

Psychological Flexibility: In a City Controlled by Organized Crime

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INTRO

There is a critical need to provide visibility to populations deprived of the privilege of living in safe environments. When safety is no longer guaranteed by the State, the therapeutic practice becomes a profound act of social resistance.

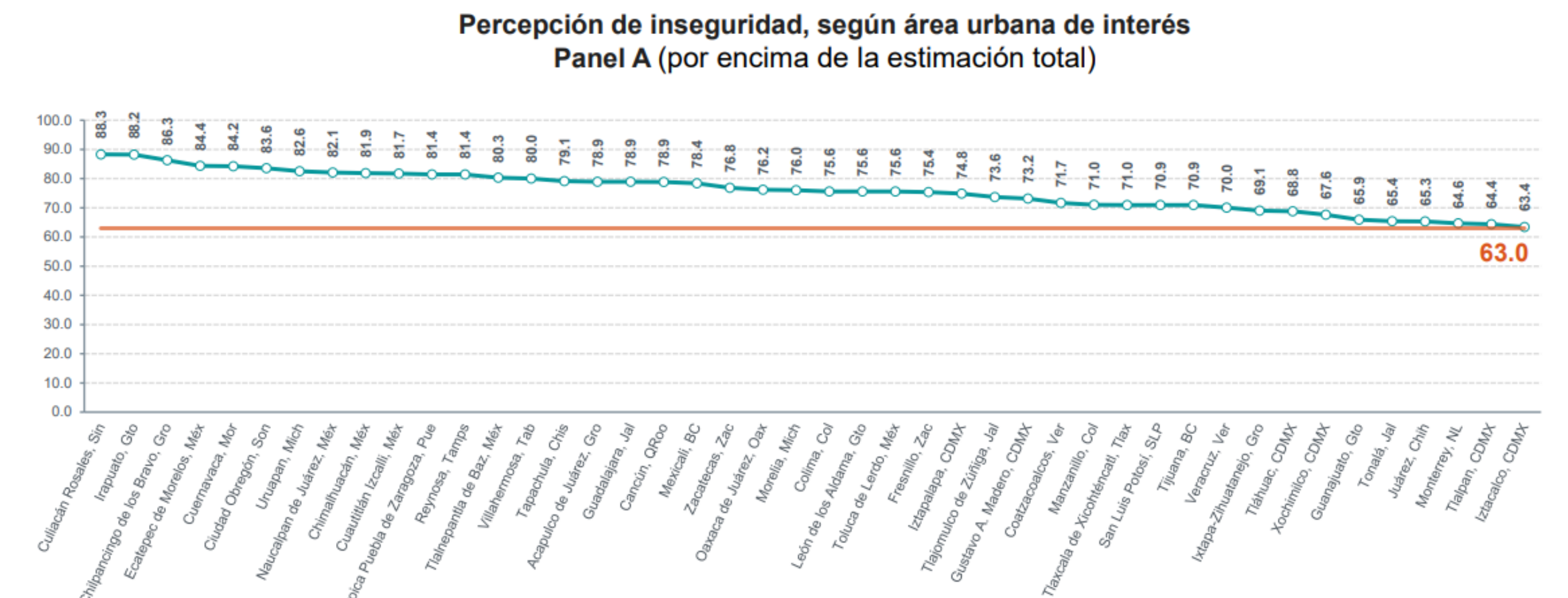
Systemic Threats:

1. Economic coercion, extortion and "derecho de piso"
2. Physical integrity risks, and direct threats of assassination or enforced disappearance
3. Psychological Attrition: Hopelessness stemming from the overwhelming nature of the conflict and the constant exposure to the trauma of the victims served.
4. Inefficient Security Protocols, a direct consequence of inaction and negligence by local and state authorities.

Figure 1. Amor.

STATISTICS

- In 2019, the city of Reynosa, Tamaulipas, was ranked as one of the 50 most dangerous cities in the world. (Seguridad, Justicia y Paz, 2020)
- By 2024, it became the city with the highest rate of disappearances in the state Red Lupa. (2025).
- In 2025, it was identified by INEGI as one of the cities where residents feel the most unsafe living in Mexico.. (Instituto Nacional de Estadística y Geografía, 2025)



DISCUSSION

- Organized crime has turned daily routines into sources of fear for both consultants and therapists, revealing a collective trauma where the loss of safety dictates every aspect of existence.



Note. Photograph provided by an anonymous participant to ensure their safety. (Personal communication , 2026).

Psychological Flexibility: A source of power

- Openness to feeling
- Awareness of where one stands
- Acting based on what we value

References:

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