



Lille, November 12th, 2008

English Translation

Dear Ms. Chantal Desmoulins,

As psychologist and director of Temps Fort, I would like to thank you for your excellent service and to inform you of the enthusiasm that we have been able to observe since beginning to use Catharsis at our facility.

Just to remind you, Temps Fort is a non-profit organization whose employees are all psychologists and which has offered psychological support for long-term unemployed individuals since 1991. These treatments are free, thanks to financing from: Conseil Général, ACSE, DDASS (ASI), PLIE Lillois, Mission Locale de Lille, and AGEFIPH. The patients who are admitted present various symptoms: severe depression, anxiety, interpersonal difficulties, borderline personality disorder, and stabilized psychotic disorders.... The 7 psychologists see 400 patients a year who benefit from individual and group therapy sessions.

A second branch of Temps Fort focuses on prevention in adolescents, working with high schools and their families. With financing from: CLSPD (city of Lille), PRS, DDASS (REAAP), CAF, and the city government of Mons.

You met Mr. Roland Sefcick, psychologist, psychoanalyst, team supervisor, and theoretical and practical designer of innovative treatment procedures used at Temps Fort.

He immediately asked me to meet with you since the method that you present seemed to dovetail with our treatments while adding a new possibility for our patients to process their life history through a containing, framing and innovative mediator.

The method seemed able to integrate a theoretical as well as a practical approach to our treatment, while simultaneously adding a whole new dimension. Catharsis offers an opportunity for projective expression supported by a solid theoretical reference and the development of support materials for reading and analysis based on a formalized practice.

We introduced the training with you in February 2008 and created two groups of patients to receive the Catharsis method who were tracked over the course of 14 weekly sessions.

The first days of training enabled the team to understand the tool and thus to optimize our counseling. Those days also gave us some signposts for the types of follow-ups to have in individual sessions between group sessions. The group leader was also trained in the specifics of leading this kind of group. He especially appreciated being able to call on you between sessions by mail or telephone as needed. You consistently responded to his inquiries and provided precious assistance with your precise answers.

The second training period was a powerful moment for the monitored patients, but also for the psychologists, who were able to attend the individual conferences that you offered everyone. These meetings gave an opportunity to every participant to explain the drawings that they had made since the beginning of the meetings in the most connected way and bore testimony as to the significant psychic and emotional journeys of the patients.

At this point in time, the whole team is very pleased with the positive addition of the Cartharsis technique for the monitored patients and with the training, from which they are currently benefiting. You oversee all of this in the most professional, clear, precise, and efficient manner. The training meetings are additionally joined by written supports (manuals) and reports that allow us to structure the transmission.

In conclusion, please know that we greatly appreciate the quality and seriousness of your enterprise, while simultaneously enjoying a close and trusting relationship. The implementation of the Catharsis technique has confirmed and strengthened the interest that we felt at our first interaction with you. We are presently debuting a new group with 8 patients; and, in the long term, we are evaluating the possibility of using the method and your abilities in our second area of activity: families and students.

We send again all our thanks and sincerest greetings.

Fabienne CATTAROSSO, Director of Temps Fort



Roland SEFCICK, Président Temps Forum, Psychologue, Psychanalyste, Président de la Société de Thérapie Familiale Psychanalytique Région Nord Pas de Calais (STFP-RNP).

