

Zaporozhye State Medical University

Department of Psychiatry, psychotherapy, general and medical psychology,
addiction and sexology

Approved on the methodical conference of department
psychiatry, psychotherapy, general and medical psychology,
addiction and sexology

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Methodological developments

independent studies on the topic of "mental hygiene. Psychoprophylaxis. Bases of
psychotherapy "for students of 4th year medical faculty (specialty "medicine")

SUBJECT: Mental Health. Psychoprophylaxis. BASIS Psychotherapy

1. Objectives of independent work:

- 1) be able to learn and practice the basic psychohygienic approaches;
- 2) To capture and apply practical methods of primary, secondary, tertiary psychoprophylaxis and rehabilitation;
- 3) Be able to analyze the basic modern methods of psychotherapy (psychodynamic, cognitive-behavioral and existential-humanistic direction);
- 4) Master the techniques of rational psychotherapy suhhestiyi in the waking state, autorelaksatsiyi;
- 5) Be able to identify evidence of other methods of psychotherapy (individual and group, Psychodynamic, Gestalt Therapy, NLP, art therapy);
- 6) Master the skills of psychological help in crisis.

2. Content of independent work:

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 nozopsyhologichni 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.

3. References:

General

1. Lecture material.
2. Methodological development.

3. Basic literature:

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2. VM Kozidubova, VM Kuznetsova, VA Vyerbyenko, LM Yuryeva, O.O.Filts, IA Babenko - Psychiatry - Kharkov: Charm, 2013 - 1164 p.
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6. VA Abramov and others. Medical Psychology. - Donetsk, 2010. - 289 p.
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10. Zahalna and medical psychology (practicum) Ed. Professor I. D. Spirin, Professor I. Vitenko, Dnipropetrovsk arthritis Press, 2002.
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Further Reading:

1. Mendelevich VD Medical and Clinical Psychology, Moscow "MEDpress-inform", 2005.
2. Mikhailov BV, Tabachnykov SI, Vytenko I. S. Chugunov VV psychotherapy. - Kharkiv: JCE, 2002.
3. Abramova GS praktycheskuyu Introduction to psychology. - M .: Publishing. center "ACADEMIA", 1996.- 224 p.
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7. Ananiev, BG Man As the subject of cognition // Favourites psychological works: In 2 t. - M .: Pedagogika, 1980. - T. 1. - S.16-178.
8. Andreeva GM Actual problems sotsyalnoy psychology. - M .: MGU, 1988. - P. 91-109.
9. Bazhutyna SB, G. Voronina, Bulakh I. P. Practical Psychology vuze in a school. - Lugansk: Amber, 2000. - 113 p.
10. White OG Socio-psychological determinants osobystishoho becoming a practicing psychologist // Problems of General and Educational Psychology: Collected sciences. pr. Institute of Psychology. Ukraine GS Kostyuka APS / Ed. SD Maksymenka.- K .: HNOZIS, 2003. - T.V. - Part 6. - P. 18-22.
11. Bondarenko AF assistance Psyholohycheskaya: Theory and Practice: Textbook. posobye. - K .: Ukrtehpres, 1997.- 216 p.
12. Vera S. psychologist in the organization "for" and "against" // Actual problems of psychology: social psychology. Psychology of Management. Organizational Psychology. - T. Ch - K .: Institute of Psychology. GS Kostyuka, 2002. - P. 207-211.

1. Approximate map for independent work with literature

№	Main tasks	Instructions / questions
1	psychohygienic approaches	Name the basic approaches psychohygienic
2	Methods of psychological prophylaxis and rehabilitation	Calling methods of primary, secondary, tertiary psychoprophylaxis and rehabilitation.
3	Methods of psychotherapy	Dates for methods of psychotherapy

4	Psychological assistance in crisis states	To chart the psychological assistance in crisis states
5	Indications and contraindications for certain methods of psychotherapy	Name the indications and contraindications for certain methods of psychotherapy

1. 1. Materials for self-control.

Tests 1 and 2 level:

1. 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

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

A. Prevention

B. Hygiene

C. Propaganda

D. General Medicine

E. Psychotherapy

3. 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

4. Patient M., 36 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

5. Doctor-therapist gives advice 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

6. 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. 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 psyhoprofilaktytsi
- C. secondary psyhoprofilaktytsi
- D. tertiary psyhoprofilaktytsi
- E. psychological rehabilitation

8. Young couple appealed 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

9. 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 psyhoprofilaktytsi
- C. secondary psyhoprofilaktytsi
- D. tertiary psyhoprofilaktytsi
- E. psychological rehabilitation

10. Patient K., 17 years. 2 weeks after the relief of acute symptoms psychotichnoho 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 psyhoprofilaktytsi
- C. secondary psyhoprofilaktytsi
- D. tertiary psyhoprofilaktytsi
- E. Rehabilitation

11. Patient S., 44 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 psyhoprofilaktytsi
- C. secondary psyhoprofilaktytsi
- D. tertiary psyhoprofilaktytsi
- E. Rehabilitation