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The urgent questions of the practice of psychological help' rendering in a hard life situation

The review of the materials of IV International scientific and practical Conference «The Emergency psychological help in hard life situations» in Astrakhan on October, 2-4, 2009 is presented. The main theoretical and practical aspects of psychological help' rendering in hard life situations are observed.

Key words: *the emergent psychological help, hard life situations, trust, a telephone hotline, the subject of helping professions.*

The IV International scientific and-practical Conference «The Emergency psychological help in hard life situations» took place in Astrakhan on October 2-4, 2009. The practical psychologists and the psychotherapists, the volunteers and the supervisors of telephone hotlines (TH), the teachers of High school have taken part in its work. The program of Conference included plenary session, work of five sections and 15 master-classes on various subjects. The main directions in the work of the Conference were: 1) methodology and the theory of the emergency psychological help in a difficult life situation; 2) features of the psychological help to different categories of clients (family; children; the persons who survived an extreme situation); 3) improvement of professional skill and preventive measures against emotional burning out of the experts.

At the plenary session methodological and theoretical reference points of emergent psychological help' rendering in difficult life situations have been designated, the international experience in this area was presented. The President of National fund for children' protection from cruel treatment M.O. Egorova (Moscow) based her report on the concept of dialogue. She has emphasized, that the crisis situation affects the basic contexts of any person' life and that the real opportunities for its overcoming lay in the sphere of dialog. O.A. Eldyshova (Astrakhan) has analyzed different kinds of the situations as the field of work for advisers of T.H. Skovoronskaia (Moscow) has shown the role of TH in the system of social protection of the childhood. N.G. Mjasnjankina (Astrakhan) has presented paper on auto-and mutual aid of experts of TH. O.V. Moskovtseva (Kharkov) has informed listeners about features of work of TH in Ukraine.

In the work of the section «The Emergency psychological help in difficult life situations: methodological and applied aspects» the discussion on the problem of trust as the special psychological phenomenon in telephone consultation was a key moment. Reports of E.V. Iljashevich (Astrakhan), E.V. Kokoreva (St.-Petersburg) have been devoted to this problem. In them kinds of trust and a position of an adviser and a client during

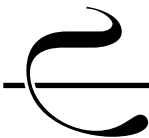


confidential dialogue have been considered. E.V. Zinchenko (Rostov-on-Don) presented results of her empirical research of features of trust, self-disclosing and empathy of volunteers of a telephone hotline. According to the obtained data, they looked high empathic, are capable to cause the frankness, show the raised level of trust and readiness for deep self-disclosing in comparison with other subjects of helping professions. Participants of this section discussed with interest the basic clients self-disclosing themes, including items of intimate and existential character which have been presented in the reports of A.N. Guseva (Astrakhan) and T.V. Praksina (Vladimir). O.V. Zajchikova (Moscow) has told about experience of conducting interventions and has named criteria for crisis reference of the clients. The second section «The Emergency psychological help to the children in difficult vital situations» concentrated its work on rendering of the emergency psychological help to teenagers (N.G. Tormosina (Stavropol); K.V. Jashina (Orel); I.A. Vikulova (Cherepovets), to children-invalids N.N. Kozlova (Novokuznetsk), also a situation of the risk of a suicide was considered. During the work of this section problems of rendering of psychological help to children-orphan and the families having children with deviations in development, questions of preventive measures against teenage alcoholism were also touched. Master-class of O.E. Ananieva (Almetyevsk) has been devoted to preventive measures against the use of stimulating substances among youth.

During the work of the section named «The Emergency help to families in difficult life situations» the participants shared their experience concerning consultations on family problems (T.A. Shorikova, (Nizhniy Novgorod), including experience of psychological support of young families (O.B. Zyuzin, (Astrakhan), children from reception families (I.K. Hanasjuk (Murmansk), children-orphan (T.N. Zubkova (Astrakhan), children of alcoholics K.N. Rybalkina (Astrakhan), children-victims of cruel treatment O.V. Bobretsova (Arkhangelsk). Participants of this section discussed the main points concerning consultation of the families in the situation of divorce. The psychological help to incomplete family was also discussed.

The section «The Emergency psychological help to the people in extraordinary circumstances» attracted a lot of the participants. Within the framework of this section questions of psychological consultation in a situation of losses (T.B. Shchekuteva (Moscow), methods of the psychological help to people in an extreme situations I.N. Rjazanova (Moscow), opportunities of the psychotherapy in the treatment of PTSD I.V. Kushnikova (Alapaevsk) were discussed and also experience of the psychological help to the co-dependent women V.N. Bojko, (Astrakhan) and to bilingual children and children-migrants V.J. Chanina (Astrakhan) was presented.

For any person in a difficult life situation a problem of search for additional internal and external psychological resources is especially acute. This problem was simultaneously discussed during three following master-classes. E.V. Zinchenko (Rostov-on-Don), I.S. Jakimanskaja (Orenburg) at their workshops have shown opportunities for application of integrative art-therapeutic approach in the work with traumatic experience. They used techniques of work with color, figures, toys, cards. I.S. Petronjuk (St.-Petersburg) has shared her experience of working with teenagers.



At master-class of A.V. Vikulov and I.A. Vikulova (Cherepovets) psychologists had an opportunity to get acquainted with the theory and practice of work with losses (object, subject, relations). The important discussion as to necessity for any adviser to work through his or her own experience of losses also took place. The rendering of psychological help for persons in difficult, crisis, extreme situations makes special demands not only to professional competence but also to the very person of the expert who is carrying out given work. The central component of the help to the person in crisis situations is the emotional support, sympathy, emotional contact. All of them are connected with personal resources of the expert and have to do with the problem of emotional burning out. Three master-classes – J.J. Derjagina (Ekaterinburg), V.J. Dmitrieva (St.-Petersburg), I.N. Rjazanova (Moscow) – and section «The psychologist for the psychologist: personal and professional growth of experts of helping trades» have been devoted to this problem. Several reports concerned preventive maintenance and overcoming of emotional burning out of experts of helping trades were presented. In the report of T.A. Shkurko (Rostov-on-Don) the so called “supervising behavior” as one of the basic characteristics of the subject of helping professions was discussed. Social psychology research carried out by her has revealed that the core element of the structure of social needs of women who were professional psychologists was the need for the self control and for control of others. T.A. Shkurko has shown that it was necessary to develop the special trainings for the subjects of helping trades aimed on overcoming supervising forms of behavior. She told about the program of Dance Expressive Training and carried out the master-class introducing participants with its elements.

In the report of G.V. Serikov (Rostov-on-Don) the opportunities of psychodrama (as a kind of group psychotherapy) for working through the advisers’ own internal conflicts, problem situations, fears and anxiety were revealed. The reporter underlined that this became possible because psychodrama allows to work with so-called «an additional/surplus reality», the reality of our imagination, imagined dialogues and the fears connected with the future, with what that really took place in the past and with what that didn’t take place or could not happen at all.

A kind of practical elementary introduction to the psychodrama methods was carried out by O.V. Moskovtseva (Kharkov, Ukraine) within the framework of her master-class.

S.V. Mjasnjankina has offered for discussion the problem of secondary trauma of an adviser during supervision.

Two more reports have been devoted to the questions of the preparation of experts for rendering the emergency psychological help. A.A. Kamin has told about adaptation in Russia the international experience on training experts in the field of preventive measures against violence directed to children. M.A. Balakin has informed on features of the organization of the psychological help with volunteers. At three master-classes devoted to supervisions’ questions (N.A. Eshtokin, Rostov-on-Don; J.A. Ionov, (Tuapse); J.V. Shchukina, E.A. Chursina, (Moscow) the participants of the



conference could expand their experience of carrying out supervisions' sessions and discuss principles of the organization of this kind of mutual help, its structure and the basic stages. A.A. Kamin at his master-class has offered an author's technique for the express diagnostic of a conflict situation and presented for experts the classification of the methods of conflict management.

Interest of participants was also caused by the master-class of M.V. Vershinin (Samara) who has discussed social psychology mechanisms of attraction of members in destructive cults and has acquainted experts with the basic stages and methods of working with relatives and persons who suffered from activity of such cults and sects.

In conclusion it should be said that conference once again has demonstrated both an urgency of the problems connected with the rendering of psychological help in hard life situations and a high level of professionalism of the experts in this field.

References

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