GRUPNA ANALIZA U VRIJEME PANDEMIJE BOLESTI COVID-19

/ GROUP ANALYSIS DURING THE COVID-19 PANDEMIC

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SAŽETAK/SUMMARY

Psihološke posljedice pandemije manifestiraju se anksioznošću, depresijom, PTSD-om, konfuzijom, bijesom, neizvjesnošću i promjenama u ponašanju. Stoga se nameće potreba za nastavkom terapijskog rada u grupi, a virtualni prostor pruža mogućnosti terapijske komunikacije u uvjetima socijalnog distanciranja. Cilj je rada prikazati specifičnosti grupne analize tijekom pandemije primjenjujući digitalne tehnologije (WatsApp, Zoom platforma). Na početku pandemije WatsApp grupa omogućila je članovima permanentni kontakt i potporu u trenutku kad je nastavak rada grupe bio neizvjestan. Početkom vođenja grupe na Zoom platformi bliskost među članovima grupe i grupna kohezija ne gube se, prorađuju se sadržaji povezani s aktualnom kriznom situacijom, progovara o tjeskobi i strahu od bolesti, o tjeskobi zbog socijalne izolacije i gubitka uobičajenih aktivnosti. Aktualni problemi pobuđuju prisjećanja na prethodne krizne situacije. Upravo nastavak grupne analize uz primjenu digitalnih tehnologija može omogućiti članovima olakšanje u prilagodbi na uvjete socijalne distance. Potrebna su daljnja istraživanje dinamike i osobitosti grupne analize u virtualnom prostoru.

/ The psychological consequences of a pandemic manifest as anxiety, depression, PTSD, confusion, anger, feelings of uncertainty, and behavioural changes. This calls for a need to continue group therapeutic work, and a virtual space offers possibilities for therapeutic communication during measures of social distancing. The goal of this work is to present the specificities of group analysis during a pandemic using digital technology (WhatsApp, Zoom platforms). At the start of the pandemic, WhatsApp use allowed group members a permanent means of contact and support in times when the further continuation of group therapy was uncertain. When group therapy began to take place on the Zoom platform, closeness between group members and the group cohesion were not lost, the group members worked through the content that related to the crisis at hand, they spoke out on anxiety and their fear of disease, on the anxiety of social isolation, and the loss of everyday activities. The problems at hand reminded them of past crises. It is precisely the continuation of group therapy, via the use of digital technology, which provided group members relief in acclimatizing to measures of social distancing. Further research is needed on the dynamics and specificities of group analysis in a virtual environment.

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pandemija bolesti COVID-19 / *COVID 19 pandemic*, grupna analiza / *group analysis*, Internetska psihoterapija / *Internet psychotherapy*, Zoom / *Zoom meeting*

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TO LINK TO THIS ARTICLE:

UVOD

Motivacija za pisanje ovog članka krila se u želji da istražim odgovore na brojna pitanja s kojima sam se susrela radeći kao grupni analitičar i psihijatar u vrijeme pandemije izazvane COVID-om 19, nikad doživljene, potpuno nove profesionalne i životne situacije. Vlade većine zemalja svijeta zamolile su svoje stanovnike da ne napuštaju domove ako to nije nužno te da održavaju socijalnu distancu što je dovelo do dramatičnih promjena svakodnevne rutine. Te mjere zaustavile su mnogobrojne aktivnosti, ljudi su počeli raditi od kuće, smanjio im se broj profesionalnih kontakata, više ne odlaze u kina, kazališta, teretane, ne viđaju prijatelje ni širu obitelj. Svakim danom raste broj onih koji su ostali bez posla…

Ta je situacija rezultirala mnoštvom izazova na svim razinama društva. Vrlo je malo radova koji opisuju psihološke aspekte socijalne izolacije i karantene na

INTRODUCTION

The motivation to write this article lies in the wish to find answers to numerous questions that have come up during my work as a group analyst and psychiatrist during the COVID-19 pandemic, a never-before experienced life situation that is also completely new for me in the professional sense. The governments of most countries in the world have requested their citizens not to leave their homes unless absolutely necessary and to maintain social distancing measures that have led to drastic changes in the everyday routine of many people. Such measures have halted numerous activities, people have begun to work from home, maintaining less professional contact, no longer going to the cinema, theatre, gym, or visiting their friends and extended family. The number of unemployed still grows by the day.

It is a situation that has brought numerous challenges that affect many levels of our society. Very few studies describe the psychological aspect of social isola-

opću populaciju i uglavnom se odnose na karantene uzrokovane drugim virusima (ebola, SARS) s iznimkom jednog rada koji je opisao psihološke aspekte epidemije izazvane bolešću COVID-19 u Kini (1, 2, 3). Većina studija opisuje negativne psihološke posljedice uključujući simptome PTSD-a, konfuziju, bijes, anksioznost, depresiju i neizvjesnost (1). Rad koji se bavio psihološkim posljedicama epidemije COVID-a 19 u Kini objavljenom u ožujku ove godine opisuje psihološki distres u 35 % ispitanika (3). Opisani su stresori trajanje karantene, strah od infekcije, frustracija, dosada, financijski gubitci te stigma, a u nekim situacijama neodgovarajuća informiranost i opskrba namirnicama. Pretraživanjem učinaka karantene na psihijatrijske bolesnike objavljeni radovi odnose se uglavnom na prodor virusa u psihijatrijske ustanove ili upozoravaju na pojačanu osjetljivost na stresogeni učinak pandemije (4). Pretražujući primjenu grupne psihoterapije u uvjetima epidemije ili karantene također nisam pronašla znanstveni članak, no bilo je više digitalnih medijskih napisa. S obzirom na učinak opisane socijalne izolacije na opću populaciju te pojačani učinak na osobe koje otprije imaju psiholoških smetnji, za očekivati je da će socijalna izolacija i uvjeti pandemije imati znatan učinak i na populaciju bolesnika koji se liječe grupnom analizom.

Ova činjenica nameće potrebu pružanja psihološke potpore u uvjetima kad

tion and quarantine on the general population. They usually refer to quarantines related to other viruses (Ebola, SARS), with the exception of one study that describes the psychological aspects of the COVID-19 epidemic in China (1,2,3). Most studies report negative psychological consequences including the symptoms of PTSD, confusion, anger, anxiety, depression, and feelings of uncertainty (1). The study dealing with the psychological consequences of the COVID-19 epidemic in China, published this March, describes psychological distress being present in 35% of the study participants (3). The reported stressors are quarantine duration, fear of infection, frustration, boredom, financial losses, stigma, and, in some situations, lack of adequate information and food supplies. When we performed a literature search on the effects on quarantine on psychiatric patients, the published articles usually refered to the entry of the virus into psychiatric health establishments or report an increased sensibility to the stressogenic effect of a pandemic (4). A literature search for studies on the application of group psychotherapy in pandemic or quarantine conditions did not yield any scientific articles, but did find multiple news articles in digital form. Based on the described effect of social isolation on the general population and an increased effect on persons that have previous psychological disturbances, one can expect that social isolation and pandemic-related conditions will also have a significant effect on the population of group analysis participants.

je socijalna distanca imperativ. Nasreću, predvodnici novih vjetrova na našim prostorima već prije više godina u ovom časopisu upoznali su nas s mogućnošću primjene novih digitalnih tehnologija u psihoterapijskom radu (5, 6, 7). S. Hutchinson u svojem članku navodi da internet i mobilne tehnologije pružaju bezbroj mogućnosti za biti dio virtualnog svijeta te mogućnost ostvarivanja interaktivnih grupa potpore s permanentnim i jednostavnim pristupom (8). No istodobno upozorava na pogoršanje kvalitete komunikacije čime se gubi bogatstvo izričaja putem neverbalne komunikacije što može dovesti do pogrješnog razumijevanja i gubi se mogućnost refleksije. U svojem radu Stevanović i sur. opisuju prednost primjene *on-line* terapije u uvjetima izolacije kad osoba ne može napustiti kuću, što se događa upravo sada, u uvjetima pandemije COVID-a 19 (5).

Cilj ovog rada jest prikazati specifičnosti terapije primjenom digitalne tehnologije (putem WatsAppa te Zoom platforme) u uvjetima pojave prijetnje za život i sigurnost.

OPIS GRUPE I PRIJELAZNO RAZDOBLJE

Grupa se sastoji od šest članova od kojih su dvije članice u grupi najdulje, tri i pol godine, a posljednja članica pri-

This fact raises the need for providing psychological support in conditions when social distancing is an imperative. Fortunately, the leaders of a "wind of change" in our region have already introduced the possibility of using new digital technologies in psychotherapeutic work several years ago in this journal (5,6,7). In his article, S. Hutchinson reported that the Internet and mobile technologies offer limitless possibilities to be a part of the virtual sphere and give opportunity to establish interactive support groups with a permanent and simple approach (8). At the same time, he warns against the loss of quality communication that results in a loss of the diversity of expression gained through non-verbal communication and can lead to misunderstanding and a loss of reflection. In their work, Stevanović et al. describe the advantages of online therapy in isolation conditions, i.e. when a person cannot leave their house, which is exactly the case in the current COVID-19 pandemic conditions.

The aim of this work is to show the specificities of therapy using digital technology (WhatsApp and the Zoom platform) in conditions where one encounters a threat to life and safety.

GROUP DESCRIPTION AND THE TRANSITIONAL PERIOD

The group consisted of six members, out of which the oldest members have taken part for the previous three and a half

družila im se prije godinu dana. Grupa se održavala u prostorijama Regionalnog centra za psihotraumu Klinike za psihijatriju KBC-a Split. Grupa je radila stabilno, članovi su redovito dolazili na grupne seanse, a kad ne bi mogli doći, ispričali bi se. Prije godinu dana formirali su WatsApp grupu putem koje bi poslali obavijest da će kasniti ili da su spriječeni te neće moći doći. Četiri mjeseca prije krizne situacije u grupu su uključili i mene, voditeljicu grupe, nakon mojeg pristanka.

Tjedan dana prije termina grupne analize otkazane su sve ambulantne psihijatrijske djelatnosti, pa tako i grupna psihoterapija. Pet dana prije zakazanog termina održavanja grupe u WatsApp grupi Ivan je upitao hoće li se u petak održati seansa. Odgovorila sam da su nažalost sve ambulantne aktivnosti otkazane, pa tako i grupna psihoterapija. Reakcije u WatsApp grupi su bile: „Bilo me strah i pitati.", „Ekipa, čuvajte se i vidimo se uskoro.", „Sretno, ja se borim na svoj način." Tjedan dana kasnije jedan od članova grupe postavlja pitanje hoće li se seansa održati idući tjedan. Odgovori članova bili su: „A da održimo grupu na otvorenom, bez doktorice?", „Znam da se zezate, ali ja sam za.", „Možemo li *on- line*?", „Vi mladi", kaže najmlađi član grupe, „vi biste sve preko mobitela." A druga članica piše: „I seks?". Neki članovi navode kako rade od kuće *on-line*, a drugi kako se

years, while the most recent member joined the group a year ago. The group sessions had taken place at the Regional Centre for Psychotrauma, Psychiatry Clinic, Clinical Hospital Centre Split. The group was operating consistently, with the members attending the sessions regularly, and excusing themselves when they were unable to attend. A year ago, the members formed a WhatsApp group where they would send word if they were late or unable to attend. Four months before the crisis, I, the group leader, was added into the group upon giving my consent.

A week before the date of the group analysis, all psychiatric clinic activities were cancelled, along with group psychotherapy. Five days before the appointed group therapy date, Ivan asked if the group was being held on Friday. I replied that all clinical activities were, unfortunately, cancelled, including group psychotherapy. The Whatsapp group reactions were: "I was afraid to even ask", "Take care of yourself guys, see you soon", "Good luck, I am also fighting in my own way". A week later, one group member asked if the group was being held next week. The other members' reactions were: "How about we hold the group in open air, without the doctor", "I know you're kidding, but I am all for it", "Could we do it online?", "You young people," said the youngest member of the group, "want to do everything over the phone", while another member responded "Sex too?". Some members specified that they were working online

djeca pokušavaju bezuspješno ulogirati na nastavu putem interneta. Slijedi međusobna komunikacija, izmjenjuju se šale o gomilanju toaletnog papira, hrane i sl.

Suočena sa stalnom potrebom članova grupe da nastavljaju komunicirati u WatsApp grupi, shvatila sam koliko im je važna potpora grupe i međusobna komunikacija. Odlučujem predložiti članovima grupe seansu virtualnim putem, putem Zoom aplikacije. Jedan član rekao je da bi radije uživo održao seansu, drugi su počeli pretraživati aplikaciju na internetu, a neki su si je odmah instalirali. Jedna je članica nepovjerljiva, čitala je na što sve pristaje instalirajući aplikaciju pa je odustala. Kasnije nam je rekla da je to zbog toga što se navodi da se može snimati tijek seanse i da joj to smeta. Za dva dana članica grupe šalje informacije o tome kako se priprema zatvaranje svih ugostiteljskih objekata i prodavaonica. U grupi se objavljuju linkovi na prve slučajeve infekcije koronavirusom u Splitu. Članica šalje poruku u kojoj navodi što sve nije otkazano (sunce, proljeće, prijateljstvo, obitelj, ljubav, čitanje, empatija, mašta, razgovori, ljubaznost, nada i molitva). Druga šalje video s YouTubea s naslovom „Pismo virusa" u kojem se navodi što je sve stalo, da stanje na Zemlji nije dobro, da temelji propadaju pod teretom bespotrebnih želja, da će virus pomoći vraćanju prirodi i prisjećanju na ono što

from their homes, while others said their children were unsuccessfully trying to log in to online school activities. Communication followed where jokes were exchanged about toilet paper and food hoarding, etc.

Faced with the constant need of the group members to pursue communication in the WhatsApp group, I realized the importance group support and mutual communication had for them. I decided to suggest to the members to hold a virtual group session via the Zoom application. One member expressed his preference to hold the session in real life, others searched for the application on the internet, while some installed it immediately. One of the members was distrustful and insisted on reading all the terms she was accepting by installing the application, so she soon gave up. Later she told us that that was due to the fact that it was stated that the session might be filmed, which bothered her. In two days, a group member sent us information on the expected closing of all restaurants, cafes, and shops. Links were posted that reported on the first coronavirus cases in Split. A member sent a message where she listed all the things that were not cancelled (sunshine, spring, friendships, family, love, reading, empathy, imagination, conversations, kindness, hope, and prayer). Another posted a YouTube video titled "The virus' letter" that listed all the things that were put to a standstill, that the state of the world was not good, that the foundations

je uistinu važno u životu, a što nije. Drugi razmjenjuju šale o tome kamo će za vikend, u kojem će dijelu stana provesti vikend, o spomen-ploči palim herojima borbe kod Kauflanda... Komunikacija u grupi stalno se nastavlja iako je do tada grupa služila tek za dogovore. U pravilu ne reagiram na njihove objave. Isključila sam ton jer me ometa, imam dojam da stalno komuniciraju što je premašilo moje granice. To više nije grupa koja ima terapijski *setting*. Je li to grupa prijatelja ili članova obitelji? U pravilu se uopće ne uključujem i ne komentiram njihove objave ni komentare. Pitam se trebam li postaviti granice te komunikacije. Svjesna sam da im je taj način komunikacije vrlo bitan, da su jedni drugima potpora, stoga ne interveniram. S druge strane isključena sam jer danima nisam dala nijedan komentar. Poslala sam link uglednog znanstvenika o važnosti ostanka kod kuće. Jedan član grupe upozorava me da se njegova anksioznost hrani takvim tekstovima. Ostali smatraju da trebam poslati ono što smatram relevantnim. Vrlo religiozna članica grupa šalje poruke religioznog sadržaja, o svetoj Koroni, zaštitnici epidemija. Član grupe koji je povjesničar opominje da se crkva dugo borila protiv kulta svetaca. Treći član kaže da spas ne traže u vjeri, nego u ostanku u kući. Neki članovi grupe upozoravaju da bi o svemu tome trebalo razgovarati na grupi, a ne

were deteriorating under the burden of needless desire, and that the virus would help us return to nature and remind people what truly mattered in life and what did not. Others exchanged jokes about their weekend plans, in which part of the apartment they would spend their weekend, about the memorial plaque for the fallen fighters next to Kaufland... The group communication persistently continued, even though the group only had served for making plans thus far. As a rule, I did not react to their messages. I turned off the group notifications because they were disturbing me, since I had the impression that their communication was constant and was overstepping my boundaries. It was no longer a group with a therapeutic setting. Was it a group of friends or family members? As a rule, I do not offer any input or reply to their posts or comments. I was wondering if I should set boundaries to this form of communication. I was aware that this way of communicating with each other was important to them, that they gave each other support, so I did not interfere. On the other hand, I was excluded because I had not posted any replies in the group for days. I sent the link to an article by an esteemed scientist about the importance of staying at home. One of the group members warned me that his anxiety feeds upon such texts. The others thought that I should send what I feel is relevant. A very religious group member sent messages with a religious content, about St. Corona, the protector of epidemics. A group member who is a

on-line u WatsApp grupi. Jedna članica šalje zvučni zapis da slijedi potpuna karantena, da ćemo moći izaći jednom u četiri dana. Drugi šalju zvučne zapise šaljivog sadržaja. Zatim se šalju informacije o virusi, o ozbiljnosti bolesti. U WatsApp grupi razmjenjuju se šale i poruke religioznog karaktera (poruka Pape, misa 27. 3. 2020. na televiziji), povremeno i seksualnog karaktera.

PRVA SEANSA PUTEM ZOOM PLATFORME

Prva grupa na Zoomu dogovorena je za 27. ožujka Svi su si instalirali aplikaciju. I voditeljica je dobila dozvolu od bolničke uprave te su joj informatičari instalirali aplikaciju, ali računalo nema kameru pa je grupu vodila sa svojeg mobitela. Većina je instalirala aplikaciju na računalo i voditelj im daje ID koji predstavlja sobu u kojoj se trebaju naći. Određeno je da će se grupa održati u isto vrijeme kada i inače, dakle u 10.45. Prisutno je pet članova, a šesti je trudnu suprugu odveo na pregled ginekologu. Na početku rada bilo je tehničkih poteškoća, počevši od voditeljice kojoj je nedostajao punjač te je prijetilo da će joj se mobitel isprazniti do rijetkih „ispadanja" nekih članova grupe. Održala se jedna seansa uz dogovor na kraju seanse da ćemo imati redovite seanse svaki petak u 11 sati.

historian warned that the church long fought against the cult of saints. A third member told others that they should not seek salvation in religion, but in staying home. Some group members warned that all of this ought to be discussed in the real-life therapy group, not online in a WhatsApp group. One member sent a voice message saying that complete quarantine will ensue and that we will only be able to leave the house every 4 days. Others sent voice messages with a humorous content. Then information was exchanged on the virus and on the severity of the illness. The WhatsApp group also saw jokes and messages of a religious character (the Pope's messages, the mass held on the 27th of March on television) exchanged, occasionally also of a sexual character.

THE FIRST ZOOM SESSION

The first group session on the Zoom application was scheduled for the 27th of March. Everyone installed the application. The group leader also obtained permission from the hospital administration, so the tech support team installed the application. However, the leader's computer did not have a camera, so the session was led from her mobile phone. Most members installed the application on their computer and were given an ID by the group leader that led to the chat room where they were scheduled to meet. It was agreed that the group would be held at the same time when it would

Nakon što smo se svi vidjeli u kvadratićima Zoom aplikacije, zavladalo je oduševljenje. Članovi grupe nakratko se informiraju što je sa svakim od njih. Član koji je prije pola godine počeo raditi iako je potpisao Ugovor za stalni radni odnos, upućen je na godišnji odmor, a potom „na čekanje". Jedan od članova radio je kao nastavnik na zamjeni u školi pa je i njemu prekinut radni odnos. Jedna je članica zaposlena u knjigovodstvenom servisu svoje sestre koji također ne radi do daljnjega, nešto malo posla obavlja od kuće.

Član grupe koji je na čekanju, Ivan, iznosi svoj san. San predstavlja okupljanje djece na zajedničkom izletu. Djeca upozoravaju na opasnosti da se nitko ne pridržava pravila socijalne distance, ali odrasli ih ne slušaju. Osjeća ljutnju u snu. Drugi članovi grupe primjećuju da se očito osjeća ljutito i bespomoćno. Jedna članice kaže da je to možda grupni san, da su djeca možda oni svi. Druga članica grupe upućuje na povezanost sna i njegove povijesti. (Naime, za vrijeme rata kao petogodišnje dijete zajedno s mlađim bratom i sestrom poslan je u Njemačku gdje su radili i živjeli baka i djed po ocu. Četiri mjeseca prije obitelj je napustila majka nakon svađe s ocem koji je imao izvanbračnih veza. Otac je bio oficir JNA-a koji je početkom rata prešao u HV zbog čega je su-

usually begin, at 10.45. Five group members were present, and the sixth member was absent because he was accompanying his pregnant wife to a gynaecological examination. Some technical difficulties were present in the beginning due to the group leader lacking a mobile phone charger and her phone threatening to switch off, as well as with the occasional "kicking out" of some group members from the chat. One session was held and resulted in an agreement that regular sessions will be held every Friday at 11.

After we all saw each other in the small squares of the Zoom application, everyone was enthusiastic. Group members took a short time to bring others up to date on their lives. A member that started working half a year ago, even though he signed a contract for a permanent work position, was sent on vacation and then placed on unpaid leave. Another member who was working as a substitute schoolteacher also lost his job. One of the female members was employed in her sister's bookkeeping business that went of commission until further notice, and was doing a bit of work from home.

The member on unpaid leave, Ivan, told of a dream he had. The dream showed children gathering on a shared field trip. The children warned of danger, of no one adhering to the rules of social distancing, but were ignored by the adults. He felt anger in his dream. The other group members told him this means he obviously feels angry and helpless. One of the members said that his dream might be a group

očen s prijetnjama za sigurnost svoje obitelji. To je razlog zbog kojeg djecu šalje u Njemačku). Ivan je u Njemačkoj živio četiri godine i tamo završio tri razreda osnovne škole. Često je tijekom grupnog rada evocirao svoje osjećaje nakon dolasku u Njemačku, a posebno nakon povratka kući gdje su djeca nastavila živjeti u disfunkcionalnoj obitelji.

Vrlo brzo grupa prelazi na aktualnu životnu situaciju. Govori se kako se ljudi inače ne pridržavaju samoizolacije, kako su puno vani, kako šeću. Ivan se žali da mu djevojka s kojom živi u izvanbračnoj zajednici prigovara da kontrolira njezine financije. Anita, koja ima dvije odrasle kćeri od kojih jedna ima anksiozni poremećaj, navodi da je protekli tjedan osjetila neraspoloženje, tugu, bezvoljnost, strah od budućnosti i tjeskobu. Za nju je to vrlo neuobičajeno jer je u pravilu sklona opsežnim somatizacijama i psihosomatskom reagiranju. Pokušava objasniti zašto se tako osjećala. Povezuje to s činjenicom da je starija kći dobila otkaz za vrijeme aktualne krize te s posljedicama potresa u Zagrebu. Naime mnogi članovi njezine obitelji po ocu (s kojim nikad nije živjela, roditelji su se rastali kad je imala dvije godine) uz koje je snažno emocionalno povezana žive u Zagrebu. Nakon potresa u Zagrebu osjetila je opisane anksiozno-depresivne simptome.

dream, with all the members represented by the children. Another member pointed out the relation of the dream to his personal history. (In wartime, at 5 years old, he was sent to Germany together with two younger siblings to where his father's parents lived and worked. Four months previously, his mother had left the family due to a fight with their father who was having multiple extramarital affairs. The father was a Yugoslav People's Army officer that transferred into the Croatian Army at the beginning of the Homeland War, and received threats to the safety of his family. It was the reason the children were sent to Germany.) He had lived in Germany for 4 years and finished three grades of elementary school there. During group work, he often recounted his feelings upon arriving in Germany, and especially upon his return when he and his siblings continued living in a dysfunctional family.

Very soon, talk in the group moved onto the life situations at hand. They spoke of people not adhering to self-isolation, being outside a lot, walking around freely. Ivan complained that his girlfriend, with whom he lived in an extramarital union, complained that he was controlling her finances. Anita, a member with two adult daughters of whom one has an anxiety disorder, recounted that she felt herself to be in a bad mood, sad, dejected, fearful of the future, and anxious. It was very unusual for her because she, as a rule, usually tended towards extensive somatizations and a psychosomatic reaction. She attempted to explain the reasons as to why she felt this way. She connected

Magdalena također navodi da je tijekom izolacije u kući imala „tešku fazu". Vratila se u „stare dane" dok je bila izolirana za vrijeme pisanja doktorata. Naime, nakon što je ostala sama s bratom u četrnaestoj godini života u Zagrebu, jer majka se vratila raditi u Split, pojavila se trihotilomanija, a zatim i alopecija. Taj nedostatak nadoknadila je umetkom koji je počela redovito nositi od dolaska psihijatru i početka psihoterapije. Sada je zabrinuta zbog činjenice da ne može otići kod frizera da joj redovito održava navedeni umetak. Teško je podnosila samoću pa se vratila u gradić u okolici Splita kod roditelja, što sada doživljava kao poraz i korak unatrag. No nastavila je sa svojim uobičajenim aktivnostima, održava nastavu *on-line* (predaje na privatnom visokom učilištu), radi *on-line* poslove vođenja privatnog hotela koji je izgradila njezina vrlo dominantna i uspješna majka. Nažalost, gotovo sve agencije raskinule su ugovore i zabrinuta je. Osjeća nervozu i često gušenje u prsima. Pokušava se opustiti čitanjem knjige.

Nada se posljednja pridružila grupi. Akademska je slikarica, nedavno je zakupila prostor i počela izrađivati originalne suvenire za suvenirnice turističkih mjesta u okolici Splita. Sada je prestala odlaziti u prostor i vratila se kući što također doživljava kao korak unatrag, opet se vratila u ulogu kućanice i majke što je bila posljednjih osam

it to the fact that her elder daughter lost her job during the crisis and with the fallout of the Zagreb earthquake. Many of her family members on her father's side (with whom she had never lived, due to her parents having had a divorce when she was two years old) with whom she has a strong emotional connection live in Zagreb. After the Zagreb earthquake, she experienced the abovementioned symptoms of anxiety and depression.

The next member, Magdalena, also recounted that she had a "difficult phase" during her isolation at home. She returned to the "old days" when she was isolated while working on her doctorate. Namely, after being left alone at 14 years of age with her brother in Zagreb while her mother returned to work in Split, she developed trichotillomania and, subsequently, alopecia. The defect had been covered up by a hair filler that she had started to wear regularly while seeing a psychiatrist and during psychotherapy. Now she was worried about the fact that she could not go and see a hairdresser regularly for maintenance of the hair filler. She did not bear being alone well, so she returned to the small city near Split to her parents' place, which she perceived as a defeat and a step backwards. She, however, continued her usual activities, holding online classes (she was a teacher at a private institution of higher education) and working online at a job of maintaining a private hotel built by her very dominant and successful mother. She was worried due to the fact that all agencies had broken off contracts with the hotel. She felt

godina. Opušta se šetnjom u prirodi, po šumi, branjem šparoga, no nije zadovoljna time.

Meri kaže da joj je teško, da osjeća da je zapala u neko tupilo, da se treba iz toga iščupati.

DRUGA SEANSA NA ZOOMU

Iduća seansa zakazana je u isto vrijeme u petak. Tijekom te seanse bili su prisutni svi članovi grupe. Članica grupe s alopecijom nosi kapu. Ostala je bez mogućnosti da ode u frizera koji bi joj vratio i uredio umetak. Prva započinje Anita iznoseći koliko joj je bilo teško u proteklom razdoblju, tjeskobna je i plačljiva, bezvoljna, osjeća strah i tugu. Zabrinuta je za stariju kćer koja je ostala bez posla. Ivan također navodi da mu je teško biti kod kuće po cijeli dan, da se boji za budućnost, da ga je strah jer razmišlja do kada će to trajati i hoće li ga vratiti na posao. Nada navodi da se vratila raditi u prostor koji je unajmila. Nakon završetka grupe poslala je sliku suvenira koje izrađuje. Dopustila je da svekrva kuha i za njezinu obitelj. Prvih šest godina braka tome se opirala, a nakon uključivanja u grupu prije godinu dana počela je raditi i pustila svekrvu da kuha. Puno joj znači što je ponovo počela raditi, to je smiruje i opušta, pruža joj osjećaj normalnog života. Suprug radi od kuće pa se i on puno više

nervous and often felt a tightness in her chest. She tried to relax by reading a book.

Nada was the last member to join the group. She is an academic painter who had recently bought a work space and has begun to make souvenirs for souvenir shops around Split. She now stopped going to the work space and had returned home, which she also felt was another step back, returning again to the role of housewife and mother, something she had been for the past eight years. She tried to relax by walking in nature and picking wild asparagus, but she did not feel contented with this.

Meri also said that she was having a hard time, that she felt as if she had slipped into a certain numbness, and that she needed to snap out of it.

THE SECOND ZOOM SESSION

The next session was scheduled for next Friday at the same time. All group members were present during the session. The group member with alopecia was wearing a hat. She was left without the option to see a hairdresser that would maintain and tidy up her hair filler. Anita begins by telling others of how difficult she found the past period; she was anxious and weepy, dejected, and experiencing anger and sadness. She was worried for her elder daughter who was without work. Another group member, Ivan, also said that it was difficult for him to be home all day, that he feared for his future, and was fearful about how

uključuje u brigu o djeci. Magdalena navodi da joj je teško što se ne može sastati s mladićem koji živi u drugom gradu. Njezina majka je protiv toga da ona putuje. On zna izaći iz kuće, ode se naći sa svojim sumještanima, zato je rizičan. Osjeća se usamljeno. Plače. Voditelj grupe komentira da je većini članova teško jer su nam se životi u potpunosti promijenili, puno toga što nam je činilo svakodnevicu prestalo je, nije se lako prilagoditi na novonastale okolnosti.

Dogovara se nastavak grupne seanse u isto vrijeme idući petak.

TREĆA SEANSA NA ZOOMU

Treća seansa na virtualnoj platformi započinje Magdaleninom ljutnjom na majku koja ide u Zagreb, a protivila se njezinoj želji da ide u Makarsku. Inače se osjeća bolje u odnosu na prethodni tjedan. Ostali članovi grupe također se osjećaju bolje, raspoloženi su, veseliji. Ivan kaže da je ljut na ljude koji se stalno šetaju uokolo, pun je grad svijeta, nitko ne poštuje preporuke da ostanu doma. Kaže: „Ja želim svoj život natrag, a zbog njih ga neću imati tko zna koliko još dugo." Zabrinut je jer stožer radi na tome da se obustave kontrole između Kaštela i Splita. Anita se s njime slaže, ali Nada kaže da ona ide biciklom na posao u Vranjic, da iziđe

long this would all last and whether he would be returned to his job or not. Nada said she had returned to her work space. At the end of the session, she showed pictures of the souvenirs she was working on. She left her mother-in-law in charge of cooking and her family. She had resisted doing so for the first six years of her marriage, but, since starting group therapy a year ago, she had started working and had allowed her mother-in-law to cook. Working again meant a lot to her; it calmed and relaxed her, and gave her the feeling of a normal everyday life. Her husband was working from home so he had gotten a lot more involved with taking care of the children. Magdalena recounted that it was hard being prevented from meeting a young man living in another city. Her mother was against her making a trip there. He sometimes left the house and met people in his community, and was therefore considered risky. She felt lonely and cried often. The group leader commented that many of the members feel bad because their lives have been completely changed; a lot of what had constituted everyday life has stopped, and it was not easy to acclimatize to these new circumstances.

A continuation of the group session was scheduled for next Friday at the same time.

THE THIRD ZOOM SESSION

The third session held on a virtual platform began with Magdalena being angry at her mother who went to Zagreb, yet

u šetnju s djecom i mužem... Smetaju joj te zabrane. Ivan ispriča san kako je išao s prijateljima iz djetinjstva na doček Nove godine u hotel u sklopu Poljuda (gdje se nalazi stadion Hajduka). Osjeća gušenje i izlazi van. Ispred ugleda navijače koji idu na utakmicu Hajduka i koji imaju virus. Osjeća silan strah. Svjestan je da ni na koga ne može utjecati. Pitaju ga drugi članovi grupe što je on napravio, odgovara: „Ništa." Na to mu Neda kaže: „Ti si, Ivane, krut prema sebi. U djetinjstvu si morao biti poslušan svojima, sada moraš biti poslušan kad je riječ o naredbama Stožera. Ne razumiješ da je ljudima teško ostajati u kući, da ih to guši." Anita misli da su ljudi neodgovorni, u njezinoj kući djevojke koje moraju biti u samoizolaciji organizirale su tulum. Susjedi su pozvali policiju. Ivan kaže da on ima potrebu postaviti sebi i drugima oštre granice. Nakon toga ja kažem da ne poštuju granice i pravila grupe na WatsAppu. Više članova kaže da im je bilo teško pogotovo na početku grupne terapije i da im je to međusobno dopisivanje puno značilo. Bile su im bitne zajedničke šale, uljepšale bi im dan. To je bilo mjesto gdje su mogli reći i napisati što su htjeli bez negativnih konotacija. Nakon toga šutnja. Anita kaže da joj se čini da kao da im na trećoj grupi koncentracija pada, da se stalno vraćaju istim temama. Još su uvijek površni i ne rade onako duboko.

had been against her travelling to Makarska. Other than that, she was feeling better than the previous week. The other group members also felt better and were in a good mood, more joyful than before. Ivan said he was angry at people who were constantly walking around outside: the city was full of people with no one respecting the recommendations to stay home. He said: "I want my life back, but, because of them, I won't have it for who knows how long". He was worried because the Crisis Management Committee was working on stopping the controls between Kaštela and Split. Anita agreed with him, but Nada said she biked to her work in Vranjic and went out walking with her children and husband... She did not like such prohibitions. Ivan talked about his dream where he went with his childhood friends to a New Year's Eve party held in a hotel that was a part of Poljud (where the Hajduk football club's stadium was). He felt suffocated and went outside. He saw sports fans infected with the virus going to a Hajduk game. He felt terrible fear. To this, Nada said: "Ivan, you are too hard on yourself. In your childhood you had to be obedient to your parents, now you have to be obedient towards the Crisis Committee. You don't understand that people are having a hard time staying at home, that they feel suffocated by this." Anita said she thought people were irresponsible; in her building, girls that were supposed to be in self-isolation organized a party. The neighbors called the police. Ivan said he had the need to set firm boundaries for both himself and others. After that, I told

ko kako su radili dok su bili u realnom svijetu. Stavili su život na čekanje. Nije im lako pričati, pomalo se boje da ih ne čuju članovi obitelji koji su u susjednoj prostoriji.

PROBLEMI NOVOG *SETTINGA*

Tijekom svih triju prikazanih seansi svi članovi javljaju se iz kućnog ambijenta te sada sliku o njima obogaćujemo i prikazom njihova kućnog prostora. Na samom početku grupe Nada nam je pokazala supruga koji radi od kuće, a zatim je napustila prostoriju. Kasnije smo vidjeli i sedmogodišnjeg sina koji je ušao u sobu. Ivanu se tijekom grupe vidi uzglavlje kreveta. Gledamo ga iz profila, što mi je bilo čudno, pa sam ga pitala zašto je tomu tako. Objasnio je da mu je kamera udaljena od računala tako da on vidi nas na računalu normalno, a mi vidimo njegov profil. Meri je na posljednjoj seansi bila okupirana problemom sa začepljenim sudoperom te se u više navrata ustajala provjeriti što je s time. Iako nitko od članova nije ništa rekao, osjetila sam ljutnju članova grupe, ali i svoju. Nakon što sam je upozorila da nije usmjerena na grupu, ispričala se. U tom trenutku shvatila sam njezin problem s granicama koje ne može postaviti ni djeci ni suprugu. U jednom trenutku u sobu je ušao i njezin suprug i pitao je

them they had not respected the boundaries and rules of the WhatsApp group. More members said that this was difficult for them, especially in the beginning of group therapy, and that this form of communication meant a lot to them. Joking together was meaningful and made their day better. It was a place where they were free to say and write what they wanted, without a negative connotation to their words. After that, silence ensued. Anita said that it seemed to her that participant concentration during the third session was becoming poor and that everyone kept returning to the same topics. She said they were still superficial and were not working as deeply as they would have in a real-life setting. They had put their life on hold. It was not easy to talk in this way, since members were afraid to be overheard by family members in the rooms next to them.

ISSUES IN THE NEW SETTING

Throughout each of the three described sessions, the members had reported from a home environment and were now also represented by the image of their home environments. At the very start of this type of group therapy, Nada showed us her husband who was working from home, and then left the room where he was. Later we saw her seven-year-old son enter the room. Ivan's bedpost was visible during the group conversation. We were seeing him from the side, which was strange to me, so I asked him the reason

što će kuhati za ručak. Pogled na supruga u potpunosti mi je promijenio sliku o njemu. Do tada smo ga prema njezinoj priči doživljavali kao teškog i zahtjevnog čovjeka koji nju optužuje i krivi. „Uživo" je izgledao poput dobrog i veselog mede. Dio obiteljske dinamike u koju smo dobili uvid zahvaljujući aplikaciji Zoom pokazao je ono u što sam sumnjala. Meri nije „žrtva" supruga i sinova, nego je kontrolirajuća i dominantna.

RASPRAVA

Cilj je pokazati osobitosti prilagodbe članova grupe, voditelja, ali i same tehnike grupne analize u uvjetima pandemije. Ova situacija, bez sumnje, ima obilježje krizne situacije te stog zahtijeva prilagodbu dodatnih adaptacijskih mehanizama. Virtualni prostor pruža mogućnost za nastavak komunikacije u kriznoj situaciji. Zajednička WatsApp grupa omogućila je članovima stalan kontakt kojim se krše pravila grupe. Takva komunikacija otvara dvojbu voditelju. Treba li dopustiti komunikaciju putem WatsAppa u ovim kriznim situacijama ili zabraniti komunikaciju među članovima grupe na toj platformi? Trebamo li učiniti ustupak od uobičajenog pravila u situaciji koja je opterećena visokim stupnjem neizvjesnosti i

for this. He explained that his camera was placed separately from his computer, so he was looking at us on the computer, while we were looking at his facial profile. During the last session, Meri was occupied by the problem of a clogged sink drainpipe and had to get up multiple times to check what was going on. Even though none of the members had said anything up until then, I felt anger in them and in myself. After I warned her that she was not focused on the group, she apologized. In that moment, I realized that her problem was with boundaries in general, which she was not able to set with her children nor with her husband. Then, her husband entered the room to ask her what she was cooking for lunch. Once I saw him, it completely changed the way I had imagined him until then. Until then, according to her stories, we all thought him a difficult and demanding man that accused and blamed her. In real life, he looked like a good-natured happy teddy bear. Thanks to the Zoom application, we gained insight into a part of the family dynamic and this confirmed my suspicions. Meri was not the "victim" of her husbands and sons, but was herself controlling and dominant.

DISCUSSION

The aim was to show the specificities of the group members' and the group leader's adaptation, as well as the techniques of performing group analysis in the circumstances of a pandemic. Without doubt, this situation has the characteristics of a cri-

ustrašenosti dok još nije dogovoreno redovito održavanje grupnih seansi. Sigurno je da je jedan od mogućih odgovora na ovo pitanje da bi na idućoj seansi grupne analize trebalo otvoriti pitanje razloga kršenja pravila grupe? Pokazuje li nepostavljanje granica članovima grupe da se voditelj zbog straha od raspada grupe ustručava postaviti granice? No postavlja se i pitanje treba li odmah prionuti takvim grupnim intervencijama u situaciji potpuno novog grupnog *settinga* te kako započeti voditi grupu na virtualnim platformama. Moje je mišljenje da se članovima grupe, pa i voditelju, treba dati vremena da se prilagode potpuno novom *settingu*. Prisjetimo se samo kakve bi reakcije članova bile da smo u realnom životu promijenili vremenski ili prostorni okvir. Na prvoj seansi kao i tijekom njihova komuniciranja WatsAppom odlučila sam ne intervenirati na način da ih upozorim da krše pravila grupnog *settinga*. Uočila sam koliko im je važna međusobna komunikacija u trenutku kad se nije znalo hoće li se grupa uopće nastaviti ili ne, što su mi i sami potvrdili na trećoj seansi kad sam ih s time suočila. Na prvoj seansi član grupe sanja san o izletu djece koja se boje jer se ne pridržavaju pravila socijalne distance. Plaši li ga nedostatak granica i stalna komunikacija u WatsApp grupi? Zanimalo me na koji se način

sis, and as such requires an adjustment of additional adaptation mechanisms. The virtual environment offers the possibility of continuing communication in a crisis. The WhatsApp group allowed the members permanent contact, which violated the group rules. This sort of communication offers a dilemma to the leader: should one allow WhatsApp communication in a crisis, or should one forbid this form of communication between members on such a platform? Should one make an exception to the rule in a situation characterized by a high degree of uncertainty and fear until regular sessions are re-established? Surely, one of the possible answers to such a question is that a question should be posed during the next group session asking about the reasons of breaking the rules in such a way. Does failing to set boundaries to members make the group leader appear fearful of the group disintegrating and thus holding back on setting boundaries? At the same time, the question emerges if one should start using such group interventions right away in such a new group setting situation and in what way one should start leading a group on virtual platforms. My opinion is that the group members, as well as the leader, need to be given some time to adapt to such a completely new setting. We should consider what kind of reactions members would have in real life if we changed the time or space specificities of the meetings. During the first session, just like during their WhatsApp communication, I decided not to intervene and warn them that they are breaking the rules of a group setting. I

pojedini članovi grupe nose s kriznom situacijom. Suočavanje s kriznom situacijom često je uz humor, koji se obično odnosi na pretjerano gomilanje hrane i toaletnog papira, pojačani apetit... Studije su pokazale pozitivan utjecaj humora i optimizma u nošenju s depresijom i anksioznošću (9). Neki primjenjuju racionalizaciju tražeći pozitivne aspekte pandemije putem pisma virusu, prezentacije o pozitivnim aspektima te situacije. Šale o gomilanju hrane, pojačanom apetitu i porastu tjelesne mase upućuju na aktivaciju regresivnih oralnih fantazija. Gomilanje toaletnog papira može se povezati s reaktivacijom analnih pulzija i potrebom za čistoćom. U drugih članova aktiviraju se snažne potrebe za kontrolom u vidu slanja „važnih informacija" što će se događati dalje, o zabrani izlaska iz kuće, zatvaranja dućana i sl. Ta potreba vidi se i tijekom seanse u ljutnji na građane koji odbijaju ostati kod kuće, u potrebi da jedan član grupe kontrolira financije svoje djevojke...

Na početku grupe koja se održava u virtualnom prostoru bliskost između članova grupe i grupna kohezija ne gube se. Oni otvoreno progovaraju o svojim osjećajima tijekom pandemije. Govore o tjeskobi koju u njima izaziva opasnost od bolesti, o tjeskobi zbog socijalne izolacije i gubitka uobičajenih aktivnosti na poslu i u slobodnom

noticed how important mutual communication was to them at a time when no one knew if the group would continue or not, which they themselves confirmed during the third session when I confronted them about it. During the first session, a group member had a dream of children on a field trip who were afraid because they are not adhering to social distancing rules. Was he also afraid of the lack of boundaries and the constant communication in the WhatsApp group? I was interested in the ways different members deal with a crisis. Dealing with a crisis often happens through humor, which here usually referred to hoarding food and toilet paper, and an increase in appetite. Studies have shown the positive influence of humor and optimism in dealing with depression and anxiety (9). Some use rationalization to search for positive aspects of the pandemic, an example being the letter to the virus and presentations on positive aspects of the situation. Jokes on hoarding food, increased appetite, and weight gain point to an activation of regressive oral fantasies. The hoarding of toilet paper can be connected to a reactivation of anal pulsions and a need for cleansing. In other members, strong needs were activated that pertain to sending "important information" about what will happen in the future, about prohibitions on leaving one's home, stores closing, etc. This need was also visible during the session when members displayed anger at citizens who refused to stay at home and through the need to control the finances of the significant other of one of the members.

vremenu. Iznose strahove od gubitka posla, dakle uglavnom aktualne probleme. Svi ti aktualni problemi pobuđuju prisjećanja na krizne situacije u životu u nekih članova koji se pojavljuju u snovima, prisutan je osvrt na prethodne unutarnje konflikte koji su se prorađivali na prijašnjim grupama. U isto vrijeme zamjećuje se potreba za ventiliranjem i proradom sadržaja povezanih s aktualnom kriznom situacijom. Čini se da se napredak u razvoju osobnosti i novostečeni načini psihološkog funkcioniranja i otvaranja konflikta zadržavaju unatoč kriznim situacijama.

Uporaba Zoom aplikacije omogućila nam je da vidimo članove obitelji, kod nekih smo nakratko doživjeli i obiteljsku dinamiku. Primjer je to pozitivnih aspekata Zoom aplikacije koja omogućuje dobivanje podataka o članovima u koje nemamo uvid uobičajenim *settingom*.

Doživljaj grupe putem Zoom aplikacije na samom početku u meni kao voditeljici probudio je znatiželju i uzbuđenje. Osjećala sam se kao dijete. Asociralo me na moj omiljeni ciklus dječjih filmova o junaku Harryju Poteru, u kojem su postojale novine sa sličicama koje se miču, smiju i pričaju. Potaknulo je moj regresivni dio koji voli fantaziju i bajke. Nije li to regres koji mi je pomogao u suočavanju s

The closeness between group members and group cohesion have been not lost during the start of a group that took place in a virtual environment. They talked openly about their feelings during the pandemic. They spoke of the anxiety caused by the danger presented by the illness, of the anxiety of social isolation, and the loss of everyday work and free time activities. They also expressed fear of losing their jobs, i.e. mostly problems relevant at that time. All these current problems caused patients to reminisce on other crises in their lives which appeared in their dreams, where one could see a reflection on past inner conflicts that had previously been worked through on past group sessions. At the same time, one could notice a need for venting and working through content relating to the crisis at hand. It seems that progress in personality development and new ways of psychological functioning and opening conflicts persist in the face of crises.

The use of the Zoom application gave us a possibility to see family members of other participants, sometimes also briefly seeing a family dynamic in play. It is an example of the positive aspects of the Zoom application that allows one to gain information about members that one would not see in a regular setting.

The impression of the group that I as a group leader obtained through the Zoom application initially sparked curiosity and excitement. I felt like a child. It reminded me of my favorite children's movie series on Harry Potter, where one

kriznom situacijom koja nas suočava sa životnom prijetnjom nama i našim najbližima, ali i duboko zadire u stupove identiteta terapeuta i psihijatra. Oduzimajući mogućnost da viđamo pacijente u stvarnom prostoru, kriza nam je onemogućila bit našeg profesionalnog identiteta i integriteta, a to je čarolija metakomunikacije. Nakon početnog oduševljenja, kasnije tijekom treće grupne seanse Zoom aplikacijom povremeno sam osjećala dosadu, zamijetila sam često ponavljanje već ispričanog, otpor grupe da u svojem radu ide dalje. S time sam suočila i članove grupe. Oni su se složili ukazujući na to koliko im je virtualni prostor zapreka za emocionalnu bliziNu, ali i koliko ih prisutnost članova obitelji u susjednoj prostoriji ometa u daljnjem otvaranju.

Većina istraživanja učinkovitosti *on-line* terapije odnosila se na kognitivno-bihevioralnu terapiju, ali postoje i mnogobrojna istraživanja koja potvrđuju da *on-line* savjetovanje i psihoterapija imaju sličan učinak te da uspješno repliciraju facilitirajuće uvjete koji su prisutni u tradicionalnom *settingu* neovisno o psihoterapijskom pristupu (11). Međutim, potrebna su nova istraživanja i snažniji empirijski dokazi koji bi dodatno utvrdili uspješnost i učinkovitost *on-line* terapije kako bi se bolje razumjela facilitativna uloga tog oblika psihoterapijskog rada.

could find newspapers with pictures that move, laugh, and talk. It stimulated the regressive part of myself that likes fantasy and fairy tales. This could very well be a regression that helped me face the crisis that confronts all of us with a threat to the our lives and those of the people close to us, at the same time entering into the identity pillars of a therapist and psychiatrist. This crisis took away from us our professional identity and integrity by removing the possibility of seeing our patients in real life, which is the "magic" of metacommunication. After initially being enthusiastic, I later noticed a repetition in communication that was common, as well as a certain resistance to the group advancing in its work. I confronted the group with this. They agreed with this, relating how much a virtual environment prevents them from feeling emotional closeness, along with family members being present in nearby rooms preventing them from opening up further.

Most studies on the efficacy of online therapy have dealt with cognitive-behavioral therapy. However, there are numerous studies that confirm that online counselling and psychotherapy have a similar effect and successfully replicate facilitating conditions that exist in a traditional setting, regardless of the psychotherapeutic approach in question (11). Regardless, new research and stronger empirical evidence is needed to additionally confirm the success and efficacy of online therapy in order to better understand the facilitative role of this type of psychotherapeutic work.

ZAKLJUČAK

Primjena virtualne platforme nesumnjivo zahtijeva prilagodbu članova grupe, ali i voditelja. Početkom krize izazvane pandemijom COVID-a 19 otvaraju se mnogobrojni izazovi za grupne analitičare. Pruža se mogućnost nastavka grupne analize u virtualnom prostoru koju su članovi grupe doživjeli kao veliko olakšanje. No primjena novog *settinga* zahtijeva i prilagodbu članova grupe i voditelja. Drugi su izazov s kojim se susreće grupna analiza nove društvene okolnosti u kojima se nalaze članovi grupe. Prekid uobičajenih radnih aktivnosti, život u uvjetima socijalne izolacije, izloženost prijetnji životnom ugrozom te nemogućnost susreta s članovima obitelji nove su okolnosti s kojima su suočeni članovi grupe. Oduzeta im je svakodnevna rutina života, svi načini na koje osoba održava unutarnju emocionalnu i psihičku ravnotežu. Rade u uvjetima izolacije, ne mogu upražnjavati uobičajene hobije, a i ako mogu, tjeskoba i uznemirenost ometaju uredno kognitivno funkcioniranje. Nedostaju im susreti s prijateljima, partnerima, udaljenim članovima obitelji. Upravo nastavak grupne analize primjenom digitalnih tehnologija članovima grupe može omogućiti olakšavanje u prilagodbi na uvjete socijalne distance tijekom pandemije COVID-a 19. Potrebna su daljnja istraživanja dinamike kao i osobitosti grupne analize u virtualnom prostoru.

CONCLUSION

It is without doubt that the application of a virtual platform requires adaptation by the group, but also the group leader. During the beginning of the crisis due to the COVID-19 pandemic, group psychoanalysts were faced with many challenges. A possibility to continue group analysis in a virtual environment presented itself, something group members felt as a significant relief. At the same time, the application of this new setting required some adaptation by the group members and the leader. Another challenge facing the group analysis were new life circumstances that the members found themselves in. The cessation of everyday activities, life in social isolation, being exposed to a threat to life, and the inability to meet and visit family members were all new circumstances that the members were faced with. Any everyday life routine was taken away, all the means a person had been using to maintain inner emotional and psychic equilibrium; one worked in isolating conditions, regular hobbies could not be pursued, and even if they could, anxiety and restlessness disturbed normal cognitive functioning. One missed seeing friends, partners, and remote family members. It is precisely the continuation of group analysis using digital technology that allowed members some relief in adapting to the social distancing necessary in the COVID-19 pandemic. Further research is needed on the dynamics and specificities of group analysis conducted in a virtual environment.

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