



Psychological traits and interrelationships of individual and societal health in the conditions of the modern world.

Directions of psychological assistance.

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In recent years we can see the increased amount of social, economic, natural cataclysms. External events from the point of subjective view are perceived, endured, interpreted in the category of crisis. It is defined by a world outlook, individual and typological to features of the personality. At the same time the intrapersonal conflicts and maladaptive ways of response to various stressful situations are the cornerstone of disorders of adaptation.

- **On the basis of the department of borderline conditions of mental health research institute was carried out rehabilitation of the participants of elimination of the Chernobyl accident, participants of local wars, persons who endured extreme situations.**



The program of psychological assistance included:

The first aspect – aspect of psychological diagnostics with investigation dynamics of various psychological parameters: self-assessment, mechanisms of a coping, intrapersonal and interpersonal conflicts, basic beliefs and irrational installations, satisfaction with quality of life, level of a neurotic reactions, features of interpersonal interaction, features of family system, study of cognitive functions, etc. For increase of efficiency of psychological help in our practice was introduced the new psychodiagnostic complex called the “Multipsychometr”. It gave us the possibilities for diagnostics covering every sphere of the personality: techniques of an assessment of a mental state, properties of the personality and cognitive functions, family and marriage relations.



The second aspect of rendering psychological assistance was the Psychological consultation consisting of the following directions: 1) Motivational - creation of motivation on treatment and identification of personal resources for overcoming of pathological forms of reaction; 2) Information - increase of psychological competence on problems of formation of mental disorders.

The third aspect of rendering psychological assistance was Psychological correction. We used group and individual methods of psychocorrection with use of receptions and methods of various psychotherapeutic approaches: Rational psychotherapy, Cognitive and Behavioural psychotherapy, the Psychodynamic, personal focused psychotherapy, a Gestalt psychotherapy, Hypnotic psychotherapy, System family psychotherapy and Use of the Hellinger's arrangements, Art and the Fairytale therapy, Auto-training. The program provided work with the cognitive, emotional and behavioural spheres of patients and was carried out in combination with pharmacological and social therapeutic methods.





For normalization of psychoemotional deviations at the case neurotic frustration were carried out individual techniques of the personal focused psychotherapy, training in methods of self-correction and elaboration of coping-strategies, family psychotherapy.

In patients with the personality disorders in addition to above-mentioned methods we used different relaxation techniques, auto-training, formation of skills of constructive interaction.

The special attention was paid to patients, who undergone psychogenic influence. Psychological correction was directed to reaction of emotions, acting-out techniques, development and strengthening of "self-conception" of the patient, understanding of ways to exit from the psychoinjuring situation, search of compromise situations, conflict disactualization.



The innovative for our work was the development and introduction in psychocorrectional practice of a program and acoustic rehabilitation complex (PRAK), which main therapeutic component is the generator of resonant acoustic vibrations - sound waves with special parameters. An orientation of action of a complex (PRAK) was double, on the one hand relaxation after stresses, on the other hand stimulation, filling by energy.

- **Realizing programs of psychological correction and psychological prevention psychologists of the clinic of Mental health research institute took active part in educational programs for patients and their relatives: the school for relatives of patients, educational lectures for patients. All these actions promoted prominent increase of individual and public health.**



Thank you for attention!
