

# Attuning to exiled patients // Accordages avec les patients exilés

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## Content

The Transcultural Group is a psychoanalytic group therapy founded by G.Welsh in 2017. It is currently run by 3 psychoanalysts. Meant for exiled patients who want to join a group therapy in addition to psychiatric and social help, it was based on free association and transcultural tools. Later, we have used a mediation (photolangage) to enhance associativity. A photo can bring to the fore emotions and memories connected with the patients' childhood and the safety they might have experienced. They often speak of the feeling of safety they have in the group and also how they can relate to human beings after so many dehumanising events. Their cultural background, the extreme traumas they have experienced before, during and after their migration can be accessed thanks to this setting in which the analysts commit themselves and let patients who have been thrown in helplessness and passivity gain some agency and contribute to shaping the setting. We shall give countertransferential steps showing how our ideals such as neutrality, group therapy were questioned and worked through.