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**Training method in preparation of medical for the communication with the disabled patients: our experience and perspectives**

Reforming of medical education and medical field directly causes the enlargement of psychological and pedagogical knowledge that every modern doctor should have. Recently, the role of the aforementioned doctors, nurses, specialists in social work and social care of patients and people with disabilities increased significantly. Basic knowledge in the sphere of medical professional communication and assistance to the sick and disabled today are widely popular, due to their everyday practical use, which is intended to increase the quality of the health and social care.

The twenty-first century with its total technologies quite often deprives people of the opportunity to communicate what as you know is a major social factor in the formation of personality. Especially if we are talking about the communication of the disabed person for whom technological advances are important as unitary, and non-mediated communication is a mean of successful socialization. That’s why this psycho-pedagogical knowledge and ability to apply it are becoming increasingly important, especially for the providing of medico-social assistance to the people with disabilities. The success of socio-psychological adaptation of the disabled mostly depends on high level of psychological and pedagogical training of medical personnel and the ability to use practically the acquired knowledge.

Now let’s pay attention to the historical aspect of psychological training.

Firstly we try to define the notion of psychological training.

The reserchers consider *psychological training* as a form of group training aimed at attaining psychological skill needs, intrapersonal decision problems and the development of the personality. It is the help of man to himself in openning his inner potential. Psychological training is a particular kind of psychological work, as one does not impose a personality as it should build their lives. The participant discovers for himself how he and the world around them might look different and because of it makes a new and valuable discovery.Within the psychological training the personality gets access to its inner forces.

There is no single idyllic PST (Psychological Skill Training) package, each program must be individual and based on the psychological state of the personality. To assemble a successful PST program it is important to distinguish between PST skills and PST methods. PST skills are the psychological qualities or attributes that need to be developed (i.e. confidence, concentration), the PST method is the tool that will be used to help improve the PST skill. Much of the early research utilizing prescriptive PST programs used single PST methods and examined their effect on performance (Martin, Moritz & Hall, 1999; Garza & Feltz, 1998). Thelwell and Greenlees (2001) argue that when implementing a PST program, it is improbable that a single method will be employed by a couch. Thelwell and Greenlees (2001) highlight that it is more effective to employ a combination of mental skills that relate to the specific psychological area.

The history of the training method in psychology is a bit confused, because no one can accurately define the exact point when and where it arose. One of the creators of psychological training was an American writer, teacher and psychologist Dale Breckenridge Carnegie who founded a hundred years ago the world's largest training companies which successfully operates till this very moment.

It is neccessary to remind about significant contribution to this form of learning the famouse German and American social psychologist Kurt Tsadek Lewin who during the second year after the end of the Second world war together with colleagues founded the training group, the purpose of which was to increase people competence in communication.

They had noticed that paticipents of psychological trainings got a real huge benefit, analyzing their own thoughts and experiences in the group. In the future, his talented pupils opened national laboratory of the training in the United States.

Later on, in the 70s, a new method of teaching which was named of sociopsychological training was developed. Its founder was N. Forberg and his colleagues. Here the main learning tools were role-playing which included dramatizing of some of the events that contributed to the formation of human effective communication skills.

Due to the criterion of changes direction and impacts there are some types of training: business training, skill training, socio-psychological and psychotherapeutic training.

Psychological training is undoubtedly fruitfull. The effects of psychological training are different. But for many participants there is an internal reassessment and life in general. They through off many complexes, challenges, and confidently go along the world. Many of those people who had attended the psychotrainings achieved their life goals.

During the past three years Ukraine has faced one of the toughest socio-political challenges – military conflict in Donbass region. The lives of the citizens of modern Ukraine have significantly changed by the annexation of Crimea and the war in the Luhansk and Donetsk. Since the beginning of the armed conflict in Eastern Ukraine in April 2014 more than 1 700 000 people had to leave their own homes. And this is not the final figure. Most of the migrants had first of all psychological problems caused by the sudden moving to a new place of residence and social problems when they had to essentially start all over again in a new place.

The military conflict in the Donbass region has led to increasing number of the disabled persons, and they are mostly young able-bodied males who participate in the hostilities, had a wide life perspective but due to their disability they had suddenly lost it. This category of Ukrainian citizens even more than the others need psychological assistance for successful socio-psychological adaptation. And that are the medical stuff who are an important link in ensuring the effectiveness of such adaptation. That is why for four years in the framework of "Universal design" we conducted a serias of psychological trainings for the medical staff who will work with the disabiled people with.

The above-mentioned factors lead to the creation of a coherent system of psychological and pedagogical training of medical personnel at all the stages of health care. Practical experience of our work in this area confirms the efficiency of carrying out of psychological trainings as one of the types of preparation of doctors and nurses. Such trainings not only expand the range of theoretical psychological knowledge of participants but also help to form appropriate skills in communicating with invalids.

It was during these workshops when the trainers focused the participants on the fact that when communicating with the disabiled, the health care provider should be especially careful, first of all, they should follow the principles of psychotherapy. Numerous complaints of the patient with the special needs must be taken into consideration by a doctor or a nurse. The phisian might convince the patient that the painful disorder will gradually decrease and disappear after the appropriate treatment. The patient must be clarified that the medical recommendations and advice are positive to do.

Medical staff should know that excessive anxiety and worry may exacerate existing neurotic and neurosis-like symptoms. They should always remember about the connection of mental and somatic therapeutic process. The practical application of these principles is the basis for training.

While working with the healthcare professionals we focus on the results of psychological examinations and the need of their consideration in making up of individual programmes for social-psychological rehabilitation of the disabiled patients. When identifying the signs of mental processes exhaustion and disorders of the long action dynamics we provided recommendations to alleviate working conditions, part-time, arbitrary alternation of work and rest, work breaks. Quite often learning for a new profession is not appropriate because it requires changes of the working stereotype and the acquisition of new knowledge and skills. Because of the increased anxiety of these patients and their fixation on somatic sensations, the trainers recommended exercises in group psychotherapy and the techniques of autogenic training.

In medical practice the strategy of "avoiding failure" has a significance in the treatment, the leading role in complying with this strategy belongs to the psychological training of doctors who can create such attitudes in the disables.

The effectiveness of rehabilitation and treatment of invalids is determined by socio-psychological factors to which we dedicated medical training seminars.

Firstly, it is a type of socio - psychological adaptation of personality to the existing situation. So, for example, F. S. Golubtsov, exploring the psychological characteristics of cancer patients’ deviant behavior, has identified four groups of patients depending on the nature of social adaptation:

*Active-constructive type* of patients characterised by a rational assessment of the situation and oncoprognosis, they have an active life position in the search for new ways of recovery, trying to change the environment.

*Conservative type* of personality adequately adapts to new conditions with a tendency to autonomy, moving away from the social activities and work, requiring considerable physical and mental stress. Health is an end in itself in their life.

*Aggressive type* with the inadequacy of perception has a high conflict potential, does not want to change, trying to shift the blame for their failures on the authorities, for illness onthe health care stuff.

*Pessimistic personality* *type* characterized by passivity, lack of initiative, a deep depression.

Thus, the system of psychological and pedagogical training of medical staff on psychological assistance to people with disabilities varied and multifunctional, and methods of correction are selected in accordance with the aims and objectives of psychological work according to indications and contraindications to the use of the method, age and social characteristics of the disabled and other indicators. Possession of skills and abilities on is very important for social and psychological adaptation of persons with disabilities. It makes possible to communicate between both parties as efficient and positive, and leads to the successful rehabilitation of patients with different groups of disability. The method of psychological training has a great significance in medical area, as it leads medical stuff to empathy, strange life experiences and sensory experience as their own.

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Зміст:

Oksana Samolysova, Svitlana Antonovich “Training method in preparation of medical for the communication with the disabled patients: our experience and perspectives”……………………………………………………………P.58-66