



Thinking about the Group in Times of COVID-19

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Why working with groups is something that constantly instigates and questions us, for more than four decades we have been verifying, throughout these years, the effectiveness of group work. We recognized its advantages, the ease with which, in the encounter with the other, silenced aspects, not possible to be said, seemed to find channels for saying, thanks to saying and implying, contact with preconscious aspects that arise as you say in words that do not we knew, but recognized in ourselves as their own.

In the in the middle of this situation, perhaps, never before thought by the linked analysts, we find a reality that effectively prevents us from meeting, face-to-face encounters are not only lived as transgressions, as they can endanger the life of the other, much more so if this other is over sixty years old, or pre-existing diseases. There are viruses that are in the environment, but suddenly, we can load it inside us, as if we were a weapon, with a "load" ready to exterminate the "other". Isolation becomes a measure of care, preventive, especially in solidarity, because by isolating ourselves we are taking care of the other.

In times of rampant individualism, this virus seems to have come to rescue our humanity. It is now possible to think that what I do not want for myself, I do not want for the other. We do not know yet, but there is evidence of individual, group movements of care for those who are most vulnerable and this seems to be a reconquest of the bond, of care, of solidarity. Messages, how to take care of yourself, well, I want to give you a hug shortly, tell us about a call to be careful and hopeful.

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And how can we continue betting on the value of the group, when we are confined in our homes, isolated from physical contacts. There, the so mistrusted technology - which was a risk, isolated from contact - today seems to us a weapon to resume contact, to open ourselves to listen to the other, in their pain, with their fears, with their difficulties to be alone, to resume or find new ways to be with loved ones. Thus, having group meetings, without being physically in contact, it seems that today is our hope not to disassociate ourselves, not to get sick alone, to take care of and give each other mutual support, to listen to what the other lives, how each one faces this moment. Group initiatives, on-line, this will be our weapon against this virus, which forces us to seclude ourselves at home, leave our work spaces, meet, enjoy the pleasure of being with others and, to live, each day, as unique.

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