Title: Psychotherapy through psychosocial activities to face anger: the clinical case of a not accompanied foreign minor.

Dr. Simonetta Bonadies, psychologist and psychotherapist.  
Dr. Alberto Polito, psychologist.

Foreward: Therapeutic work with not accompanied foreign minors (MSNA) within SPRAR, has some different peculiarities (lack of clear help question, impossibility to structure a standard setting and to think about long time therapies) that often limit the construction of classical therapeutic setting.

Psychosocial activities take on as a useful integration to individual psychotherapy and as an important therapeutic methodology based on the use of imagination, on the discovery of own talents and on the opportunity to re-conceptualise past experiences. The aim is to increase knowledge and know-how of MSNA which, from objects user of goods and services, have the opportunity to redefine themselves as active subjects able to receive but also to give.

Anamnesis: A. is an egyptian minor, 17 years old, with clear difficulties on the management of his own anger and frustration. The minor asks for a psychological consultation after the emerging of symptomatological signs, linked to his ability to control anger and in wider terms to the management of his own emotions, that compromise the quality of his daily life.

Intervention: It has been decided to intervene by using brief strategic therapy, co-operated by a psychosocial path tended to learn juggling techniques, fakirism and clownery, that has facilitated the awareness of his own emotions giving the minor the possibility to build a new himself (Zika, the juggler), who is able to dress different clothes and to manage his own emotions and, in particular to manage his anger, in a different way (in metaphor, learn to spit fire out in order to spit anger out of himself).