



An Adjacent Therapeutic Technique: Getting the Patient to Keep a Life Journal

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Abstract

Objectives: Several renowned authors have highlighted the benefits of keeping a diary, such as AMIEL, P. LEAUTAUD, G. MAY on an autobiographical level, E. de GONCOURT, M. GALAY, S. de BEAUVOIR. We have also to cite STENDHAL, notably describing his great emotion seeing the Frescoes of the monumental Camposanto SANTA CROCE of PISA. Do they realize incidentally their own therapy and is it possible to use that mean to help suffering people.

Material and Methods: Concerning psychopathological troubles, what appears as a personal activity can be considered in another context, specifically as a means of psycho-therapeutical care for subjects suffering from distress, whether due to an existence experienced as restrictive or constricted by an obsessive manner or feeling, or also in individuals whose lifestyle appears quite chaotic. Autobiography can even lead to self-analysis, as was the case for H. BRULARD and more notably for S. FREUD. Careful consideration of dreams or residual fragments thereof is of great value and can guide the therapist regarding circumscribed or hidden conflicts that remain pathogenic.

Results: The need to concentrate for a more or less precise a moment on the recollection and elaboration of intense or significant step marking the course of the subject's life can help them deepen their mentalization and bring about a thoughtful reflection on the need to take more distance or caution in decision-making and in carrying out actions. During the reflection period, based on memorization, the subject's relationship with their environment changes, and related ideas may emerge within the context of the kind of mental bubble created. Furthermore, the space to his purpose, which may be dedicated to his purpose and the notebook, where the recording of recent events from the day or night, adding if applicable dream's remembering is made, the narrator discipline themselves, particularly regarding their motor activity, and they may sometimes scribble or draw in the intervals between writing. That graphic production may if applicable even surprise them, by its theme or its quality and lead them to enrich it incidentally...This is how we enter into the art therapy.

Conclusion: Thus, a dialectic is created between the awareness of one's state, of one's way of being, and the related production, which allows progress towards a better perception of the limits of the Self.

Keywords: Treatment's help, psychotherapeutically approach, daily journaling, positive attitude in the frame of the care facilitating alliance progress in the reality test

Introduction

This study takes in consideration five cases, that we have had to meet in the frame of our medical practice and that give us the opportunity to expose now the interest that technic, which therefore falls within the realm of related therapeutic approaches. It was essential, of course, to ensure that behind a appearance of withdrawal or dysfunctional life behavior, there are no underlying depressive moods or genuine lack of affective or emotional control, that could lead to a suicidal acting.

Material and Methods

To propose by certain psychic suffering patients, in reason of difficulties in interpersonal relationships and having a mismatch between their way of positioning themselves in their one-one a positive activity seems less usual by adult besides, perhaps, creating a drawing, which is common practice in child psychiatry, as well as squiggle game, which help implementation of communicating creativity and establishing a transitional space. We had also used the construction of a story in a context alternating sentences with the adolescent. Here, the playful dimension is not appropriate. A Daily journaling implies the recording of events that have left a mark or had psychological impact. That effort could help individuals experience and social interactions, in their usual obligations and interpersonal relationships. We have seen how keeping a kind of personal journal, a repository of the highlights of lived experience, could allow for better living conditions and strengthen self-confidence.

Prioritizing or privileging the addition of that technique, which appears a little bit autonomous compared to the classic interviews methods, implies anticipating intellectual readiness, creativity hidden resources and, on the other hand, taking precautions regarding the consequences of the revelations it may generates.

If the subject has begun psychotherapeutic follow-up, or even simply requested a listening ear from a practitioner or a psychologist, their existential unease or feeling of loneliness having seemed unbearable, they would find it easier during the session, especially if they previously experienced a kind of inability to express themselves, perhaps even remaining to a think block. Therefore, the exchange with the therapist, who sometimes had to ask questions to break the silence in the office and the tension induced and trying to understand the causes of his client's distress in individuals with personality disorders, involving inhibitions, will progress significantly, and the possibility of joining a support group could even be considered to accelerate their ability to socialize more freely.

The capacities for sublimation are the culmination, in the register of psychic defense mechanisms protecting the Ego and allow for the explanation of instinctual emergences. They are sometimes less prevalent than others, such as splitting, denial, or projective identification, and do not allow for adequate protection

of the ego. Individuals who suffer from anxiety or inhibitions in their interactions with others or in their creative abilities, or conversely, who have difficulty controlling their behavioral responses or maintaining regularity in their lives. That one may be punctuated by failures, blunders negatively impacting their life trajectory, disruptive behaviours, or negative acting out in their interactions, even self-harm or self-mutilation may find in the written or graphic form recorded in a personal journal, highlighting their most vivid memories, sometimes combined with fragments of dream recollections, a potential means of progressing in a constructive and progressive direction. To reinforce the foundation of our research, let us return the consecration by a famous poet of the impressive optimization toward Self-discovery offered by an attractive cooperation with what could be conceived as a double.

We will refer to the famous letter by ARTHUR RIMBAUD: "The Seer," in which he inscribes his famous phrase, "Me is another," aptly illustrates the possibility of transforming the self to access the Self and approach the dynamics of the unconscious in order to approach or strengthen one's unconscious self through experimentation. At the heart of this lies the necessity of paying attention to the traces, the subtle and encrypted marks produced, in a way, by psychic activity, elaborative and conceptual functioning through thought, and, incidentally, by dreams or waking states [1-19].

Results

Psychic life involves constant experimentation during life's sequences, and their unfolding and implications should not be kept at a distance or ignored. Hence the need to consider them with the utmost interest, especially by those experiencing existential or psychological difficulties, and to explore in depth what is, in a sense, their double. It's not possible to represent the texts of the therapeutic journals, too long and personal, but it seems indisputable that introspective progress was made in , specifying that one having abandoned not therapy but the continuation of his writing, described as too restrictive, particularly in relation to his activities.

Conclusion

In addition to developing analytical and conceptual skills, recording the day's events, feelings and emotions if it becomes a deliberate habit, allows for an improvement in the qualitative aspects of insight. The strengthening of the cooperation obtained allows for significant progress in the transference and improvement by subjects, who cannot be described as mentally ill but rather as presenting personality disorders.

Conflict of Interest

No conflict of interest.

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