
ABSTRACT

The aid potential of work discussions for traumatic experiences of new nurses

YAMAMURA, Shin

Kuwana Psychotherapy Services

This study reports the clinical material of work discussions for new nurses working in a general hospital and examines their aid potential for traumatic experiences. Participants were new nurses overwhelmed by the traumatic experiences of patient deaths, and due to social defenses built up in the hospital, were unable to rely on senior nurses' support and were forced to isolate themselves. In the group process, the impact of trauma and the social defenses emerged as obstacles to group progress and the setting itself collapsed. However, with the author's intervention as a facilitator, the group returned to the primary task. The group acted as a container, holding onto participants' raw experiences and mental pain and bringing new meaning to them. This effect of the containment of work discussions may have contributed to reducing the participants' trauma.

Key Words: work discussion, trauma, social defense, containment
