

Perceived effects of a somatic psychoeducation program among health professionals : exploratory study.

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Background: Developed in Europe in the 1980's, somatic psychoeducation (SPP) is a formative practice geared toward care giving and support. It examines how use of the body and its movement allows for the development of one's conscience, sense of self and of others, which are desirable qualities for professionals within the health sector.

Purpose: To identify and describe how SPP training followed by healthcare practitioners has modified the quality of their self awareness, their presence in regard to others, as well as their relationship with respect to health and their medical practice.

Methods: Qualitative research based on two types of semi-structured interviews: Comprehensive and explanatory. The research is structured in two phases. Phase 1: Exploratory interviews with three nurses trained (or in the course of being trained) in SPP. Phase 2: interviews with six doctors, half of which have completed their SPP training more than three years ago, in contrast with the other three who are presently undergoing SPP training. The content of the interviews will be analyzed thematically. The results of Phase 1 will be the object of this presentation.

Findings: Firstly, the three nurses perceive a change in their quality of presence with respect to themselves and to others (family, colleagues and patients). Secondly, they also perceive change within the nature of the relationships they have with their patients, colleagues and healthcare team. The content of the interviews allows us to conclude that relationships have evolved and it is safe to say that there is more recognition and a better quality of exchange between members. Thirdly, the nurses also report an increased ability to express their opinions in both their personal and professional lives.

Conclusion: Interesting transformations are reported at different levels confirming the relevance of phase 2 of the project. The latter will permit to identify whether physicians trained in SPP experience changes similar to those of the nurses and if so, whether they perceive these as having an impacts on their practice.