



## Structure and Features of Clinical Psychology

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**Annotation:** Over the past decades, the first section has received the most profound development in clinical psychology, which manifested itself in the emergence of two new scientific disciplines - neuropsychology and experimental pathopsychology. Within these scientific disciplines, the development of fundamental theoretical problems - the organization of higher mental activities, etc. created a scientific basis for the active participation of clinical psychology in solving diagnostic, expert and rehabilitation tasks.

**Keywords:** clinical psychology, structure, research methods, Rorschach, pathopsychology.

### Introduction

Structurally, modern clinical psychology includes two main sections:

1. "One of them is related to the use of psychology in the clinic of neuropsychiatric diseases, where the main problem is to study the impact on the characteristics of the psyche of changes in the structure and functioning of the brain, caused by life-long acquired pathology or determined by congenital, in particular genetic, anomalies";
2. "Another section of clinical psychology is associated with the use of psychology in the clinic of somatic diseases, where the main problem is the influence of mental states ("factors") on bodily processes." [1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13].

### Materials, Methods and Discussion

The main tasks of clinical psychology today can be formulated as the need to solve them, at least seemingly urgent.

- 1) "One of them is related to the further development of neuropsychological views on the brain basis of psychological functions. The rapid accumulation literally in recent years of a large number of facts indicating previously unclear differences in the functions of the cerebral hemispheres in the organization of human mental activity makes neuropsychologists rethink a lot. And it's not just about the possibility of adding new data to existing theoretical constructions, but, most likely, we should be talking about a serious revision of the usual views on the structure of higher mental functions and their brain organization.
- 2) Another, larger task is connected with the development of domestic clinical psychology, which is associated with mental disorders in various pathologies of the central nervous system. The results of the work allow us to build a theory of "general pathopsychology" as a science of the most general patterns of brain anomalies (changes) in all specific types of pathology of the human body, primarily in various diseases. These patterns should cover the phenomena observed in different types of clinics, generalize all types of in vivo acquired diseases leading to changes in the psyche, as well as various variants of anomalies in the development of the psyche (oligophrenia, psychopathy, etc.). Such attempts are known in the history of medicine and psychology (Jackson,



Freud, K. Goldstein). The current level of development of the sciences of the structure of the brain and mental activity makes it possible to try on the basis of modern theoretical psychology. IP Pavlov rightly said: "the pathological often reveals to us, splits and simplifies what is hidden from us, combines and becomes more complicated in the physiological norm." In addition to the genetic method of analyzing the ontogenetic formation of the structure of mental activity, clinical psychology uses various "natural models" - an analysis of the disease state of the body, as well as information about the dynamics of the restoration of mental functions, more and more successfully contribute to the disclosure of the secrets of spiritual life.

The slower pace of development of the second sections of clinical psychology is explained primarily by insufficient scientific study of such a fundamental problem as the problem of the nature of the mechanism of connection between somatic processes and mental factors. The scale and significance of psychological problems in the clinic of somatic diseases sharply intensify the study of the problem of psychosomatic relations, many specialists dealing with these problems - psychologists, physiologists, psychologists, psychologists, psychologists, psychologists, psychologists, biologists, doctors and require organizational measures to coordinate efforts. The lack of development of this basic problem limits the practical possibilities of psychologists in this leading field of public health. Prospects for a more practical application of clinical psychology in the near future are associated with the strengthening of the development of medical and psychological services in general somatic institutions, pediatric institutions, the wider involvement of psychologists in solving psychocorrective problems, as well as psychoprophylaxis and psychohygiene. The tasks and foundations of the social and labor rehabilitation of patients are also associated with the creation of a system of medical and psychological assistance to the population. In the future, schools (and other types of educational institutions) must be prepared to face even greater challenges related to the organization of medical and psychological services.

The content of clinical psychology, its place, scope is still differently understood by specialists. What is common is that clinical psychology considers an area bordering between medicine and psychology. At the same time, she studies the problems of medicine in the psychological aspect and methods of psychology. [14, 15, 16, 17, 18, 19, 20].

Purposes of using these methods:

1. For differential diagnosis.
2. The study of premorbid (disease) personality.
3. Elucidation of pathogenetic mechanisms.
4. Choice of psychotherapeutic target.
5. Monitoring the effectiveness of therapeutic effects.
6. Building a complex of psychotherapy and rehabilitation.

**1. Clinical interviewing** - "a method of obtaining information about the individual psychological characteristics of a person, psychological phenomena and psychopathological symptoms and syndromes, the internal landscape of the patient's disease and the structure of his problem, as well as psychological treatment of the individual, directly produced on the basis of personal contact between the psychologist and the client by a secret method ". The interview is aimed at complaints actively presented by a person, to reveal the hidden causes of a person's behavior and to help understand the true causes of his altered mental state. Psychological support of the client during the interview is also important. A psychologically perfect structure of a clinical interview (psychological survey) should consist of 4 main stages [29]:



- 1) establishing a reliable distance (psychological union);
- 2) assessment of the internal picture of the disease and the identification of complaints with the identification of the patient's problem;
- 3) determination of the desired result of the conversation and therapy in general, determination of the patient's subjective model of health and mental state;
- 4) assessment of the expected (or future) mental abilities of the patient; discuss the disease and possible outcomes of therapy.

Principles of clinical interview.

- Correct, correct and precise wording of questions (balance of open and closed questions) in order to more fully present the patient's problems.
- Availability of wording-questions. If this principle is observed, it is necessary to consider vocabulary, educational, cultural, linguistic, national factors. The speech addressed to the patient should be understandable to him, coincide with his speech practice, based on his traditions.
- Adequacy, consistency. This principle is based on knowledge of the diagnosis in the field of psychological phenomena and the compatibility of psychopathological symptoms and syndromes. This sequence is based on the well-known algorithm of psychogenesis: the presentation of the first complaints to the patient, the story of his relatives, based on his direct observation.
- Flexibility, impartiality of the survey. This principle implies the acceptance of the patient, regardless of the psychologist's own life principles, his cultural values. The absence of imposing on the patient one's own ideas about the presence of psychopathological symptoms.
- Verification of the information received - clarification of the congruence of concepts to exclude incorrect interpretation of the answers.

2. Experimental psychological research methods “include a battery of experimental psychological test methods, with the help of which it is possible to assess the functioning of both individual areas of mental activity and integrative formations of temperament types, character traits, and personal qualities.”

Experimental psychological methods are divided into methods for studying individual mental processes, questionnaires and projective methods. “The choice of specific methods and methods of experimental psychological diagnostics is based on the identification of cardinal psychopathological deviations in various types of mental response” [21, 22, 23, 24, 25, 26, 27, 28].

## Conclusion

With alleged disorders of the attention process, the following psychodiagnostic methods can be used: Schulte's table, Kraepelin's account, Münsterberger's method, proofreading test. The “10-word test” and the pictogram method help to evaluate memory functions, perception - the sensory excitability method, Lipman's test (visual images when pressing on the eyeballs), Aschaffenburg (offline phone), Reichard (reading on a blank sheet of paper). Tests for classification, exclusion, analogy, generalization, associative experiment and the pictogram method help to identify thinking disorders. The emotional state can be assessed using the Luscher test (color choice), Rorschach, the Spielberger-Khanin self-esteem scale, and intelligence - the Eysenck, Wexler, Ravenn test [30, 31, 32].



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