Abstract

This paper reports the experience of a psychologist in her doctorate research, and it aims to contribute with the Primary Health Care, mainly in the action with families in homes. It was developed in a basic health unit of a small city of Minas Gerais. Based on the theoretical grounding of Primary Health Care, family and health, it was observed that the major problem to the involvement of patients in the Family Health Strategy was family problems, mainly from a psychological viewpoint. Thus, this paper shows an interdisciplinary way to the psychologist work in basic health units, approaching health professionals to the functional and cultural reality of the families. This is a qualitative research, conducted in households, with semistructured interviews. 14 families were interviewed, and this work intends to understand the history and the dynamics of the family, in order to contribute to the redirection of new interventions made by the health team. From the content analysis, it was highlighted that violence and alcoholism are the factors that more affect the family quality of life and the relationship family-health team. We make some suggestions to redirect the actions of the family-health team.

Keywords

Family health, Health care, Acting out (Psychology), Psychologist.