

## **Modern psychological consultation, its types and reasons for applying to it**

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**Annotation:** In this article, what is a modern psychological consultation, what are its stages and rules, the types of modern psychology today, and who appeals to a psychologist, why do we need a psychologist in life? - such questions are answered.

**Keywords:** modern psychological consultation, psychotherapy, psychocorrection, person, social environment, risk group, deviant behavior, interpretation.

### **Introduction.**

Man, one of the greatest wonders of the Creator, has been the most interesting puzzle for all times. Understanding, analyzing and developing the human psyche has been one of the urgent issues of psychology. Many studies have been conducted in this regard. By the 60s of the 20th century, the practical aspects of psychology, i.e., the field of providing psychological services to people and society, were transferred. Although this field was created as a separate field, in fact it was different from others due to the fact that it reflected an expanded view of applied psychology. Today's modern psychological consultation is connected with some psychotherapy. Just as every era has its own person, every era must have its own psychologist. Why is yesterday's person fundamentally different from today's person? For this reason, just as any field needs renewal and change, psychology also needed to change. Personality is a cognitive, interactive, and spiritual phenomenon of human life. Both professional and personal development of the subject is shown and implemented in it. Therefore, the study of individual strategies of understanding the client by the psychologist, in our opinion, can lead to the understanding of important laws in the professional development of the counselor and allow us to formulate a system of recommendations and requirements. In general, there are 56 types of individual differences in psychology

known and famous. It is in the field of applied psychology - the field of modern psychology. But modern psychology is still behind the modern human psyche. It is natural for there to be a certain limit and time in between for the field and the human psyche to become equal. Why does it take a certain amount of time to study a person, analyze and apply it. Now let's see who turns to a psychologist-consultant, when and why. Usually, a psychologist-consultant is referred to the so-called average layer of the population and in the high-risk zone due to physical and mental health. It is divided into the following categories depending on the client's appeal to psychological consultation:

- 1- Category-people know the answer to their problems, but hesitate to make a decision and believe that a psychologist will help them. Seeks emotional support.

Category 2 - They do not know how to solve the problem and go to a psychologist for advice.

3- Category of people who do not fully believe in themselves and are unaware of their internal capabilities, do not know what to choose in order to solve their problems. It is necessary to convince them and direct their activities in the right direction.

- 4- Category is ordinary people who feel alone, only they need a psychologist to talk from the heart. They feel isolated. They usually do not have serious psychological problems, but from time to time they need an attentive and sympathetic interlocutor.
- 5- Category Clients who are interested in learning about their character traits.
- 6- Among clients of psychological consultation, there are those who are interested in the psychologist-consultant or have a desire to fight against him. they do and try to prove it by putting the psychologist-consultant in a disadvantageous position.
- Category 7 - People who are emotionally stressed, have lost loved ones, have fears, phobias, mental disorders and somatic diseases.
- 8- Category of persons who have spent their lives in professional tension, impartial in front of their conscience.
- 9- The category determines the medical and defectological nature of defects and carries out corrective works.
- 10- The category examines the social and psychological roots of drug addiction, taxi addiction, alcoholism, theft, drug addiction, analyzes their factors and carries out corrective actions. Its practical significance allows for a wider study of the typology of psychological consultation and the persons applying for it. This research work can be used as an educational and methodological guide in psychology. Also, its conclusions and theoretical generalizations can be used to educate a person's feelings such as self-awareness, resistance to any negative situations, mental health. In short, in giving advice, the psychologist should consider the theoretical, practical (life), religious and worldly aspects of the client without affecting his stereotypes and emotions.

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