GROUP THERAPY FOCUSED ON PSYCHODRAMA FOR PATIENTS WITH GENITO-PELVIC PAIN/PENETRATION DISORDERS: A QUALITATIVE STUDY
GENITO–PELVIC PAIN/PENETRATION DISORDERS (VAGINISM)**

- It is physical and psychological condition that affects a women ability to engage in any form in vaginal penetration.
- It is the involuntary contraction of the vaginal muscles and/or pelvic floor which prevents the penetration by penis, finger, speculum etc.
PSYCHODRAMA FOCAL GROUP

- In each group we had 6 people maximum
- It takes 12 weeks
- 4 calls monthly maintain
- Every meeting lasts 1:30hs
- Total 20 treated patients
The common characteristics of these women is that they are controlling people and have fear of being penetrated both metaphorically and physically.

The penetration would destroy themselves,**

“…I'll stop being a girl…” 34th

Complementary partners **
The theoretical discourse works different from practice, lines like "sex is life" or "sex is all good" when in real life, they feel pain, anxiety and real fear of sex. **

Many had a way of dealing with sexuality as something forbidden, like "sin" or "dirty"
RESULTS

FROM 20 WOMEN

- 5 reached total penetration,
- 2 reached partial penetration**
- 6 had penetration with finger or console
- 3 could touch their exterior Genitalia **
- 4 gave up before the end of the twelve sessions.

Total penetration 25%
Parcial penetration 10%
Sexual Objects 30%
Touch 15%
Gave up 20%
The Group Therapy focused on psychodrama was effective for women with penetration difficulties raising emotional issues relevant to the management of this sexual disfunction.
THANK YOU

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