

Integrative-Acmeological Approach In Psychotherapeutic Consultative Interaction

*Daft, H. F. **

Independent Scholar, UK. Formerly, University of Portsmouth, UK

** Corresponding author: Daftmelon@hotmail.com*

Abstract

At the present stage of formation of psychotherapeutic counseling, various effective theoretical trends in the provision of psychological assistance to the individual are formed. Each of these trends, in most cases, is based on classical theoretical approaches and has its positives and negatives. Every year the number of applications for various types of psychological assistance increases to professionals in practical psychology. This trend is explained by the number of economic, political, social accelerated changes in our society, which leads to a certain maladaptation, and even maladaptation of individuals from different walks of life. This, in turn, requires the presence of specialists with a high level of professionalism in providing psychological care and new effective trends in psychotherapeutic interaction.

Keywords:

Psychologists, maladaptation, specialists, individuals.

Introduction

Analysis of recent publications. Such psychologists as O. Bondarenko, V. Vyshnovsky, G. Kolesnikova, S. Maksymenko, R. Nemov, V. Panok, V. Rybalka, S. Shandruk and others are engaged in the development of modern theoretical approaches to counseling and therapy adapted to the present .

The aim of the article is to analyze and differentiate such theoretical approaches in the provision of psychological care as integrative and acmeological and generalize them into an integrative-acmeological approach as one of the effective modern theoretical trends in counseling and therapy.

Presenting main material. Analyzing the modern scientific literature on the creation of new theoretical trends, we can conclude that the views of scientists are divided into two parts: some contemporary scientists are wary of integrative and eclectic technologies today, arguing that this could lead to a certain "imbalance" psychological science, that is, to disrupt the system of scientific psychology and structure in general, and especially its component such as theoretical psychology, and the effectiveness of its other two components: practical and applied psychology. This, in turn, creates a certain cognitive dissonance. However, the rapid changes in society require the adaptation of psychological care to the present, and this, in turn, leads to certain paradoxes. For example, there are effective practical models of psychotherapeutic interaction without conceptual theoretical justification. Other psychologists focus on integration and eclecticism, arguing that integrative and eclectic approaches to

psychotherapy and counseling are the key to effective adaptation and development of today's psychological care.

In our opinion, the above views revealed have a right to exist. Most importantly, you need to pay attention to the effectiveness and efficiency of an approach in the process of providing psychological assistance.

Thus, attempts have long been made to synthesize psychoanalytic and behavioral theories. However, everything was limited to the reinterpretation of behavioral techniques in psychodynamic formulations or paraphrasing the position of psychoanalytic theory within the concept of learning [4]. There are also attempts to combine cognitive and behavioral approaches in psychotherapy. Cognitive-educational approach as a synthesis of cognitive and behavioral areas in psychotherapy, on the one hand, recognizes the importance of intrapersonal factors in adaptation, and on the other - emphasizes the role of environmental variables influencing the phenomenology and functioning of patients [4] .

A wide combination of different types of psychotherapy, especially existential, is used in one of the new areas - psychosynthesis, which aims to harmonize and integrate into a single whole all the qualities and functions of the individual. Neurolinguistic programming, as an interdisciplinary integrative concept of psychotherapy, provides the psychotherapist with a metamodel as a step-by-step strategy of psychotherapeutic behavior that expands the model of the patient's world and creates conditions for the process of personality change. Personality-oriented (reconstructive) psychotherapy of Karvasarsky, Isurina, Tashlikov as an open psychotherapeutic system in recent years expands its

capabilities through the integration of some theoretical principles and techniques of behavioral and humanistic psychotherapy (especially client-centered psychotherapy and gestalt therapy).

A psychologist who works within an integrative approach is, in most cases, a high-level professional. Because he needs not only to be well versed in the techniques of various theoretical approaches, but also to rely on the conceptual basis of these theories and pay attention to the prediction and explanation of various phenomena. The use and selection of a procedure or technique from a particular theoretical approach and combination with another in the process of providing psychological care requires a high level of personal, practical and theoretical components of readiness for such activities because the philosophy of one theoretical model may challenge the philosophy of another. At the same time, the psychologist must be equipped with deep knowledge, skills and abilities to work in each of these models separately. Based on the scientific and methodological analysis of the readiness of the psychologist for psychotherapeutic interaction, it can be argued that the dominant among these components is the personal. In the process of integration of theories, the psychoconsulter develops skills of effective psychological care and the formation of the latest personal and professional experience. That is, a constructive and effective integration of theoretical approaches by a psychologist is possible provided they have a perfect command of their philosophy and practical orientation.

The essence of the integrative approach in psychotherapeutic interaction is that the psychologist modifies techniques borrowed from different schools, and forms on

their basis a specific technique suitable for working with a particular client and his problem in certain conditions [Brown]. But this does not mean that counseling psychologists use this or that technique at random. It is necessary to build an integrative current on the basis of a systems approach, which, in turn, will act as a guarantor of the scientific justification of the new approach.

Such scientists as K. Abulkhanova, A. Bodalev, A. Derkach, L. Laptev, V. Panok, S. Shandruk and others develop and successfully apply the acmeological approach in the study of problems of various kinds - professional activity, personal development, creative self-realization, optimization in various fields of social practice and others. At the heart of acmeological research is a holistic social subject of individual or group nature, which is included in the comprehensiveness of real connections and relationships [1]. V. Zazykin points out that the acmeological approach is a basic enriched concept, which acts as a set of principles, techniques and methods to solve acmeological problems, but, at the same time, within this approach, other approaches have been formed, which focused on specific methods of this. Among them, the author distinguishes acmeocentric and acmeographic [4].

In acmeological technologies, the emphasis is on the ability of the individual to set goals, implement them, solve their life and professional problems with the goal of achieving high results. In this case, acmeological technologies have a value-targeted, ie humanistic nature and meet the principle of optimization of personal and professional resources [2].

The formation of an integrative-acmeological approach in psychoconsulting requires finding a common common denominator for different psychotherapeutic techniques, such a denominator should be the conceptual foundations of the acmeological approach, based on the principles of optimizing personal and professional resources, developing personal technologies. Integrative-acmeological approach is a new holistic theoretical and methodological approach in psychoconsulting, which is designed to help clients who have subjective difficulties, problems related to personal and professional achievements.

The theory, which is the basis of integrative-acmeological approach - is the principle of holistic integrative study of personality in unity with internal and external factors of its development: heredity, social environment, social subjectivity, which involves consideration of acmeological mechanisms, patterns, trajectory of personality peaks of its development. That is, if we consider the integrative-acmeological approach, the acmeological approach will be the basis, the guarantor of the justification of this approach, and integrative - will provide a practical focus, which will be to modify techniques and methods borrowed from different psychotherapeutic schools.

Integrative-acmeological approach should be carried out through a set of principles: top orientation, system-functional, reflexive-acmeological, complexity in understanding the study and formation of personality. The implementation of these principles in a single integrative-acmeological approach involves the creation of a holistic conceptual model in which they are interconnected and interdependent.

Conclusions. Based on the theoretical and methodological analysis, we can conclude that the integrative-acmeological approach is one of the constructive and effective theoretical trends in providing psychological assistance to the individual. Thus, the integrative-acmeological approach provides a multilevel process of effective psychological assistance to students based on the embodiment of optimal (peak) levels of personal potential and personal maturity of the psychologist in the subject-subject interaction with the personality of high school students.

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