

RUPTURA AMOROSA Y TERAPIA NARRATIVA

Por: Oliver Peñafiel Muñoz*

RESUMEN

Este estudio de caso abordará la ruptura amorosa de una mujer de veinticuatro años de edad que tuvo una relación de pareja por dos años y siete meses; con siete meses de convivencia y tres meses de ruptura amorosa, por tanto, es que la intervención se la realizará con terapia narrativa, la cual, al validar a la consultante y empoderarla fuera de la crisis le permite dilucidar en la externalización lo que el proceso de ruptura diádica le había producido. Empero, al reconocer el relato dominante impregnado de la historia contada por los familiares y amigos, es que ella emite una narración contaminada de disimiles relatos, los cuales no permiten un esquema de acción re narrativo favorable para rehacerse de la crisis, es entonces que al ir reconociendo los relatos propios y los apropiados de los demás, se van produciendo oxímorones narrativos que le permiten modificar creencias primarias e interpretarse de diferente manera, empoderándola al fortalecimiento y afrontamiento beneficioso de la crisis.

Palabras clave: Terapia narrativa, pareja, ruptura amorosa, resiliencia.

LOVING BREAK UP AND NARRATIVE THERAPY

By: Oliver Peñafiel Muñoz*

ABSTRACT

This study of case will approach the loving break of a twenty-four-year-old woman who had a relationship of pair for two years and seven months; with seven months of conviviality and three months of loving break, therefore, the intervention will realize with narrative therapy, which, on having validated the consultant and to empower her out of the crisis it allows her to explain in the outsourcing what the process of break of two linked beings had produced her. However, on having recognized the dominant statement impregnated with the history told by the relatives and friends, it is that she issues a story contaminated with dissimilar statements, which do not allow a scheme of action of an all ready narrative favorably for rebuilt from the crisis, is at the time that on having been recognizing the own statements and adapted of the others, are producing opposite meanings whit new sense of the narrative that allow her to modify primary beliefs and to be interpreted of different way, to empower her to the beneficial strengthening of the crisis.

Key words: Narrative therapy, couple, loving break, resilience.