
“Workshop for words”: poetry as a social rehabilitation resource for patients at a psychosocial care center

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This report describes the introduction of the ‘Workshop for Words’ in a mental health care center in Ribeirão Preto, São Paulo, Brazil. The activities of the workshop took place once a week, during one year, supervised by a Psychology trainee. The major goal was to employ the written expression as an instrument to facilitate the patients’ insight into their subjectivity, widen their consciousness and allow for their self-recognition by means of the written word. The results of the workshop materialized as poems exhibited and dramatized by the authors. It was concluded that *word care* facilitates the redeeming of dignity by means of inclusive practices, leading to better defensive attitudes towards mental suffering.

Key words: mental health; psychosocial rehabilitation; social inclusion.