Abstract

The proposal of this article is to share an experience of intervention in clinical psychology based on Jean-Paul Sartre’s existentialist approach, held in an integrated clinic of basic health which is linked to the Brazilian Unique Health System (SUS), in Florianópolis, SC. The objective of the psychological attendance is to create conditions, together with the subjects, to make them capable of overcoming difficulties and rebuilding their fundamental projects. The clinical demand is diversified - children, adolescents, adults, elderly and families -, and includes different complaints, such as learning difficulties, problems related to family relationships, love relationships, sexuality, organic diseases and difficulties that involve physical and sexual violence and several psychopathologies. In this context, it is assumed that the professional who works in a health basic unit should have a great amount of theoretical and methodological instruments and that Jean-Paul Sartre’s existentialist approach has made possible to comprehend, by the width of his theory and methodology, the various requirements presented.

Keywords

Brazilian Unique Health System (SUS), Basic attention, Clinical psychology, Existentialism.