

# ★ Winner Social Work

# Meeting Point

## with black women and men

### METHODOLOGY

The Meeting Point Group (Grupo Ponto de Encontro) began on 03/21/2015 in São Paulo - Brazil, east of the capital and it is intended for psychological and corporal care open to those interested (black women and men) once a week on Saturdays. Time: Meeting with a maximum of twenty participants with duration of four hours. Venue: The meetings usually take place in the office of the person in charge or in a house of participants.

### SUMMARY

The proposal to create the group came about when we noticed in the clinic the loneliness of black people in the face of the lack of space in the family, friends, professionals or groups to share their suffering lived by the experience of racism. The present work aims to provide a space of conversation, exchange of ideas and reflections of blackness in order to strengthen identity. In Brazil little is said about the issue of race relations. The secular experience of racism and the current invisibility of its psychosocial effects are a sequence of traumatic experiences that characterizes the experiences of racism as a psychic and corporal trauma (somatic and energetic).

The body will try to find a defense for these constant threats and even if the reactive attitudes of the person bear fruit of personal and social victory, we know that there are reflections of this suffering. People often do not see themselves in what they have built, they do not seize their conquests and this is a generator of psychic suffering. The choice to work in small groups is due to the possibility of repairing bonds, creating a new possibility to relate to the world. We believe that the body is place of restoration of strength and humanized identity. This brings us much encouragement and hope because the resources are with us mainly.

### USED TOOLS

- 1 - Grounding Posture - Encourage the flow of energy down through the pelvis, legs and feet. Believing that we can be in the place we choose.
- 2 - Internal grounding, breathing and voice - It aims to develop the person for himself. Rescue self-confidence and belief in yourself.

3 - Grounding of the look - Perceive yourself and let the person's look constitute you in a humanized way, recognize the beauty through the black aesthetic body and its greatness. The racist look tries to dehumanize the person.

4 - Grounding in culture, family and community - Ancestry has been lost, black people do not know their origin. Rescuing family memories, values from the history of Africa in a positive way and respect for African religiosity.

Touch – Resignify to touch as a place perception of muscular tensions with sensitivity, affection and respect.

### RESULTS OBTAINED

- 1 - Rescue of the energetic flow of the body.
- 2 - New ways: They expanded the places to attend socially.
- 3 - New organizational habits.
- 4 - Better self-awareness.
- 5 - Rescue of affective relationships.
- 6 - Reducing insecurity in attitudes toward racism.

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