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# GROUP THERAPY WITH BURNED PATIENTS

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**Introduction:** The literature mentions that being burned is one of the most traumatic situations that an individual can experience physically and emotionally. The burned patient has to fight the physical discomfort and the pain, as well as with early and late psychological problems, as delirium, regression, depression and altered body image.
**Objective:** To understand the physical and emotional pain of a group of people who suffered burns.
**Aims:** To understand the suffering of people who have *burn injuries*.
**Method:** This is a qualitative participant observation study. 11 groups conducted with 10 patients in a burn unit of a public university hospital were analyzed. Meetings occurred weekly and were 30 minutes to 1 and a half hours long.
**Results:** The themes related to feelings, fears and doubts resulting from the burn and its treatment were frequent. Patients could only speak of internal pain when they had space to report physical pain. In those moments, some of them could expose themselves to reveal that the burn had been an attempt of suicide. They realized that their problems, fears and fantasies related to recovery, consequences and social isolation were not unique; and they had the opportunity to share them, feeling so relieved.
**Conclusion:** The experience with the studied group identified some goals for groups with burned patients: to inform about the procedures and questions that cause anxiety; decrease the sense of isolation, stimulating exchanges, instilling hope in recovery; encourage the sharing of concerns about the consequences and social isolation; and identify destructive behaviors.

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