to cut the leaf that they could pass it through the body. Soon, it was explained that in life, as much as it seems impossible, it can be accomplished from a focus, planning and perseverance.

In this context, the Balloon Dynamics was carried out, which aimed to promote a reflection on dreams and perspectives without harming others. In the meantime, balloons and toothpicks were distributed to the participants, so they explained that those who managed to remain with the balloon intact would receive a prize. But at no time did he say to pop the other's balloon. However, that's what happened, and as they popped each other's balloons, they had a lot of fun. One of the participants, before knowing the meaning of the dynamic, said: "It's been a long time since I've had so much fun popping the other's balloon and trying to protect my own.

Finally, it was explained that there were more alternatives, one of them being that no one would pop anyone's balloon. Finally, it was explained that in life there is a tendency to act selfishly, individualistically, apathetic to the situation of others, trying to get along, stepping over other people. However, there are always alternatives and you don't have to disrespect or get in anyone's way. Besides, if we hadn't popped each other's balloons, they would all get a prize. The balloons represented the dreams of individuals. So, the idea of the dynamic was to show that you don't have to destroy other people's dreams to keep your own.

Soon after, the third dynamic was carried out, that of the orange, which aimed to bring a motivational reflection on self-forgiveness.

In this context, they distributed an orange to each participant and asked them to keep the orange in their right hand and make a series of signs with that same hand, which would become increasingly complicated. For, the orange prevented it from being executed with excellence. In the end, they were asked to try to shake the hand of the person to their right with the hand that was holding the orange, which was not possible.

Thus, they explained that the orange represented the difficulties, fears, guilt (weight) they felt, and how it hindered them from moving on with their lives, especially when it came to connecting with others.



Consecutively, everyone was asked to drop the oranges and greet the person to their right and left as an act of reconnection with others.

Therefore, after working on all the dynamics, the conversation circle began, at which time everyone could express their feelings and talk about how the messages communicated with them.

In this meeting, most of the participants seemed more relaxed and more interacted with the group, which promoted a very pleasant atmosphere. Everyone remained receptive and attentive. During the Dynamics, there were moments of relaxation, generating an environment of lightness and motivation.

Then, the Dynamics were worked on, the first being the orange one, bringing a main message that it is necessary to leave what bothers you to follow. The second dynamic was the balloon, which brought the message so that they could reflect that it is often necessary to listen well to the guidelines, information to follow with excellence and that you do not need to destroy other people's dreams to achieve their own dreams. The third dynamic was that of the cut sheet, carrying the message that there is nothing impossible, with perseverance and strategies it is possible to conquer things that are apparently impossible.

Within this context, during the conversation circle, several messages were taken from the dynamics performed. A1 reported: "the dynamic that struck me the most was that of the orange, because I couldn't make any gesture with the orange in my hand. Therefore, I took it as a message that I need to forgive myself and forgive the people who hurt me and even pushed me away when I needed it most."

In addition, A2 said: "I was able to take a message from all the dynamics, but the one that struck me the most was the last one on the paper, because I found it impossible to pass inside a sheet of paper without tearing it. I didn't think anyone could do it. But when you showed that it was possible. Then, I understood that in this life, as much as I seemed to have lost control and that there is no other way. For example, in addictions it seemed that I will not be able to get my life back, my family, my job, because I have lost everyone's trust. No one believes me anymore because I always give up. Today, through the reflection of this dynamic, I realized that I can get out of the addiction and move forward, maybe not in my own way, but as it has to be, following good examples, participating in healthy environments. The dynamic has shown me that it won't be easy. I know it's the third time I've been hospitalized, but I know I can change if I just keep persisting."

At the same time, A3 said: "I loved all the dynamics, the messages were very strong, but the balloon one had a lot of fun for me. I thought it was very good to burst the other's balloon, but then I was even embarrassed, because I was having fun trying to erase the other's dream and at no time was I asked to pierce the other's balloon but to keep his full one. I understood that in life, to achieve my goals, I always focused on the other, on the material goods that the other had, on the other's money and that's why I'm



here today, because I didn't look at my dream, but at the dream of others." Thus, several messages were shared.

## **FINAL THOUGHTS**

In view of the above, it was possible to notice that when the drug addict is under the effect of drugs, they are capable of harming not only themselves, but all those who are close to them, such as their spouse, children, friends, relatives, employer, etc. What's more, they often start stealing, stealing, and committing different types of crimes, just to maintain their addiction. In this way, several consequences arise, such as distancing from people, material losses, health and even dignity itself, because, with time of use, they begin to rummage through garbage and sleep on the streets.

Thus, it can be seen that the use of psychoactive drugs does not only affect the individual, the user, but all those around him. For such a situation is likened to an unstable dynamite that explodes and scatters shrapnel everywhere.

Within this context, the work carried out based on the dynamics left us surprised, because the reports happened spontaneously, everyone needed to talk about their anxieties and afflictions. Among them, it was noticed that most of the sheltered people had already tried to get out of their addictions, but failed. For this reason and others, there was an anguished anxiety, guilt for having lost everything (families, possessions, work, friends, etc.). Therefore, it was possible to notice many afflictions, fear, and hopelessness. Moreover, it was visible that they were waiting for a miracle to happen from heaven, for humanly they seemed to be incapable of getting rid of their vices.

Thus, in view of the experiences of the participants, it was possible to highlight the reasons that contributed the most and led them to be drug addicts and homeless people. Among them were lust, power, glory, involvement with crime, evil companionship, family breakdowns, abandonment, loneliness, fear of being unhappy, etc. Thus, each life story had its particularities, however, despite being different, they were all in search of a single goal and there, they were all equal. They all longed for the same dream, to free themselves from the prison that imprisoned them, the addictions.

At the same time, it was possible to highlight among the benefits provided by the dynamics worked: the space, the environment for listening, reflection, moments in which voices and ears were given to the welcomed. In addition, motivate them to interact with each other, encouraging them to express their experiences and emotions. In addition, they contributed to improving interpersonal relationships, enhancing self-esteem and the group's maturation.

Thus, the work with the dynamics served as a learning experience not only for those welcomed but also for the coordinators who participated directly or indirectly. Well, it was possible to understand that



society as a whole should look at users, homeless people, beyond appearances, because behind each one of them there is a story, there is an enslaved human being, chained by his past and by his addictions.

Finally, chemical dependency is not only an individual problem, but mainly a collective one. In the face of such situations, far from exhausting the subject, we seek to contribute to highlight the power and importance of Group Dynamics in the treatment of drug addicts in a community of recovered patients.



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## SONGS WORKED ON IN THE MEETINGS

- [https://www.youtube.com/watch?v=fRcnsIuf\\_7U](https://www.youtube.com/watch?v=fRcnsIuf_7U)
- <https://www.youtube.com/watch?v=h-eXMB9QlJI>
- <https://youtu.be/pMGPz8x8wMU>
- <https://youtu.be/UyqN7IEFkpY>
- <https://youtu.be/oSMvrSdouLU>
- <https://www.youtube.com/watch?v=d1-FYvfQZ-k>
- <https://www.youtube.com/watch?v=fnQpCe09yzU>
- [https://www.youtube.com/watch?v=CX\\_WBFBysAs](https://www.youtube.com/watch?v=CX_WBFBysAs)