

Techniques and methods used in the process of psychological counseling.

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Abstract: This article talks about methods used in psychological consultation. Information is also provided about the stages of consultative psychology and the technical methods used in them and their effectiveness.

Key words: psychological consultation, information, person, family environment, pedagogue, actual, modern consultation, psychological approach, technique.

In the hierarchy of activities of a practical psychologist, the consultation process has its own characteristics. It consists of a psychologist meeting with a client in a relatively short period of time, which includes all the activities of a practical psychologist. This is primarily a preventive activity, including education and prevention.

There is also a diagnostic activity, during which the nature of the problems encountered by the client is determined based on the information provided by the client and the results of express diagnostics. There are also corrective activities in the form of various advice, recommendations, and even direct psychotherapeutic effects, which are shown to the client by the psychologist. And finally, it is a development activity that guides the client to the perspective of life and the possibilities of opening.

In other words, in the counseling activities of a practical psychologist, all types of activities are shown in miniature: "in miniature" - because the consultation time is limited and the possibilities of all types of activities are limited. Consulting can be described as a directed type of activity, from which work with the client begins.

The following types of consulting are distinguished depending on which aspect of the activity is represented to the greatest extent in the consultation:

- a) preventive counseling (thematic discussions), which can be educational (answers to questions) or preventive in nature;
- b) diagnostic consultation where possible diagnostic options are determined;
- c) remedial advice where possible options for correcting violations are identified;
- d) psychotherapeutic counseling involving a deeper intervention in the client's psyche than correction;
- e) development consulting related to identifying ways to develop the client's personality;
- f) comprehensive advice that combines all types of advice.

Depending on the age of the consulted contingent, the following can be distinguished:

- a) advice to babies,
- b) advice for young children,
- c) preschool education,

- d) advice for junior high school students,
- e) advice to teenagers,
- f) youth counseling,
- g) advising adults,
- h) gerontological consultation.

Obviously, some types of age-specific counseling are integrated, but it is difficult to imagine that one person's practical psychologist can be an all-age specialist.

Depending on the thematic focus, the following types of advice can be distinguished:

- a) family counseling,
- b) sexual advice,
- c) consultation on educational issues,
- d) career guidance,
- e) consultation on dispute resolution, etc.

Depending on the number of consulted, consultations are divided into the following.

- a) individual,
- b) group.

Individual counseling takes more time and is more effective than group counseling. The latter, in turn, allows to cover a large number of people, thus saving time, effort and achieving a large impact on a mass scale.

Psychological consultation technique is a systematic process specially organized by a psychologist, which includes a set of techniques, recipes, and actions that he implements within the framework of the consultative process in relation to the client. The technique has a specific purpose and is aimed at solving one or more consulting tasks.

Most of the techniques can also be used for diagnostic purposes to obtain information about the client and his psychological functioning methods.

The choice and use of a certain technique when working with a client is determined by the following factors:

Characteristics of the problem situation that has applied for psychological help;

Characteristics of the psychological counseling situation (space-time duration of the counseling process; composition of the expert group, etc.)

Expediency of using the technique at this stage of working with the client;

The advantages of the teacher-psychologist based on his personal characteristics (this methodology should be organically combined with the individual style of the teacher-psychologist's activity).

Consultation phase Techniques and methods used in consultation

1. Establishing consultant communication Communication technique. Ways to talk
2. Identification of multimodal problems
3. Desired changes Methods of interviewing (reflective listening techniques: asking questions, explaining, paraphrasing, clarifying feelings, reflecting and clarifying, summarizing, etc.).
4. Alternative ways to solve the problem. Interview methods (reflective listening techniques: asking questions, clarifying, paraphrasing, clarifying, reflecting, etc.). Influence techniques (self-disclosure, confrontation, instructions)
5. Searching for resources Interviewing methods (reflective listening techniques: asking questions, clarifying, paraphrasing, clarifying, reflecting, etc.).
6. Environmental inspection

Thus, it is possible to obtain important information about the client by correlating what he says about himself and the problem situation with his face, gestures, the nature of his behavior and his location in space.

From the beginning of the consultation, it should be remembered that the client is asking for help, and in the first stage of the work, it is important to establish a relationship, not to demonstrate the technique.

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