Human beings see their labor rights violated, of feeling humiliated, of being treated as a pseudo sense of power. This kind of “blind violence”. Is it a product of an unstable and persecutory, young people may become prone to psychological dysfunction, i.e. panic attacks, phobias, stress, substance abuse, etc. Families undergoing a long period of unemployment and tough living conditions may probably have to face substance abuse (such as drug or alcohol abuse) by one or more of its members. Children who belong to families where parents are unemployed, usually grow up in an atmosphere charged with marital conflict, poor parenting practices and may be neglected regarding school supervision and social skills education. These children are prone to substance abuse and delinquent behavior. Close relationships, i.e. with friends, family, romantic partners are the first victims to be affected by socio-economic crisis. These bonds undergo difficult tests, and sometimes, as they become readjusted, they crumble. The time has finally come for therapists to focus on what works for people, i.e. help families and groups find their strengths and values. This will free their creativity and will enable them to live meaningful lives. Identifying and building on people’s strengths produces greater benefits than just finding and correcting their weaknesses.

Group psychotherapy processes underscore the multiplicity of voices that confirm a human being’s identity. An individual is formed by many voices: the voice of family, of community, of political identity all of which influence his/her way of being in the world. One of the most important processes for human beings is the need to search for meaning in life, be it in the workplace or elsewhere.

It is important to conceive a different type of conflict in which the winners and the losers are not individuals, but the processes that promote (or destroy) human beings and their human-ness. The biggest conflicts that a human being has to face, are his own internal conflicts. Conversely, in society we have to confront those processes that tie us down to obsolete structures that prevent us from growing up and moving forward.

**Emergence of survival skills:**

- Creative endurance and strength when faced with chaos and ambiguity
- Stamina, zest for life
- Flexibility and re-negotiation skills when faced with new “life-contracts”
- Awareness of personal and collective ways for bringing about social change
- The “new generation” learns to cope when faced with job-related insecurity
- New skills develop when dealing with unexpected and difficult situations in close relationships
- Search for meaning in life through non-conventional activities
- Strengthening of values such as solidarity and collective responsibility
- From social dead-end to creative adaptability
- Focus placed on values such as humanity, wisdom, justice, love.