



SOCIEDADE BRASILEIRA DE ANÁLISE BIOENERGÉTICA - SOBAB  
São Paulo Brazil

## CATEGORY OF SOCIAL WORK

# Motion Group Proposal in Public Health

### Introduction

The Brazilian Society of Bioenergetic Analysis (SOBAB – Sociedade Brasileira de Análise Bioenergética) holds a physical intervention as one of its methods through a psychological care clinic “A vida em Movimento” (“Life in Movement”), based on the Bioenergetic analyses principles named “Grupo de Movimento – GM” (Group of Movement).

The project "Motion Group Proposal in Public Health" was created by the Clinic of SOBAB.

The project of the Movement Group for Public Health aims to present a new resource for the Public Medical Center where we will basically use the Bioenergetic Analysis approach.

The Health Policy that created the SUS – Health Unic System, 1986, says that "health becomes the right of all Brazilians".

The project "Movement Group for Public Health" was proposed for the Family Health Association within a UBS (Basic Health Unit) .

It functions as a laboratory for new interpersonal practices that can effect changes in the internal state of subjects as well as in social relationships. It works in the regulation of the organism, in the corporal, emotional and relational aspects of the subject.

In this way, the aim is to democratize the access of Bioenergetic Analysis to the community and at the same time to expand and legitimize it.

### Method

The methodology supports the natural mechanisms for the organism's physical, emotional and relational adjustments.



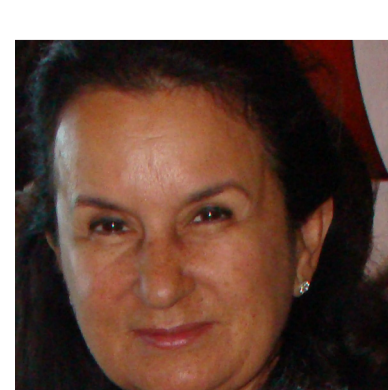
Pilot project that will consist of a defined time of two months, once a week with duration of 2 hours in this year of 2017. It can be done in open or closed space depending on the number of participants. It will be coordinated by 2 clinic psychotherapists duly qualified and certified in Bioenergetic Analysis.

### Results obtained or expected

- Promote the prevention, promotion, rehabilitation of health.
- Lossing the reduction of waiting lists for medical consultation.
- Contribute so that the user needs fewer medications.
- To enable the subject to face the symptoms of the disease but without giving up treatment, diagnosis and intervention.
- Resist physical, emotional and mental integrity so that the subject can find and reinvent other ways of living the daily life. This means revitalizing the body's energy processes, sensitizing, mobilizing, unclogging, decrystalizing. Therefore, instituting a greater vital flow.
- Insert a protected social network, favoring a safe and healthy environment of affective exchange.

### Conclusion

The regular practice of these movements provide better physical consciousness and the insertion of these striking exercises may unlock muscular tensions that were caused by emotional burden which also affects the freedom of the organism's energy flow.



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