

Zaporozhye State Medical University

Department of psychiatry, psychotherapy, general and medical psychology,
narcology and sexology

Approved on the methodical conference of department
psychiatry, psychotherapy, general and medical psychology,
addiction and sexology
Head of the Chair MD, professor V.V.Chuhunov

“ _____ ” _____ 2015 year

METHODOLOGICAL DEVELOPMENTS

for practical classes on the topic of "Mental hygiene. Psychoprophylaxis. Bases of
psychotherapy "for students of 4th year medical faculty
(specialty "medicine")

Zaporozhye
2015

Subject: Mental Health. Psychoprophylaxis. Basis Psychotherapy

Background: Life in modern society is characterized by ever-increasing pace, lots of new information, adverse environmental conditions. This leads to an increase in catastrophic state of psycho-emotional stress, which are often the result of psychogenic mental disorders and psychosomatic diseases. Somatic and mental illness are increasingly hronifikuyutsya, creating patient-specific "internal picture of disease" and often leading to the development nozogennyh mental disorders. The number of family problems and problems with the younger generation. Timely use of the principles of Mental Health, psychological prophylaxis and rehabilitation, the widespread use of psychotherapeutic techniques can help modern man to find peace of mind, adequately cope with daily activities, to build a prosperous family life, raise healthy offspring.

Learning Objective (total): to be able to carry out basic measures for Mental Health and psychological prophylaxis in general practice, identify evidence to basic psychotherapeutic interventions.

Educational goals and intercathedral integration:

Objectives specific: to be able, as	Objectives entry level, know as
1. To learn and apply in practice basic approaches psychohygienic	1. To be able to use hygienic norms in daily activities (Department of Hygiene, Department of Epidemiology)
2. To capture and apply practical methods of primary, secondary, tertiary and rehabilitation psychoprophylaxis	2. To be able to use preventive measures in daily activities (Department of Hygiene, Department of Epidemiology)

3. Be able to analyze the basic modern methods of psychotherapy (psychodynamic, cognitive-behavioral and existential-humanistic direction)	3. Be able to use basic theory of individuals to work with patients (Department of Philosophy)
4. Master the techniques of rational psychotherapy, suggestion in the waking state, autorelaksatsiyi	4. Identify complaints, collect medical history, to build a conversation with a patient in accordance with the principles of medical ethics and deontology (Department NEO cycle of the History of Medicine)
5. Able to define a testimony to other methods of psychotherapy (individual and group, Psychodynamic, Gestalt Therapy, NLP, art therapy)	5. Be able to define features of medical care in emergency situations (Department of Disaster Medicine)
6. Master the skills of psychological help in crisis states	6. To be able to provide psychological assistance in extreme situations

The content and structure of employment

Theoretical questions:

1. The term "mental hygiene" and "psychological prophylaxis."
2. mental hygiene work health worker.
3. Principles psychoprophylaxis work, life, family and sexual relations.
4. The role of general practitioners in the prevention nozopsychologichni displays.
5. social and professional rehabilitation, its main sections.
6. Basic modern psychotherapy, psychotherapy principles.
7. indications and contraindications for certain methods of psychotherapy.

8. Psychological assistance in crisis periods.
9. Psychological features providing medical care in unusual situations.

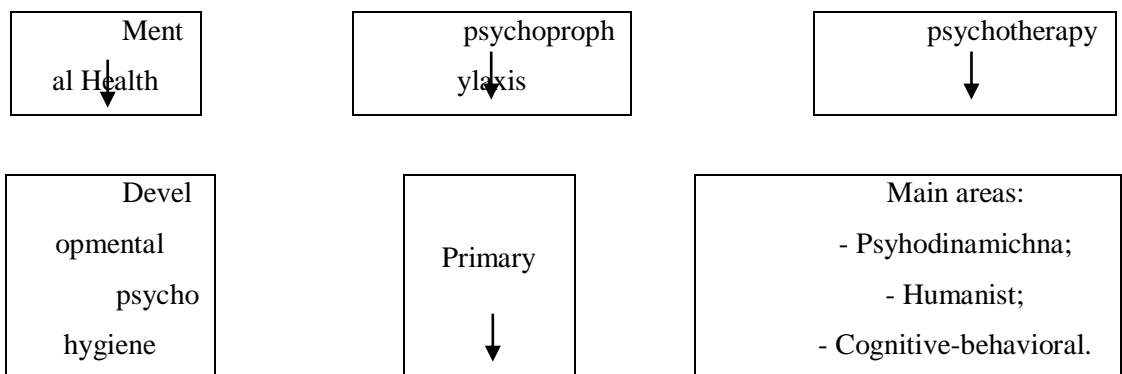
Count of logical structure of theme "Mental Health. Psychoprophylaxis. Psychotherapy "

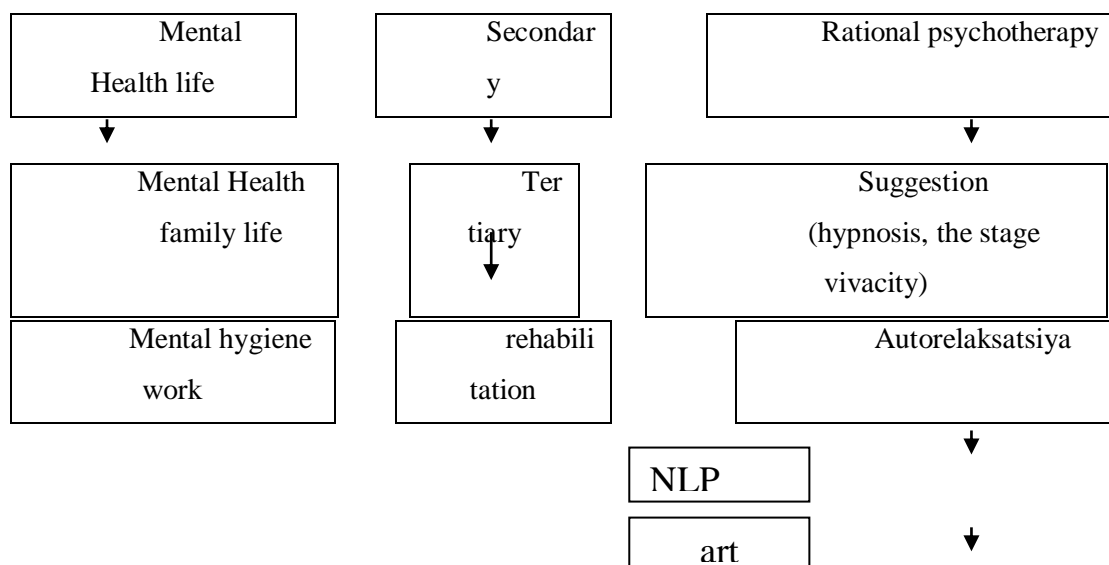
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Count of logical structure of theme "Mental Health. Psychoprophylaxis. Psychotherapy "





Mental Health - the science of security, preservation and support of mental health. It is part of a general medical science of human health - care. Psychohygiene specific feature is its close relationship with clinical (medical) psychology. In the system of psychological sciences, the proposed Platonov KK (1972), included mental hygiene in medical psychology.

Mental hygiene education. Bekhterev VM (1905) noted that the nature of the deviation begins at an early age often by virtue of certain conditions of education, which in time could be easily removed. This view was further developed in the works of local neuropsychiatrist. Improper training can often promote a child's psychopathic traits. Kerbykova OV VJ and Hindikin (1962) on the basis of their research indicated that giperopeka and neglect in childhood typical of excitable psychopaths. Education is the type of "Cinderella", ie without affection and attention, at constant humiliation often leads to sleep disturbances that are essential to the development of neuroses. Thus, compliance psychohygienic norms in the process of education is at the same time and psychoprophylaxis.

Mental hygiene training. Proper training system ensures the harmonious development of personality. Defects training can also contribute to the formation of abnormal traits children. It is a crucial moment for the child is the first school

year. Here he first confronted with new requirements, unusual regime and responsibilities. It is easier to adapt to school children who attended preparatory group in kindergarten than children called home. Properly prepare the child for school - not an easy task. Great help parents of children that can provide physicians and clinical (medical) psychologists children's clinics. Taking into account the individual characteristics of children, they can give parents advice.

Mental hygiene work and life. Work activities are an integral human need and under favorable conditions - an important factor for the preservation and promotion of health. Number of studies showed that deprivation of employment, unemployment accompanied by deteriorating mental health and increased somatic diseases. Labour can not only enhance mental health, develop abilities in healthy people, but also to treat patients. Labour therapy is widely used in psychiatric hospitals where, like any therapeutic effect, strictly dosed in accordance with the level of neuropsychiatric disorders.

I would particularly like to dwell on mental hygiene of the doctor. On the one hand, the work of medical staff considered as work in the service on grounds such as outside work, the need for constant communication with a large number of persons. The labor doctor is the considerable intellectual activity, requires creativity and special responsibility. This should be considered as the selection of students in medical schools and in the future, when choosing a medical specialty. Work on the medical model requires not only keeping his official and professional duties, of knowledge, but also certain personality traits (EN Danilin, 1977). In the simulation professionogram doctors of various specialties take into account such factors as the volume and complexity of contact with patients, their relatives, officials, job satisfaction, etc. It should however be noted that the provision of Mental Health practitioners often ignored due to poor organization of labor, lack of theoretical training most doctors in this area. The negative consequence of this situation is the rising incidence of states of chronic fatigue syndrome "emotional burnout" psychosomatic diseases among medical workers.

Mental Health family and sexual relations. The family is the small group, characterized by a number of specific features, which are caused by tradition, the relationship between the older and younger generations, housing unity, life and other factors. The family may help reveal the creative possibilities of the person, useful to stimulate its activity or hamper the initiative, support morally. Marriage appears happy in cases where the spiritual and physical proximity constitute harmonious unity. In the development of Family psychohygienic experts created the concept, according to which the diversity of relationships between people can be represented in the form marriage interactions five factors: physical factors, physical, cultural, sexual and psychological. For certain formula calculated the so-called marriage potential. If the predominant factor is the focus on strengthening marriage family, marriage expresses the potential positive value, otherwise the value is negative. With a negative potential marital, and this is a real sexual disharmony, broken family relations and sexual relations. For a higher level of family adaptation, family relationships harmonious development required adequate level of personal development, emotional maturity and judgment stosunkiv. Naybilsh effective way to the prevention of family conflicts - careful preparation for marriage.

The main objectives psychoprophylaxis

One of the founders of the national treatment, Mudrov MJ, considered the foundation of disease prevention likarya. Psihoprofilaktyka - a general prevention section comprising a set of activities that provide mental health, including the prevention of personal and professional crises and prevent the spread of nerve - psychichnyh zahvoryuvan. Vykonannya psihoprofilakticheskoy measures requires the doctor of any profile, in addition to general training, expertise in clinical (medical) psychology, psychiatry and psychotherapy.

Our country accepted international classification of stages psychoprophylaxis. According to the WHO terminology, prevention is divided into primary, secondary and tertiary.

Primary psychoprophylaxis - a set of measures to prevent harmful effects on the human psyche. At this level psychoprophylaxis system is to examine the mental stamina to harmful environmental agents and possible ways of increasing stamina and prevention of psychogenic illness. Primary psychoprophylaxis closely related to the overall prevention and provides comprehensive participation of the large range of professionals: sociologists, psychologists, physiologists, hygienists, doctors. It is essentially a clinical examination of healthy people to the implementation of a wide range of activities psychohygienic as contribute to neuropsychiatric disorders may as adverse social and psychological conditions of human existence (information overload, mental trauma and micro-conflicts, poor education of a child, etc.) and the nature of biological factors (somatic illness, injury, brain, intoxication, performance hazards during fetal development, unfavorable heredity, etc.). A special role in primary psychoprophylaxis paid psychiatrists, psychotherapists and clinical (medical) psychologists who are called perform not only early detection of neuropsychiatric diseases, but also to ensure the development and implementation of special psihoprofilakticheskoy psychotherapeutic interventions in different sectors of human activity.

Secondary psychoprophylaxis - a maximum early detection of the initial phases of neuropsychiatric disorders and their timely (early) active treatment. According to WHO recommendations, in secondary prevention refers to the treatment itself. Poor, delayed treatment of neuropsychiatric diseases contributes to their protracted, chronic course.

Successes of active therapies, particularly psychopharmacology achieve noticeable effect on the results of mental illness, increased number of cases of practical recovery increased discharge of patients from psychiatric hospitals.

Tertiary psychoprophylaxis - is prevention of relapses of neuropsychiatric diseases and rehabilitation of a man who suffered the disease. Tertiary psychoprophylaxis aimed at preventing disability in the presence of human nervous and mental diseases. In many cases, to prevent recurrence of mental illness patient requires the use of maintenance psychopharmatherapy. For example, at

various affective disorders such manic-depressive psychosis, successfully applied prophylactically lithium.

Adaptation - a person's ability to consciously adjust their mental processes (manage their thoughts, feelings, desires). There is a limit individual adaptation, but adapted a person can live in conditions familiar to him.

Rehabilitation (lat. Rehabilitatio - restoration of rights) - a system of medical, psychological, educational, social and economic measures aimed at eliminating or perhaps a full compensation limits of human life caused by violation of health from persistent disorder of body functions.

Basic principles of rehabilitation:

- 1) Partnership - a constant appeal to the individual patient, concerted efforts doctor and patient in setting objectives and choosing the ways to solve them;
- 2) riznobichchya influences - points to the need to use different measures of influence: the biological treatment of the different types of psychotherapy and Sociotherapy, involving the restoration of the family of the patient, his entourage;
- 3) the unity of psychosocial and biological methods of influence - emphasizes the unity of the treatment of the disease, the impact on the body and the personality of the patient;
- 4) stupinchastist influences - includes a gradual transition from one to the other rehabilitation measures (for example, in the early stages of the disease may prevail biological treatments for the disease, and the stages of recovery and psycho-sotsioterapevtichni).

In the rehabilitation process comprises three stages:

- 1) Stage of Rehabilitation (recovery biomedical status) - treatment in the hospital, the active inclusion of biological therapy and psychotherapy Sociotherapy, gentle gradual transition from the regime stepped in;
- 2) the stage of socialization or re-socialization (restoration of individual and personal status) - starts in the hospital and continues in community-acquired conditions. This adaptation to the family and to the development of micro-

environment, formation, compensation or rehabilitation and social skills and functions of conventional life and socio-setting role of the individual;

3) stage of social integration or reintegration (recovery of social status) - focuses on providing support and creating the conditions for inclusion, or return to normal living conditions together, along with other members of society (the rational employment, normalization of living conditions, active social life).

Psychotherapy - a rational and systematic use of psychiatric drugs for treatment of physical, nervous and mental diseases. Physiology therapy has been described by VA Kotlyarovskym - impact on short II signaling system, and a complex impact on the psyche drugs and manipulations.

Psychotherapy - is a system of complex verbal and nonverbal therapeutic effect on emotions, judgments, self-consciousness in various diseases (mental, nervous, psychosomatic). The main task of psychotherapy considers relieve psychiatric symptoms, thus achieving harmonization of internal and external personality.

Types of psychotherapy:

I. General - a complex action of psychological factors on the patient any profile in order to increase its forces in the fight against disease.

II. Special:

- Rational (individual)
- Autogenic training (AT) (individual, group)
- Hypnosis (individual, group)

Group 1

1) gather therapeutic group lectures to patients and then discussed;
2) groups of the "interview" - patients to freely discuss their problems, express deeply personal information about themselves;

3) labor groups - communication in the workplace;

4) society "Alcoholics Anonymous" - meetings and discussions;

5) group therapy with relatives

2. Individually - psychological

Indirect indirect therapy (placebo - therapy).

Within placebo - treatment (lat. Placebo - seems, it seems), is regarded as an indirect suggestion; suggestion realized when therapeutic options available real objects or phenomena that have given them the opportunity; placebo understood as pharmacologically indifferent substance that mimics the drug.

In medicine, psychotherapy is regarded as general medical discipline, its methods are used to treat and prevent not only neuropsychiatric, but many somatic psychotherapy zahvoryuvan.Zahalnopryynyatoyu classification methods exist, however, and in medicine in general, usually divided in symptomatic and methods pathogenic.

Symptomatic therapy methods (logical persuasion, suggestion, relaxation, etc.). Aimed at eliminating or weakening some, though key, symptoms, management physiological functions of the body, to optimize behavior

Pathogenetic therapy can most fully realize the causal approach to understanding and eliminate the causes and mechanisms of disease. It is most significant in cases where the personal and psychological mechanisms are leading to the emergence and preservation of painful disorders - a neurosis, psychosomatic disorders.

By symptomatic therapy, which involves activation of the cognitive component of personality, is a rational therapy. It aims to logical belief patient education its proper thinking (DuboisP., 1912) and provides various options for explanatory psychotherapy. Persuasion - (persuaziya) - the replacement process (changes, restructuring, transformation) previously formed beliefs influenced or additional explanatory information from different sources and in different circumstances. Treatment conviction - a treatment of information that comes into contact and interaction with the ideas that are in hvoroHo.Pryhylnykom treatment convictions Dubois was a Swiss neurologist who developed the method in detail and gave him the name of rational psychotherapy (from the Latin. Ratio - mind). The terms "treatment convictions" and "rational psychotherapy" synonymamy.Tehnika treatment is reduced to conversations with patients, in which

the doctor explains to him the cause of the disease and reversible disorders that he has, encourages the patient to change his attitude to the events that it bothers, stop to fix their attention on the pathological symptoms that he has.

By symptomatic therapy, centered on the emotional and volitional personality, include the suggestion (suggestion) .Pid suggestion or suggestion refers to information influences that cause sensation, imagination, emotional states and volitional impulses, but also affect the autonomic functions. Suggestibility - a peculiar quality of the human psyche, which allows him to perceive information without the critical requirements for its origin. Basic therapist - authoritarianism (directivist).

The main means of suggestion is the word of the therapist - suggestion; nonverbal factors (gestures, facial expressions, actions) usually perform additional. The effect of suggestion is stronger, the higher the patient's credibility in the eyes of a doctor who spends suggestion, the extent to which suggestion is also determined by personal characteristics of the patient.

Contraindications to the use of suggestive techniques are psychoses. The main complication of suggestive psychotherapy today is recognized iatrogenic.

Hypnotherapy or hypnosuggestive therapy is a method of psychotherapy that uses hypnotic state in medical practice. Pid hypnotizability property refers to the central nervous system, which allows a modified state of consciousness in response to directed psychological impact.

Hypnosis constitutes a special state of consciousness that occurs under the influence of directed psychological impact; how is it different from a dream, and on the vigil, and accompanied by increased perception factors while reducing sensitivity to the actions of other environmental factors. During the report (fr. Rapport - communication, report) refers to psychotherapy verbal contact with the one who hypnotizes those who are in a hypnotic state.

In hypnotherapy basic diagnostic techniques to reduce hypnotizability. At low hypnotizability using hypnotherapy has certain difficulties. Also before the session hypnotherapeutic necessary to conduct a conversation in order to

determine the patient's attitude to this method and eliminate possible concerns on his part.

In psychotherapy practice distinguish 3 stages:

- Drowsiness occurs, drowsiness and relaxation;
- Hipotaksiya (kataleptychnist) - there is real estate, mutism, waxy flexibility;
- Somnambulism - a complete detachment from reality, snohodinnya and the resulting images.

At any stage of the hypnotic state must be maintained report.

Hipnosuhhestivna therapy can be performed individually and in groups. Individual event allows us to give specific installation created for the patient, which increases the effectiveness of psychotherapy. Group hypnosis is used primarily within the sanatorium network.

Autogenic training (from the Greek. Autos - himself, genos - origin) - active method of psychotherapy, psychological prophylaxis and Mental Health, aimed at restoring the dynamic equilibrium of the system self-regulating homeostatic mechanisms of the human body affected by stress exposure. The main elements of the methodology is the workout muscle relaxation, self-hypnosis and self (autodydaktyky). Activity autogenous training confronts some negative sides of hypnotherapy in its classic model - a passive relation to the process of patient treatment, regardless of the doctor.

Methods of autogenous training.

There are two stages autogenous training (by Schulz):

- 1) Lower - training relaxation through exercise aimed at inducing a feeling of heaviness, heat, to master the rhythm of cardiac activity and respiration,
- 2) a high degree - autogenous meditation - trance states create different levels.

Indications and contraindications for autohennhoy training.

Autogenic training (AT) is most effective in the treatment of neurosis and somatoform disorders, psychosomatic adaptation and

zahvoryuvannyah. Vidznachayetsya good result in asthma, the initial period of hypertension and obliterative arteritis, with dyspnea, ezofahospazmi, angina, spastic pains in the gastrointestinal tract, peptic ulcer disease.

BP is included in treatment for alcoholism and addiction to eliminate withdrawal symptoms and forming installation on sobriety.

Contraindications for AD is unclear states of consciousness and delirium, delirium especially relations and persecution. Not recommended blood pressure in acute attacks of somatic and autonomic crises.

Indications, complications and contraindications for rational therapy.

Persuasion is an integral part not only of any form of psychotherapy, but any contact doctor and patient in each clinic. Consciously or unconsciously therapist teaches the patient meaningful life, convinces him to take personal responsibility for their actions and active role in managing their zhyttya. Ratsionalna psychotherapy as one of the elements included in all types of psychotherapy without difficulty beginning of each.

No complications and contraindications.

Indications and contraindications for hipnosuhhestii.

The indications for hypnosis include: severe headaches, which are not subject to withdrawal of analgesics in trigeminal neuralgia, severe headaches of other etiology, phantom pain. Is the result of hypnosis in the treatment of atypical forms of asthma, angina, hypertension stage I and II, neurosis, some forms of skin diseases. Hypnosis has been used successfully in the treatment of alcoholism, drug addiction, in obstetric and dental praktytsi. Protypokazannyamy for hypnotherapy to be considered in the acute stage, thrombosis, stroke, III stage GB hypertensive crisis.

Application, complications and contraindications psychoanalysis

Psychoanalysis as psychotechnique can be used as process information for a wide range of pathology that requires psychotherapeutic treatment. Traditionally, psychoanalysis shows patients with neurosis, personality disorders, sexual disorders.

Indications, contraindications and complications of neuro-linguistic programming (NLP) .In general, the undoubted merits of NLP in terms of trying Association neuro-linguistic methods and psychotherapy, NLP can not be recommended for widespread use in clinical practice; in psychiatry can only use the method in clinical neurotic disorders.

Application, complications and contraindications art therapy.

During art therapy refers to the use of art as a therapeutic factor. Therapy of creative expression can be used in both hospital and outpatient in a clinic and dispensary, in offices estetoterapii (in spas), when working with risk groups (those who suffer from alcoholism). In addition, this method can take an important place in the system of psychiatric rehabilitation works hvoryh.Terapiya contraindicated in individuals with severe depression and suicidal thoughts because creativity in an atmosphere of spiritual substance may intensify feelings of dreary hopelessness, distance from the people.

Indications and contraindications for Gestalt - therapy.

Gestalt therapy is used in individual therapy, couples therapy, as a family, group therapy, institutions (schools, hospitals, factories). This approach is used for those who have difficulties to problems (conflict interruption of relations, loneliness, mourning, unemployment). Currently, a large prevalence of this method was in business consulting. Perls called this method "therapy a normal person."

Psychological assistance in times of crisis and psychological characteristics of medical care in emergency situations

There are three types of psychological help:

1. Psychological counseling
2. Psychocorrection
3. Psychotherapy

During psychological counseling refers to the analysis of the mental state of the client using various methods of psychological diagnosis (interviews, experiments, etc.) with giving him objective data and scientific interpretations, and

the process of training in psychological protection and means of normalization of their emotional state.

Psychological adjustment based on the consultation, which involves purposeful active psychological impact on the patient to bring it to normal mental state when he diagnosis of any personality abnormalities. Psychocorrection an activity specialist to correct those personality traits that are not best for her.

Psychotherapy - is a type of active psychological impact on the patient, who has a psychopathological symptoms and syndromes and in a state of crisis, frustration, stress.

As part of the EAP created by an international team of research basic theoretical positions psychotherapy as an independent scientific field. The research group is based on the fact that in terms of content, methodology, "technical" resources and goals of psychotherapy claims the status of an independent scientific discipline. In history there are many examples where individual disciplines vyokremlyuvalysya related areas of science, but obviously this is only possible provided that the discharge area is able to present its own philosophy and theoretical basis. The current round of discussions on differences between psychiatry, psychology and psychotherapy started in Cambridge in 2006 and went on until the day of presentation in Vienna in January 2008, and later in various other meetings. These discussions took place in continuation of theoretical foundations laid in the Strasbourg Declaration 1990:

1. Psychotherapy is an independent scientific discipline, practical work which is an independent and free profession.
2. Psychotherapeutic education is high qualification and scientific level.
3. It is guaranteed and ensured variety of methods of psychotherapy.
4. Education psychotherapeutic process is carried out in full and provides theory, personal experience, practice under supervision. Acquired the necessary knowledge further psychotherapeutic processes.
5. Access to education provided by professionals who have previous training in various fields of humanities and social sciences.

In this debate psychotherapy is defined as a distinct professional discipline and separated from the professions and practices of psychiatry and psychology, although it is related to them.

Essentially:

- Issues psychiatry is "nozoz" (disease)
- Issues psychology is the "norm" (presence or absence of disorder)
- The issue of psychotherapy is "pathos" (suffering)

However, there is some uncertainty and inaccuracy small professional interaction in all three professions. In order to better distinguish between these three practices and professions we offer the following definition.

Psychiatry: The theoretical basis of psychiatry - a total psychopathology, which is a medical specialty and is aimed at the study, treatment and prevention of mental disorders. In psychiatry phenomenological approach is used, check the mental state of man and paying attention to history; and psychological tests. The main remedy is psychiatric drugs, sometimes in combination with one of the many forms of psychotherapy. In critical situations can be used different techniques such as electroconvulsive therapy (though at the moment they are rarely used). Treatment usually takes place on the basis of medical institutions in inpatient or outpatient basis. When the necessary legal grounds can be made compulsory hospitalization. Psychiatrists - is mostly medical doctors who specialize in psychiatry and studied mental illness. Some of them sometimes has some experience in the practice of psychotherapy.

Psychology: Psychology is the theoretical basis that is both academic and applied discipline, which carries out research of mental functions and behavior. Used symbolic interpretation and critical analysis. Psychologists study such phenomena as perception, cognition, emotion, personality, behavior and interpersonal relationships. Knowledge of psychology used in various spheres of human activity, particularly in daily life - family psychology (human relations in the family), educational psychology (with children in school), professional

psychology (people at work) and social psychology (general motivation people in society). Some psychologists, especially those working in the field of depth psychology, explores the subconscious. Psychologists try to understand the role of mental functions in individual and social behavior, and also study basic psychological and neurological processes. Psychology is also used in areas such as human development, sports, health, industry, media and the law. Psychology uses the natural, social and human research. Clinical psychology is used in the treatment of mental illness, so widely used clinical psychologists psychotherapy in their professional activities.

Psychotherapy: The basis of the theoretical study of psychotherapy is "conversational therapy" using and studying the communication and interaction between the therapist and professional person (s) difficulties (clients / patients) or in the work group. Psychotherapy uses both verbal and non-verbal methods of understanding and intervention. Sometimes the diagnosis and appropriate (quasi-medical) "treatment" is used for people with serious or long-term mental health problems; but also the therapist often works with people who go through natural changes in life, people have been injured and people who want to improve their standard of living or to know the deeper aspects of self. Psychotherapy uses a wide arsenal of professional practices; uses evidence-based methods; and has a wide range of tasks - from patients suffering due to disease or imbalance stressful situation (mental, psychosomatic, psychosocial) to improve the quality of life of others. The main purpose of "treatment" (when it is appropriate) is the reduction and disappearance of symptoms. We use certain techniques, strategies and interventions. We study the relationship with important persons present and past, as well as the interaction between different parts of the personality. We study history and personal experience, and the difficulties of everyday life.

Psychotherapy uses different forms of experience, skills and techniques to help people in need, based on a broad understanding of mental health, as well as pathology. Its aim is to change the form of thinking, attitudes and behavior in

relation to any problem areas of personal and social life. Psychotherapy helps relieve suffering; modify or restrictive patterns of individual behavior, resulting in stress and distress; encourages new internal organization and self expression; improves integration; helps to overcome dysfunctional installation and additive patterns of behavior (addiction); helps improve the inner experience of man, his knowledge and personal contacts. Psychotherapy can also be used and are often used, to prevent. Therapists work in hospitals, clinics, social services, on a contract or on a private basis.

Now we are trying to uncover some difficulties in the practice of psychotherapy as an independent professional activity, psychotherapy in conjunction with other professions when psychotherapy is a practical activity carried out by experts of other specialties.

Psychiatry and Psychotherapy: Psychotherapy is defined as a combination of therapeutic techniques that sometimes use psychiatric semiotics (symptoms) and "medical" model of the individual with mental "problems" that need "treatment". While there is a certain appropriateness of the model in a small amount of work within psychotherapy, psychotherapy but covers the whole field of activity is much wider than the limited "medical model." In general, psychotherapy rejects domination "medical model", especially how to represent the public, scientific planning and planning of the Ministry of Health. This "medical model" often puts the status of "professionalism" over the fact that for the "patient"; she often treats pathology as normal reactions to daily events and incidents; it ignores the preference of human growth and development; it largely avoids the term "relationship" (which is central to the effectiveness of psychotherapy research); it imposes restrictions on getting my own experience candidate status therapist - justifying the fact that candidates "not sick". She tries to limit the practice of psychotherapy only for professionals with "health", ignoring the existence of a huge number of very effective "non-medical" psychotherapists. There are several other shortcomings of the "medical" model, and one of them is that it recognizes

the recipient "patient" who is "sick" and then require "treatment" by "professionals" in order to feel better.

Psychology and Psychotherapy: Although the academic study of psychology is very important to train therapists in some cases it is almost sufficient for the practitioner that ignores all the "skill" as complex psychotherapy practice. Most of the university curriculum in psychology (on this see also below) and clinical psychology provide the degree of "Master" and have academic-scientific bias. Instead, most training programs for therapists in Europe based on practical experience and training provided in independent centers that have much more recognition than a university education. Terminology borrowed from psychology is often inadequate to describe the phenomena, which often has to do psychotherapy. Yet some processes of mental activity, particularly cognitive (thinking process), motivational and behavioral, were well-founded and applied towards psychotherapy practiced mainly in the framework of Clinical Psychology: Cognitive-behavioral Psychotherapy. However, there are many other areas Psychotherapy (EAP classified as "basic directions" and "modality") that is equally effective and theoretically "distant" from traditional psychology, such as psychoanalysis and (for contrast) transpersonal psychotherapy. There are other important differences: psychology and psychiatry traditionally built most of their terminology for the concept, based on the Cartesian tradition, and using scientific concepts related to fixed definitions determinants; cause and effect; reproduction studies and randomized control; forecasts and probability. While psychotherapy, especially as practiced by some new directions aimed at growth and development within the interpersonal dynamic interaction in the psychotherapeutic relationship; and examines the impact of social conditions (trauma, abuse, Refugee status, etc.) and environmental conditions (such as large-scale natural disasters, such as earthquakes, hurricanes, etc.). Psychotherapy also calls for the development of concepts using different perception of time difference in perception and thus to a broader concept of reality, variable conditions and the complexity of the process.

The European Association for Psychotherapy (EAP) over the past 15 years has established a general study of psychotherapy basis as applied science. Teaching process is in total 7 years, of which the first 3 years - achieving general university first degree (bachelor or equivalent), and 4 years of specialized study of psychotherapy (often presented in the form of master's programs). Including obov'yazovym component is at least 2 years of practical therapeutic work with clients under supervision. This model is used in other countries outside Europe, such as Japan. Some of the National Unions of psychotherapy that is associated with the EAP were recognized these governments as professional organizations in the field of psychotherapy. Some countries still consider psychotherapy as an activity that should or could be practiced only by psychiatrists and psychologists.

EAP generally adopted a wide range of different areas (modalities) in psychotherapy. In some countries where psychotherapy is recognized as a separate activity, usually taken just a few 'basic' areas (modalities):

psychoanalytic / psychodynamic psychotherapy

behavioral psychotherapy

systemic family therapy

humanistic psychotherapy

integrative psychotherapy

However, these categories do not exhaust the diversity of psychotherapeutic directions. Some of the areas are in the process of significant scientific experimental evidence. Some of the methods are recognized in some countries, but not recognized in others. Additionally, should include such areas as body-oriented psychotherapy, hipno-therapy, transpersonal psychotherapy, client-centered psychotherapy, relaxation therapy, expressive therapy (art therapy, dance therapy) and psychotherapy t.d.Deyaki areas that have been recognized within the EAP as having a scientific basis, not officially allowed in all European countries. It is necessary to more actively work towards cross-border harmonization. Some national laws "On psychotherapy" in courts as limiting / violating human rights and act against the principle of free pan-European labor market. There should also

be a flexible process of inclusion (approval) of new trends and methods of psychotherapy. In the EAP started work on the necessary conditions for the establishment of 'zahalnoyiplatformy' for the profession of psychotherapy in Europe. It was published a template for future national laws on psychotherapy. The full cycle of training in psychotherapy (basic and complete education, 3,200 hours for at least 7 years), and the subsequent practice of psychotherapy is determined so as to comply with the general requirements of the European Council of Liberal Professions (CEPLIS), Directive 2005/36 / EC of 7 September 2005 for the recognition of professional qualifications and other relevant standards and guidelines for the recognition profesiy.YeAP also began working on the definition of 'funktsionalnoyikompetentsiyi' profession of psychotherapy is the establishment of what is the therapist should be able to exercise. 'Funktsionalnakompetentsiya' profession - a method which determines the amount of the European Community, depth and requirements for studying different professions. The term "functional competence" describes the fact that the amount of work is representative of a profession should be able to perform and achieve any results. There is a clearly defined list of professions that have clearly defined 'funktsionalnikompetentsiyi' that can serve as an example. There are well-tested scientific methods for determining these functional competencies. Setting the volume 'funktsionalnoyikompetentsiyi' psychotherapist in Europe will clearly delineate the profession "psychotherapist" profession of "psychologist" and "psychiatrist". This process will continue for at least the next 3-5 years, also helped to establish 'spilnuplatformu' for psychotherapy in Europe. There is quite a wide range of universities from several countries that offer study different areas of psychotherapy, as well as general principles of psychotherapy, with the introduction of research in psychotherapy. It seems a number of European and international professional journals in psychotherapy, including the International Journal of Psychotherapy All these are important components of the basic work on the formation of psychotherapy as a separate profession, but achieve the EAP on

this road today still not sufficient to determine psychotherapy as close to the psychology and psychotherapy, but separate scientific discipline.

ORGANIZATION OF EMPLOYMENT

Determination of baseline knowledge.

Determining the source of knowledge held by addressing the students of tests. The teacher checks them according to the standards of answers, discusses the results.

Survey on main issues to one theme.

By individual survey for each student questions about topics class, the instructor is able to determine the theoretical knowledge of students. Answers discussed all students, supplemented, distributed under the guidance of a teacher.

Independent study students.

Students conduct a survey of patients on employment, giving attention to the complaints, history of life and disease, determine basic symptoms and syndromes that suggest the disease. Students determine the main directions of examination and treatment, offering individual and group drugs dose. During the self-study teacher corrects answers, discussing various options for psychotherapy and pharmacotherapy.

Analysis and outcome of students.

Summary of lessons conducted the final test control solution. Students are encouraged to solve STEP-format tests 1.2. The teacher validates the solution by the standards of answers. The analysis of each student in class.

Place and time of the class.

Classes are conducted with students during the schedule. Classes are held in the educational room. Curation of patients is in the palace of the psychiatric hospital departments.

Equipment classes.

1. Table.
2. Scheme.
3. Sets problems baseline.
4. Nabory final control tests.

Plan and organizational structure classes.

II	The main stages of employment, their functions and content	each. aims at mastering levels	Control methods and learning	Materials methodological security (monitoring, visibility, instruktyvnosti)
	<p>Preparatory stage arrangements</p> <p>Setting learning objectives and motivation</p> <p>Control of initial level of knowledge, skills and abilities:</p>	<p>I</p> <p>I</p> <p>II</p>	<p>Frontal individual oral express - poll</p> <p>Test Control Level II</p> <p>The solution of typical problems II</p>	<p>P.1 urgency</p> <p>P.2 learning goals</p> <p>Tables, figures, structural logic, medicines, slides</p> <p>Questions for individual poll</p> <p>Tests and objectives Level II</p>
	<p>The main stage</p> <p>Formation of professional abilities and skills:</p> <p>1.Ovolodinnya method of carrying out purposeful conversation.</p> <p>2.Sformuvaty ability to conduct comprehensive (affordable student level) examination status of the patient, interpret their data.</p>	<p>II</p> <p>II</p> <p>II</p>	<p>Professional training for the patient. Solving problems of tests and III level.</p> <p>Professional training in dealing atypical clinical situations</p>	<p>Algorithms (focus map) for the formation of practical skills.</p> <p>Patients</p> <p>Medical history, examination and treatment protocols</p> <p>Tests and custom task level III</p>

				Simulation games
	<p>The final stage</p> <p>Control and correction of mastering professional skills</p> <p>Summarizing lessons (theoretical, practical, organizational)</p> <p>Homework (basic and additional literature on the subject)</p>	II	<p>Individual control skills or their results.</p> <p>Analysis and evaluation of clinical work</p> <p>Decision atypical problems III level.</p> <p>Test control III level.</p>	<p>Results of clinical work</p> <p>Challenges III level</p> <p>Tests III level</p> <p>Oriented map for independent work with literature</p>

To assess control the output level of knowledge and of learning material that is described above, there are examples of these tasks:

Tests 1 and 2 level:

1. Teaching children to behave on the water refers to measures:

- A. Prevention
- B. Hygiene
- C. Propaganda
- D. General Medicine
- E. Psychotherapy

2. Careful auscultation of patient complaints and sympathetic attitude to its problems based on the theory of persons:

- Humanistic A.
- B. psychodynamic
- Cognitive C.
- D. Behavioural

E. All

3. Patient To., 34 years. I turned to the physician complaining of headaches, irritability, lowered mood. Somato-nevrolohychno - within the age norm. The process of diagnosis must be started with:

- A. Gathering history
- B. Consultations neurologist
- C. Consulting Psychiatrist
- New Tim D. research
- E. ECG study

4. In the general medical clinic sanbyulleten posted on problems of depression. This event belongs to:

- A. Mental Health
- C. secondary psychoprofilaktytsi
- B. Primary psychoprofilaktytsi
- D. tertiary psychoprofilaktytsi
- E. psychological rehabilitation

5. The school lecture teenagers about the dangers of alcohol. This event belongs to the problem:

- A. no age Mental Health
- B. mental hygiene work and life
- C. Family Mental Health
- D. psychoprohylaxis
- E. Rehabilitation

6. Therapist makes recommendations to the patient K., 68 years, offering physical training in group health, outdoor exercise twice a day, dosed physical activity at their summer cottage, visits of group psychotherapy sessions. These

measures relate to the issues:

- A. no age Mental Health
- B. mental hygiene work and life
- C. Family Mental Health
- D. psychoprophylaxis
- E. Rehabilitation

7. During the introduction to the work of the police applicants undergo psychological testing, aimed at determining the basic characteristics of mental functions, facial structure, predisposition to aggressive behavior and autoahressyvnomu. This event belongs to:

- A. Mental Health
- B. Primary psychoprofilaktytsi
- C. secondary psychoprofilaktytsi
- D. tertiary psychoprofilaktytsi
- E. psychological rehabilitation

Tests 3 levels and unusual tasks:

1. A young couple turned to the counseling center with a request to determine their psychological compatibility for a family. They were asked to attend the lectures and group sessions, which deals with the entry to the grounds of lack of harmonious family life, sexual harmony. These measures relate to the issues:

- A. no age Mental Health
- B. mental hygiene work and life
- C. Family Mental Health
- D. psychoprophylaxis
- E. Rehabilitation

2. In the general medical hospital psychologist every half year survey conducted by doctors and medical staff to identify signs of emotional burnout and associated with psychopathological and somatic symptoms. This event belongs to:

- A. Mental Health
- B. Primary psychoprofilaktytsi
- C. secondary psychoprofilaktytsi
- D. tertiary psychoprofilaktytsi
- E. psychological rehabilitation

3. Patient To., 18 years. 2 weeks after the relief of acute symptoms psyhotichnoho first episode (acute polymorphic psyhotichnyy disorder with symptoms of schizophrenia) entered the rehabilitation department. Selection psychopharmatherapy adequate to fully relieve suffering residual effects of psychosis refers to:

- A. Mental Health
- B. Primary psychoprofilaktytsi
- C. secondary psychoprofilaktytsi
- D. tertiary psychoprofilaktytsi
- E. Rehabilitation

4. Patient st., 45, is being treated in a psychiatric hospital on a moderate depressive episode that developed after the sudden death of her husband. Besides drug therapy, the patient attends group classes aimed at developing skills in patient lives without the support of her husband, her individual psychotherapeutic work is carried out with a high level of emotional support. The system measures relating to:

- A. Mental Health
- B. Primary psychoprofilaktytsi
- C. secondary psychoprofilaktytsi
- D. tertiary psychoprofilaktytsi

E. Rehabilitation

5. Patient S., 45 years. For 20 years, suffers from schizophrenia. There is a disabled group III, runs a laboratory. Regularly attends classes at the Club of former patients, individual and group psychotherapy sessions. Believes that its relatively stable state helps not only regular medication but also psychological support, which adjusts it to a constant medication, work, parents help around the house. Activities conducted with respect to the patient, relating to:

- A. Mental Health
- B. Primary psychoprofilaktytsi
- C. secondary psychoprofilaktytsi
- D. tertiary psychoprofilaktytsi
- E. Rehabilitation

The task № 1. Patient A., 26, for 3 years suffers schizophrenia after another aggravation provoked scandal among parents, is being treated in a psychiatric hospital. The department patient visits only his mother, according to which, man (father) refuses to recognize the existence of the disease in the son believes him lazy, accuses her mother that she "covers a slacker." On this occasion the family often scandals in which have protected his son, and the patient 'locked in her room and cry. " After explanatory conversations and relieve the patient's symptoms psyhotichnyh family included in the program of family therapy, classes attend all family members. The system measures relating to:

- A. Mental Health
- B. Primary psychoprofilaktytsi
- C. secondary psychoprofilaktytsi
- D. tertiary psychoprofilaktytsi
- E. Rehabilitation

Task № 2. Patient P., 36 years old. He suffers from obsessive-compulsive

disorder with prevalence of agoraphobia. In the treatment with the drug in this case should be used:

- A. psychodynamic psychotherapy
- B. cognitive therapy
- C. behavioral therapy
- D. Hipnosuhhestiyu
- E. Gestalt therapy

Task № 3. Patient I., 52 years old. The nature disturbing ruling, demonstrative. Suffering somatisation disorder. Strongly demands "be hypnosis." In this case, patients showed:

- A. psychodynamic psychotherapy
- B. Cognitive Psychotherapy
- C. Behavioral Psychotherapy
- D. Hipnosuhhestiya
- E. Gestalt therapy

Task № 4. Patient A., 27 years old, designer. Suffering from neurasthenia. It has high intelligence, is looking for reasons developed state ("help be known for it, how much time is not taken"). In the treatment with the drug in this case should be used:

- A. psychodynamic psychotherapy
- B. cognitive therapy
- C. behavioral therapy
- D. Hipnosuhhestiyu
- E. Gestalt therapy

Task № 5. Patient R., 37 years. He suffers from asthma. Associates increased and heavier attacks from states psycho-emotional stress. Asked for help from a therapist that he "taught to relax, and I always like a stretched string." In

therapy along with medical treatment of asthma in this case should be used:

- A. psychodynamic psychotherapy
- B. cognitive therapy
- C. behavioral therapy
- D. Hipnosuhhestiyu
- E. Autorelaksatsiyu

Task № 6. Patient T., 38 years. After a conflict at work and in the family, as a result of which the patient was in complete social isolation, developed depression. Treated with antidepressants on moderate depressive episode. In the treatment with the drug in this case should be used:

- A. psychodynamic psychotherapy
- B. cognitive therapy
- C. behavioral therapy
- D. Hipnosuhhestiyu
- E. Client tsentrirovani psychotherapy

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