

---

**Abstract**

Clients' psychological processes and group functioning in a return-to-work program

SUGISHIMA, Yoko

Hida Clinic

Those who are on leave from work due to psychiatric challenges experience a great deal of hurt and loss, including changes in daily life and setbacks to future plans. They need to digest the issues in order to return to work. A return-to-work program was implemented at a medical institution for persons on medical leave. The content of the program consisted of weekly two-hour discussion-based group sessions. From the group members' descriptions, we traced the transition of feelings that accompanied the leave of absence. As they interacted with others, they were able to get in touch with their own emotions. They became aware of their anger, and through expressing it, they came to face reality calmly. Digesting the emotions they were holding on to required them to find their self from a state of being integrated with the workplace. The group functioned to make this possible. The suggested functions are (1) reduction of isolation, (2) focus on healthy aspects, (3) interrelationship between asking and responding, and (4) switching positions.

**Keywords:** return-to-work support, groups, depression, restoration of dignity

---