128 - THE WORD AND EMOTIONS. DISCURSIVE INTERACTION BUILDING AS HYDROTHERAPY STRATEGY IN PHYSICAL, EMOTIONAL AND SOCIAL RECOVERY IN PATIENTS WITH PARKINSON DISEASE AND STROKE

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INTRODUCTION

Many natural therapeutics have been studied in order to develop good health and even achieve cures. Meditations, exercises, natural food incorporate perspectives of healthier life in the century where time has become shorter due to the thousands of activities of the people. And in so much hurry, it seems that we do not realize the value of a single word. The word is part of our lives from the moment we wake up until bedtime, and often continues into our dreams. With it we interact, materialize our thoughts and emotions, we thank, hurt, ask, sing, draw attention, or waste it. "Sometimes a word can be better than a pill" was the speech that encouraged me to do this work. Words highlighted by a lady suffering from Parkinson's disease while she waited for her hydrotherapeutic session and talked to me. So, I felt challenged to investigate how the words, beyond the power of healing, are steps which push up the individuals to achieve their social space, in a world where the standards of beauty and perfection separate the "able" from the "disable".

Emotions lie at the intersection between people and society, and are produced through sociocultural interactions with other individuals (Lupton, 1998). As a product of cultural definitions and social relations, we built our expectations in the grammar of happiness, therefore, any failure in that process may disrupt emotions and quality of life. Thus, this analysis aims to understand the interactive discursive process in building socioculturally significant identities, which collaborates on sociocultural and physical recovery of patients in hydrotherapy, whose expectations are deconstructed by the development of Parkinson's disease and stroke. In order to achieve our aims, this analysis will work on understanding the ways in which emotions and feelings incorporated during the sessions are put into words which arouse satisfactory answers on the overall clinical process of these patients.

For our methodological purposes, we will be conducting two interviews, one with the client with Parkinson's disease referred above and with another one recovering from stroke. Our analysis will be done from the interactive concepts of qualitative research. Thus, various interconnected interpretative practices will be reflecting different views of the world, experiences, beliefs and approaches. The data were transcribed according to the studies of Conversation Analysis (Sacks, Schegloff and Jefferson, 1974; Atkinson and Heritage, 1984).

THE WORD AND THE EMOTIONS

Our emotional perceptions are not uniform, so they lead to various psychological and body experiences mediated primarily by language (Rezende and Coelho, 2010). Emotions are at the intersection between people and society, so they play the central role in the activation of our sense of self. They shape the meanings we give to our experiences as well as help to build our identities in various ways. Emotions are expressed in particular situations and cultures (Lupton, 1998), thus represent values and attitudes socioculturally defined.

Thus, we can analyze the position Sebastiana assumes in relation to society and the family when she answers my first question: "I wanted ... to talk with you about your treatment here at the pool. tell me what you got what you have got for you in your treatment and for you here in the hydrotherapy. "

Sebastiana: I have won in first place joy, love, much love, and :: friendship, good, and healthy: a little security, for me it was a point of security, support, that brought me to live, to live. I lived almost :: vegetating, you see, from the the right moment I got here I felt this good thing, I felt god giving me a family here to support me, understand?

Sebastiana aligns herself as a person whose identity is shaped from its membership in a family group and its space in this social group rescued in her hydrotherapy sessions. Our cultural values teach us that within the family we are fed by love, friendship, security and support.

She makes us understand that she had lost the willing to live and that she needed a family to give her support in her social space: "I lived almost :: vegetating you see, from the right moment I got here I felt this good thing, I felt God giving me a family here to support me, understand? "

When we study the different ideologies formulated by Dumont (1992 apud Rezende and Coelho, 2010), regarding the position of the individual in society, we find in the words of Sebastiana a construction of identity in which she places herself as part of a whole set from her birth, her role in the family and the social context, since she claims not to have its own life: "I lived almost :: vegetating, you see,", as she felt without receiving no support by her family: "I felt god was giving me a family here to support me, understand?". However, we found Albanize co-constructing the individualistic identity of Sebastiana when she says that the hydrotherapist encouraged her to love herself first.

Rosania: and tell me, what :: eh: albanize talks to you during the classes, or spoke, or yet speaks to you that encouraged you?

Sebastiana: well in the beginning, I came here, it was her she was the main person, you know, she said I should ... love me! I never forgot that word because, firstly I love me because... eh: thinking negative things that was of no use, thinking that it is a word that she said to me that I would get through this, I would get it, and I so far I'm winning, I'm no longer the person I was."

According to Sebastiana, the words used by Albanize had encouraged her to struggle incessantly, making her become the person she is today: winner.

We can observe in Sebastiana's speech two emotive aspects opposing each other from their social context: sadness / joy X defeat / victory. By declaring that she was feeling like "vegetating," we find Sebastiana socially isolated, without emotional support, however, stating that she had found a social environment which made her feel alive, we see another Sebastiana stimulated by the new social context she had been in, reinforced by Albanize's words of encouragement and affection: "it is a word that she said to me that I would get through this, I would get, and I so far I'm winning, I'm no longer the person I was."

We will observe in the sequency of our conversation that Sebastiana attributes to the words with which Albanize interacted with her, not only her social inclusion, but also her physical recovery. When I asked about the physical difference in her

clinical condition, she declares that she looked like an old woman, bent. Even enhances her image with the words "deformed" while negotiating credibility to her words to make us understand that she could prove it with photos she had saved.

Her recovery process was being so satisfactory that Sebastiana states that many times she has been walking without holding someone's hand, "but not today, today I still have short steps, but sometimes I have long steps that I go even sometimes walking going home without holding someone's hand."

Sebastiana declares that, unlike the past, no longer she saw herself in the mirror as an old sixty year-old woman.

Sebastiana: Well, because I looked in the mirror and I saw myself like a little old lady in my sixties ... and I looked at my body I still have pictures I just bent all deformed, and and the steps to get out was heavier yet, I was not happy, joy of walking in the street, I was ashamed, but not today, today I still have short steps, but sometimes I have long steps that I go even sometimes walking going home without holding someone's hand."

Another feeling that builds the identity of Sebastiana is fear. She states that she felt embarrassed by people who observed the way she walked, and that made her insecure and often made her lose balance "it is what I think, the insecurity I had, imbalance." However, she build herself more confident when she declares that she had been encouraged by Albanize's words, and no longer lost her balance with the same frequency, as she does not care about people's stares.

Rosania: So what did she say to you that you had to overcome?

Sebastiana: I had to overcome fear.

Rosania: and that's what you think when you…

Sebastiana: it is what I think, I felt unconfidente, with no balance.

Rosania: and now do you have less imbalance?

Sebastiana: I have less, I have less because I, I to walk alone in the beginning I fell

many times because of the balance, the back, and today I get stand up and walk better now.

In the second interview, we will be seeing how the words were the initial stimulus to make Selene writes her book. Some words which gave credibility gave way to Selene believe in their potential and achieve a dream: to write about the origin of her family. But to do so, Selene had to challenge their fears and insecurity to build the Alagoana woman, zealous with her family until she becomes a writer.

When I asked her about the process of launching her book, Selene reveals how the hydrotherapy had transformed her life. A diagnosis of stroke had left her depressed with some parkinson manifestations, however, the sessions in water provided her physical, personal and social improvements. Selene highlights the performance of Albanize in her overall recovery.

Rosania: eh I wanted to know about you, you are launching a book, on September 23.

Selene: exactly, a Brazilian in Maceió.

Rosania: great, I was wondering how you eh you got to, what was the process to write this book so far this launch, what has happened to you ...

Selene: I always wanted to discover the original life of my family, the ancestors, right, then I got here in this pool very depressed with the bad medical diagnosis and shaky, I could not write and Albanize said you you write, you will start your book, you will start your book today I said no because I do not type, I have to handwrite and no one will read it, and she said bring me that I read, she read a page, you know, that today that page no longer exists, it developed differently, but she gave me a big stimulus within that pool, so, today I'm good, I'm not trembling, I wrote the book, researched for two years and the book is being launched on September 24.

We've found in this interview the key role that words play in our perception when Selene employs Albanize's own words: “and she said bring me it that I read,”

Later in that same conversation, I asked Selene to tell about the hydrotherapy strategies used by Albanize to which she attributed her recovery. Selene, again, describes her feeling of confidence when she is with Albanize during the sessions in the pool. She even metaphors the pool water and the whole context of the hydrotherapy when she declares that there she feels to be in a safe port: "oh, I seek life here, so when I feel to be in a safe port,"

Selene makes Albanize's words worth by employing direct speech in her speech: "You see I had no courage to start the book she said you're ready, I said I can not write, she said write it that I read and read and showed that she could read" She contrasts the power of words employed by Albanize to her own unconfident words in relation to herself:" I said I can not writ ". We will see Selene building her up passively and giving Albanize the main agency to make her dream come true.

Considering the psycholinguistic aspect, we see Selene interpreting hydrotherapy as therapy, that is, much more than the movement of the water, the conversations she had with Albanize stimulated her mind, overcame barriers, renewed pleasure, joy and self-confidence.

Selene: Oh, I seek life here, so when I feel to be in a safe port, where not only I think that if I had a therapy it wouldn't be not so good as this therapy this hydromassage, you know, that this hydrogymastics, this therapy in water, you know, with Albanize. You see I had no courage to start the book, she said you're ready, I said I can not write, she said write it that I read and read and showed that she could read, so I wrote another page and I saw that other people read too, and then I stopped shaking, and the depression was over and I'm here very fit.

Besides, these conversations, that stimulated her to face difficulties and build a purpose for her life, reversed her clinical picture: "and then I stopped shaking, the depression was over and I'm here very fit”.

The functioning of the brain, in particular the chemical reactions that take place there, is another source responsible for some emotional manifestations. Anxiety and emotional states which turn into depression would be a result of unbalanced chemical reactions, often being treated by chemical antidepressants and anxiolytics (Rezende and Coelho, 2010), however Selene reinforces that her medicine has been hydrotherapy "and I took no medication it was here at the hydrotherapy that all that pain was over.”

Selene: I had a stroke and that's logical, and in despite of being very lucky, there's always a consequence, and so, at this time I was having a huge depression, and I took no medication, it was here at the hydrotherapy that all that pain was over.

We can clearly see the relation between mind / body, reason / emotion in Selene's story. Achieving her goal, researching, using her mind in an activity which, besides being a challenge, brought her pleasure, Selene felt gradually recovered. Today, she builds herself a cheerful woman, in good health, "and I'm here very fit."

The words used by Selene and Sebastiana regarding emotions are not simply emotion labels that describe pre-existing entities or natural events. They are etnotheory ideas about the nature of self and social interaction, and they act as ideological practices for specific purposes as part of the construction and negotiation of reality (Lutz, 1998). Albanize goes beyond simple hydrotherapeutic massage to interact and co-construct with Sebastiana and Selene the identity of autonomy, persistence and surpassing.

Rosania: and what did she say to you?

Selene: She gave me strength, she goes deep inside us, she picks up what we feel and then she shows us that we are capable she gives us a tremendous stimulus. I do not know how it is it is a gift, you know , she goes deep inside, she searches that little thing bothering and turns it into a good thing.

The modern western ethno psychology, according to Lutz (1998), believes that the person is constituted by an essential dualism, which is the opposition between body and mind. The phenomena associated with this dualism are also divided into reason and emotion. These two dichotomies are related, as emotions are generally associated with the body, while the reason is related to mind. In the association between emotion and body, we find the causes as well the manifestations of feelings, which would also be influencing the reactions of the body.

On the other hand, although the emotions have a psychobiological dimension, it is assumed that the society influences the way to express feelings. So, there are expression rules that affect the expression of feelings, not only according to the social contexts, but also in different societies.

Continuing our conversation, I invited Albanize, who was with us at that moment, to send a message to Sebastiana. However, Albanize did not send a simple message, she explained how the words she uses in her speech with her clients are a powerful instrument in their recovery. Albanize refers to the pain of the soul, the loneliness, as the worst pain someone can feel, therefore, she declares that identifying this pain and making her clients conscious about it is the first step for the treatment:

Albanize: "I early reading and living with other people, I realized that the greatest pain of the human being is called loneliness, that is the pain of the soul. The pain of the soul reflects in the muscle skeleton system, in the physiology of the person, then the treatment in fact begins in the interview, when I say to the person leave it, do not be afraid, assume that you are sick, but that is not yours, it doesn't belong to you, and you will struggle and it will be overcome. Then, when the person leaves, I thank God and the coming of this person and the fact that treatment has begun."

It should be noted that the words used by Albanize articulate how lovingly and zealously she relates to her pacients, when she shares maternal feelings and emotions as she says, "look, I, as she referred to the motherhood (sigh) motherhood is what I feel, you know, I have many children, I can not say precisely during these twenty-seven years how many children has God given me, they are a lot."

According to Albanize's speech, she feels that her clients are suffering the pain of loneliness, she uses the right words to activate their emotional perception in satisfactory social context, thus stimulating the necessary hormones for the construction of joy emotions and overcoming. These emotions work, then, as inhibitors of the soul pain and consequently the physiological pain, while stimulate the body's work in satisfactory recovery answers.

FINAL CONSIDERATIONS

We can see on the analysis of the two interviews that Sebastiana and Selene, after experiencing moments of physical and social difficulties, regained their self-esteem and they are again in self harmony. Sebastiana builds the identity of a woman who was turning fear and loneliness into joy and determination. Selene gets the position of the writer who won the insecurity and setbacks of the health problem that she had. But, both attribute this healthy transformation to the words with which Albanize interacted with them during the hydrotherapy sessions.

The hydro therapist says that the interacting words she talks with her clients are the first step in the treatment. We note, however, that to build interaction with her patients interviewed to this analysis, Albanize makes framings that fit the life story of each one. Thus, Albanize activates pertinent perceptions with discourses that stimulate emotions to produce the hormones necessary to rebuild self-esteem. Albanize reaches Sebastiana through religious faith which they both share. Albanize states to me and Sebastiana, "and as in the case of Sebastiana she is evangelic, what I am too, then, through the bible word knowledge, I call attention to the word, you know, and look at the word, I don't think they are written like that, I think you should not, and sometimes the feeling is so great that it is as I have received an insight, an intuition that is not mine, because sometimes I find myself saying things that do not belong to me. "

In the case of Selene, Albanize explores the client's intellectual feature, motivating her to write and perform a dream, as Selene herself tells, using Albanize's words: " You see I had no courage to start the book, she said you're ready, I said I can not write, she said write it that I read and read and showed that she could read, so I wrote another page and I saw that other read too. And Selene uses her own words rom the pages of her own book to express the importance of performing her dream: " At those moments I feel like a general who wins the war. The taste of victory after several battles is the greatest gift that a mere mortal can win in life." (Almeida, 2013).

According to the scientists Melzack and Wall (1965), the gate control theory states that there are certain mechanisms that stimulate interneurons (endorphin, dynorphin, enkephalins, norepinephrine and serotonin, among others) to inhibit or suppress the perception of pain. This happens when emotions of joy and cheer defocus the pain to replace it with perceptions that raise self-esteem and build up active people working significantly in the social world (Silva Junior, 2007).

Many strategies produce good results in order to stimulate these hormones: exercise, meditation, music, and others. However, we noted, in this analysis, that the adequate word, used interactively, could make a big difference in the physical, emotional and social recovery development in the life stories of Selene and Sebastiana. Therefore, we can understand that the word becomes a major source of feelings production, affection, and tenderness in the co-construction of identities weakened by loneliness, the feeling of abandonment and the feeling of no long being productive.

After all, living is to be exposed to emotional pains, however " Sometimes a word can be better than a pill."

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THE WORD AND EMOTIONS. DISCURSIVE INTERACTION CONSTRUCTION AS HYDROTHERAPY STRATEGY IN PHYSICAL, EMOTIONAL AND SOCIAL RECOVERY IN PATIENTS WITH PARKINSON DISEASE AND STROKE

ABSTRACT

"Sometimes a word can be better than a pill" it was the speech which stimulated me to do this work. Words highlighted by a lady suffering from Parkinson's disease while waiting for her hydrotherapeutic treatment session and talked to me. So, I felt challenged to investigate how the words, beyond the power of healing, are steps which drive the individuals to achieve their social space, in a world where the standards of beauty and perfection separate the "able" and "disable". In order to accomplish this study, two interviews were conducted, one with the client with Parkinson's disease and another one with a client recovering from stroke, during the hydrotherapy sessions. They highlight the important role of the hydrotherapist, Albanize, in their physical and social recovery, through her discourse in rebuilding self-esteem, overcoming, social reintegration and achieving dreams. Albanize declares that her words, in the first conversation she has with her clients, are the first step to reach them and relieve them from the pain of the soul, which is loneliness. Albanize awakens perceptions which activate the necessary neurons for the construction of emotions which elevate the self-esteem and command the body's reactions in physical, emotional and social recovery responses. Albanize adequate her words to each different life story that integrates her work in a zealous and no stopping care.

KEYWORDS: hydrotherapy, word, self-esteem.

LA PAROLE ET ÉMOTIONS. LA RECONSTRUCTION DISCURSIVE COMME STRATÉGIE HYDROTHERAPIE DE REDRESSEMENT PHYSIQUE, EMOTIONNEL ET SOCIAL CHEZ DES PATIENTS ATTEINTS DU MAL DE PARKINSON ET AVC

RÉSUMÉ

" Souvent une parole peut étre plus efficiente q` un médicament". Cette révelation est d`une femme porteuse du mal de Parkinson, quand attendait le moment de sa section de hydrotherapie.Elle m`a encouragé dans la réalisation de ce travail. Je me senti désafiée a étudier comme les paroles au-delà de guérir elles peuvent aussi nous aider a obtenir un lieu plus élevé dans l´ espace social oú les modéles de beauté et perfection séparent les " capables" et les " incapables". Nous avous réaliser deux entrevues durant ce travail. La première avec la femme du mal de Parkinson, et l`autre avec une cliente en récouvrement de AVC. Toutes les deux pendant les sections de hydrothérapie. Ces femmes considérent magnifique la dédication et la compétence de la hydrotherapeute Albanize, pour le recouvrement physique et social d` une et de l´ autre. La réconstruction de l´ autoestime, la récomposition social, et la réalisation de ses aspirations. Albanize déclare que ses paroles dans le premier contact avec ses clientes son trés importants pour la consolation de la douleur d´ sprit la - solitude. Enfin, Albanize stimule les neurones responsables pour la construction des émotions que activant l´ autoestime et toutes les reactions du corp en direction a un recouvrement physique,emocional et social. Albanize harmonise ses paroles à l´ histoire de sa vie. Elle complète son travail avec beaucoup d` affection, de plaîsir et de passion, parce que Albanize travaille avec l´ amour.

MOTS-CLÉS: Hydrotherapie –Parole- Autoestime.

LA PALABRA Y EMOCIONES. LA CONSTRUCCIÓN DEL INTERACCIÓN DISCURSIVA COMO ESTRATEGIA DE LA RECUPERACIÓN FÍSICA, EMOCIONAL Y SOCIAL DE LOS PACIENTES CON PARKINSON Y AVC

RESUMEN

"Muchas veces una palabra puede ser mejor que un remedio" fue el discurso que me estimuló a realizar este trabajo. Palabras resaltadas por una señora portadora de mal de párkinson mientras aguardaba su sesión de tratamiento hidroterápico y conversaba conmigo. Así, me sentí desafiada a investigar como las palabras, además del poder de curar, son peldaños que impulsan al individuo a alcanzar su espacio social, en un mundo donde el modelo de perfección y belleza separan los "capacitados" de los "incapacitados". Para la realización de este trabajo, fueron realizadas dos encuestas, una con la paciente portadora de mal de párkinson y otra con una paciente en recuperación de un accidente cerebro vascular, durante las sesiones de hidroterapia. Ellas resaltan el papel decisivo del profesional de hidroterapia, Albanize, en la recuperación física y social de ambas, a través del discurso de reconstrucción de autoestima, superación, reintegración social y realización de los sueños. Albanize declara que las palabras, que tuvo con sus pacientes en la primera conversación, fue el primer paso para alcanzarlos y aliviarlos del dolor del alma, la soledad. Así, Albanize despierta percepciones que activan las neuronas necesarias en la construcción de emociones las cuales elevan la autoestima y comandan las reacciones del cuerpo, en respuestas de recuperación física, emocional y social. Albanize adecua sus palabras a cada historia de vida que integra su trabajo, en un dedicado e incesante cuidado.

PALABRAS CLAVE: hidroterapia, palabra, autoestima.

A PALAVRA E AS EMOÇÕES. A CONSTRUÇÃO DE INTERAÇÃO DISCURSIVA COMO ESTRATÉGIA HIDROTERAPÊUTICA DE RECUPERAÇÃO FÍSICA, EMOCIONAL E SOCIAL EM PACIENTES PORTADORES DE MAL DE PARKINSON E AVC

RESUMO

"Muitas vezes uma palavra pode ser melhor que um remédio" foi o discurso que me estimulou a realizar esse trabalho. Palavras ressaltadas por uma senhora portadora de mal de Parkinson enquanto aguardava sua sessão de tratamento hidroterapêutico e conversava comigo. Assim, me senti desafiada a investigar como as palavras, além do poder de curar, são degraus que impulsionam o indivíduo a alcançar seu espaço social, em um mundo onde os padrões de perfeição e beleza separam os "capacitados" e "incapacitados". Para a realização desse trabalho, foram realizadas duas entrevistas, uma com a cliente portadora de mal de Parkinson e uma com uma cliente em recuperação de AVC, durante as sessões de hidroterapia. Elas ressaltam o papel decisivo da hidroterapeuta, Albanize, na recuperação física e social de ambas, através do discurso de reconstrução de autoestima, superação, reintegração social e realização de sonhos. Albanize declara que suas palavras, na primeira conversa que tem com seus clientes, são o primeiro passo para alcançá-los e aliviá-los da dor da alma, que é a solidão. Assim, Albanize desperta percepções que ativam os neurônios necessários na construção de emoções as quais elevam a autoestima e comandam as reações do corpo, em respostas de recuperação física, emocional e social. Albanize adéqua suas palavras a cada história de vida que integra seu trabalho, num zeloso e incessante cuidar.

PALAVRAS CHAVE: hidroterapia, palavra, autoestima.