

Bullying

Individual Therapeutic Approach to the minor affected by School Moral Harassment

By Marina Parés

The correct intervention with those affected by SMA, involves getting the harassed student to be the protagonist of their recovery. "He is not a sick person, but a damaged person", for this the therapeutic intervention must be aimed at achieving three basic objectives: awareness, emotional deactivation and dealing with those who harass him. Let's see it in more detail:

-Be aware of innocence. There is no one who deserves to be harassed or harassed. The victim comes to believe that she deserves it and her companions think, through the attributional mechanism, that if she is harassed there will be reasons for it; even his own friends come to doubt. The first step for the recovery of a person affected by moral harassment is that the victim recognizes herself innocent of the harassment, for this it is essential that she be perceived as such by her therapist; Later, the concept of innocence will have to be extended to the rest of their environment. A therapist who does not believe in the innocence of his patient will be damaging the recovery of the affected by SMA.

-Perform an emotional deactivation to maintain the necessary calm and convey the conviction of your own innocence. It is important not to attack yourself, not to fight with loved ones just to let off steam. Neither should mistakes be made, it is convenient to be very cautious since, unintentionally, arguments can be given to those who harass you. One begins to emotionally deactivate itself

from the harassment to which it is subjected to the extent that despite the inconvenience that this causes, it will stop damaging it, hurting the soul. It is at this point that the concept of moral harassment is important, since coming to preserve the victim's self-concept is linked to assimilating the word "moral" with personal identity or essence of one's own being.

-Deal with those who harass you. Do not remain passive in front of the attack, but also do not face aggressively, since it compromises your position, because the harassers project that the person is not worth, that he is beside himself, etc. The right thing is to maintain an assertive, self-affirming posture and an organized response. It is at this point that bullying must be defined as psychological, since the ways of manifesting themselves are characteristic of psychological violence. We must respond to the actions of the harassers, although from a non-violent perspective. A person affected by AME will begin to fight against psychological violence without falling into reactive violence.

In the original spanish. Translated by Marina Parés.
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