

Modern Methods of Psychotherapy and Psychocorrection

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Abstract: *The article considers modern methods of psychotherapy and psychocorrection as a means of providing psychological assistance. The scientific understanding of the differences and similarities in modern psychotherapeutic and technologies of psychocorrection and their role in the application of modern methods of psychotherapy and psychocorrection in the experience of foreign and domestic scientists and specialists of psychological services has been deepened. The specificity of the relationship and the ratio of the terms "psychotherapy" and "psychocorrection" are argued. The analysis of an integrated approach to the question of the relationship between the methods of psychotherapy and psychocorrection is carried out according to the tasks, goals and content of practical psychological work. It is noted that psychocorrection is very closely related to neurosciences, in particular neuropsychology. It is recommended to consider the role of neuropsychocorrection in the context of the theoretical and methodological foundations of the study of the formation of psychotherapeutic knowledge about the pathological functioning of the brain and systemic mental disorders in medical practice. The classification of modern methods of psychocorrection (psychotherapy) is presented. Some recommendations are given for the correctional and developmental work of a practical psychologist. The content of the article argues that modern methods of psychotherapy (correction) in psychological practice can be viewed as an eclectic combination within the framework of different psychological approaches in order to increase the psychological resource capacity of the client.*

Keywords: *Psychological approaches; psychological practice; specialists of psychological services; clients; mental processes and deviations; neuropsychology; methods of neuropsychocorrection.*

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Introduction

The socio-cultural space of a modern person requires new ways of communicative interaction, expectations of more comfort and harmonious relations with the world, where eternal values are identified as one of the most reliable human resources. In this regard, the human factor and social requirements set postmodern tasks for the professional duties of humanitarian specialists who provide psychological support to people, especially psychologists and psychotherapists (Bezliudnyi et al., 2019; Demchenko et al., 2021; Nerubasska & Maksymchuk, 2020; Nerubasska et al., 2020; Oleshko et al., 2020; Palamarchuk et al., 2020). In modern social realities, the latter are increasingly being reoriented from medical means of treatment to non-medical aspects of considering psychocorrection technologies in order to assist the individual's personality in overcoming psychological difficulties, personal and professional growth, etc. The problem of the interconnection and correlation of psychotherapy and psychocorrection in the theoretical and methodological and empirical and practical knowledge of psycho-consulting activity is extremely relevant.

The issues of the interconnection and correlation of psychotherapy and psychocorrection are debatable today, since there is a methodological incompatibility between the empirical and the theoretical in cases when it comes to dividing their methodological tasks according to the classification of psychotherapists as medical workers and psychologists - specialists in the humanities. In practice, domestic psychotherapists often perform the functions of a psychologist, and psychologists actively use psychotherapeutic methods for psychocorrection purposes in their work. Consideration of these issues is extremely important both for specialists in psychological services and for the development of applied psychological science. Considering the above facts, the purposes of our article are to study the problem of analyzing modern methods of therapy and correction. The novelty and practical significance of the article lies in the deepening of ideas about the differences and similarities in modern psychotherapeutic technologies and psychocorrection, as well as their role in the application of modern methods of psychotherapy and psychocorrection in the experience of foreign and domestic scientists and specialists of psychological services.

Interrelation and correlation of psychotherapy and correction of neuropsychology: theoretical and methodological foundations of the study of modern methods

The terms "psychotherapy" and "psychocorrection" are often understood on the basis of the separation of medical and psychological spheres in domestic psychological and pedagogical sciences. The term "psychocorrection", in foreign countries - "psychotherapy" was more often used in domestic science outside the medical aspect. In domestic psychology, psychotherapy is usually viewed from the position of treatment in accordance with professional qualifications and the division of work methods into medical and psychological and psychological, and psychocorrection - from the position of correcting shortcomings of a psychological nature. Psychotherapists, like psychologists, equally use modern psychotherapeutic and psychocorrection methods to solve psychological problems of a healthy person. The advantage of the first specialists is the competence in treating a patient who needs medical operation, in particular, psychopharmacology, which is confirmed by the professional training of psychotherapists with special medical education and long experience of their own psychotherapeutic practice and work under the guidance of an experienced supervisor.

Tsymbalyuk (2005, pp. 24-25) notes that such a limitation is artificial, since psychotherapy involves not drug, but psychological influence. In addition, the term "psychotherapy" is international and is used unambiguously to refer to the methods of work in most countries of the world performed by professional psychologists. However, the tradition of using the term "psychocorrection" in relation to psychological work in our country has already developed, and according to the researcher, we will have to use it along with the term "psychotherapy", generally accepted in the world community.

Psychocorrection is very closely connected with neurosciences, in particular with neuropsychology, since in the choice of effective methods to change psychophysiological reactions and behavior, it quite often takes into account knowledge about the work of the brain and the functioning of the human nervous system. Thus, Luria (2003) analyzes in detail the psychological structure and brain mechanisms of mental processes - perception, attention, memory, thinking, voluntary movements and actions and reveals the model of the three main brain blocks that is relevant today among neuropsychologists and clinicians, knowledge of which makes it

possible to understand the activity of the brain during the implementation of mental processes and about the main types of their disorders according to the etiopathogenetic principle.

Without a doubt, scientists consider modern neuropsychotic correction not only as a separate science, but as a section of psychological correction. It is also important to consider the role of neuropsychocorrection in the context of the theoretical and methodological foundations of the study of the formation of psychotherapeutic knowledge about the pathological functioning of the brain and systemic mental disorders in medical practice. However, psychotherapists do not take into account the neuropsychological principles of explaining the work of the brain; in each psychotherapeutic direction, a certain model of the structure of the psyche is considered in relation to the levels of the personality, its character traits, attitudes and methods of functioning and interaction with the world. Psychocorrection can use both modern methods of neuropsychology and modern methods of psychotherapy, cognitive-behavioral as an example. Therefore, in modern psychological practice, a body-oriented psychological approach equally integrates psychotherapeutic methods and psychocorrection - breathing techniques, motor exercises and eye movement restore the tone of the nervous system, and cognitive-behavioral therapy techniques and techniques stabilize the psychoemotional state and correct behavioral deviations.

Both in psychocorrection and in psychotherapy, similar requirements are imposed on the personality of the client and the specialist assisting; to the level of his professional training, qualifications and professional skills; use the same procedures and methods; the requirements are the same; assistance is provided as a result of specific interaction between the client and the specialist. Psychocorrection is a set of psychological techniques used by a psychologist to correct the shortcomings of psychology or the behavior of a mentally healthy person; a system of measures aimed at correcting deficiencies in psychology or human behavior through special means of psychological influence. The difference between psychotherapy and psychocorrection is that psychotherapy deals with various disorders in people suffering from different types of physical or mental illnesses (disorders). Many anomalies of the psyche and behavior of people, manifested in diseases, are similar to those with which a psychologist deals directly with psychocorrection. However, people who seek help from a

psychotherapist are usually called patients, and those who need only corrective help are called clients, Osipova (2002).

Osipova (2002) most fully revealed the essence and methodological aspects of practical work related to psychocorrection, with a detailed description of the methods and technologies of psychocorrection, as well as the principles of their use on the basis of a holistic systemic understanding of the work of a scientific and practical nature and provided a clear comparative analysis the terms "psychocorrection" and "psychotherapy" in domestic and foreign sciences. To analyze modern methods of psychotherapy in our article we used the work of Bondarenko (1997). It provides a fully systematized description of the main directions of modern psychotherapy with a description of real situations of psychological assistance. Artyukhova and Shelkunova (2019) examined in detail the psychological approaches in psychocorrection and psychotherapy as one area - psychological influences: psychodynamic approach to corrective action, personality-centered correction, existential and behavioral directions in psychocorrection, etc. The work of Maksymenko et al. (2015) introduces the specifics and types of group psychological correction in detail, discusses the problems of psychocorrectional work with different age groups, special attention is paid to the substantiation of training as a psychocorrectional method and its methodological means. In turn, Karpenko (2015) classified modern methods of psychotherapy in accordance with the demand for psychological practice.

For the theoretical and methodological analysis of the problem, the results of psychotherapeutic (psychocorrectional) work of foreign researchers regarding such correctional situations with psychological intervention - therapy (correction) are significant: a low level of spiritual development, narcissism, with the use of therapy (correction) methods of the transpersonal and phenomenological psychological approach, spiritual practices with meditative techniques (Welwood, 1984); borderline personality disorders - through psychodynamic psychotherapy methods (Gonzalez-Torres, 2018); negative emotions accompanying existential fears, feelings and personal difficulties - using the methods of transpersonal-oriented psychotherapy (Cunningham, 2007); experiencing a high level of negative emotions, anxiety, neuroticism - with the recommendation of psychotherapy (Barlow et al., 2014; Gershuny & Sher, 1998; Shiner, 2019; Widiger & Oltmanns, 2017).

Psychological correction differs from psychological counseling and psychotherapy in that it is not aimed at changing the views, the inner world of the individual and can be carried out even if the client is not aware of his problems and the psychological content of corrective exercises. Psychocorrection is also considered as a process of expanding the range of the client's response to certain stimuli, the formation of skills that make his behavior more flexible, increasing the adaptive capabilities of his personality. Psychocorrection is characterized by the following features: discreteness (this means the influence of a psychologist on relatively independent concrete components of a person's inner world); orientation to age norms, that is, to a certain contingent of corrective action (children, adolescents, etc.) or to the use of appropriate techniques. The tasks of psychocorrection are formulated depending on the addressee (a child with abnormal development or a personality with deviations and difficulties within the psychological norm), as well as the content of correctional work (correction of mental or emotional development, correction and prevention of neurotic states and neuroses) (Dutkevych & Savytska, 2005).

Nowadays, psychotherapy has ceased to be the sphere of interests of exclusively the medical professional community, psychologists have joined in its further development, especially in the field of medical (clinical) psychology. Psychotherapy is a complex sociocultural phenomenon, in the structure of which it is appropriate to distinguish between two parts: practical (psychotherapy as an activity) and theoretical (as a science). From the practical side, psychotherapy is the borderland of the spheres of medical and psychological practice of helping people with mental and physical health disorders, using mental means of influence (suggestion, explanation, training, response) Bukharov (2019). At the same time, according to one of the draft laws, psychotherapy is interdisciplinary in nature, allowing psychologists to engage in psychotherapeutic practice with appropriate training. Psychological intervention has important validity for the development of practical psychology in connection with the spread of various methods widely used in the practice of psychotherapy, psychocorrection and psychological counseling – their clinical and psychological intervention has an important justification for the development of practical psychology. The goals of clinical and psychological interventions reflect an orientation towards achieving cognitive, emotional and behavioral positive changes, in particular psychocorrection. Along with this, psychological correction and

psychological intervention require theoretical justification, empirical verification and professional actions, Isurina (2017).

Foreign researchers Lobb et al. (2018) believe that modern psychotherapeutic methods in the context of a phenomenological approach need constant updating, in particular Gestalt therapy and psychoanalytic, taking into account the needs of clients and the impact of social changes. Kolmannskog (2018) confirms that Gestalt therapy can heal or enhance the experiences of clients with various personality problems, and therefore dialogue therapy is necessary in all difficult therapeutic cases. Kellogg (2018) demonstrates that dialogue strategies have effective therapeutic effects, external dialogues heal from trauma, promote consciousness expansion, and provide the client with opportunities to look at themselves from the outside.

Modern methods of psychotherapy and neuropsychocorrection

Psychological correction and psychotherapy have a psychocorrective and psychotherapeutic effect on the emotional, cognitive and behavioral levels of the functioning of the client's personality. Like psychotherapy, psychological correction intervenes in the processes of mental and personal development of a person in order to correct deviations in these processes, which also has a positive effect on his environment, organization and way of life. In addition, psychotherapy has psychological effects at a deep level and leads to this constructive changes in the outlook of the individual. This submits to a specific psychotherapeutic goal in relation to the implementation of psychological influences on the client in the same way as psychocorrection.

Modern methods of psychocorrection (psychotherapy) are classified according to the psychological impact on certain mental processes, states and properties; by the nature and focus of psychological impact (correctional and developmental, optimizing or activating, mobilizing, sedative or relaxation, etc.); by means of psychological influence (verbal, non-verbal, art therapy, bodily, etc.); by the source of psychological impact - autogenous (on oneself), heterogeneous (on the part of others); by the form of psychological impact (individual, group, mixed).

Psychological impact in psychotherapy and psychocorrection may differ in duration. Psychocorrection is usually observed in case of violations of the subpersonalities of a healthy person for short or medium-term assistance - from 15 to 20 meetings. Such duration of time is sufficient for the restructuring of the nervous system to a new functional level and the

formation of new neural connections in its systems. Psychotherapy in depth consideration of psychological difficulties - from short-term to long-term (from several months to several years), if it needed by the client. The goals of psychocorrection must be realistic, therefore they are correlated with the duration of the correctional work. In the work of psychocorrection, psychological problems are often considered and stressful situations are analyzed, as well as the possibilities of overcoming them in the present or the future, psychotherapy of the client's traumatic experience at a deep level is forced from time to time to "look" into the past. Modern methods of psychotherapy are more varied - they are used not only for the development of the client's personality, but also for the treatment of psychosomatic diseases and mental disorders of patients. On the other hand, psychocorrection of violations of different stages of behavior of a healthy person can be present both in the work of a psychologist and in the practice of a psychotherapist.

The implementation of the correctional and developmental activities of a psychologist requires constant monitoring of the dynamics of changes in personality, behavior, activity, dynamics of the emotional states of the client, his feelings and experiences in the process of correctional work. Such control allows you to make the necessary adjustments to the tasks of the psychocorrectional program, to change and supplement the methods and means of psychological influence in relation to the client in time. In turn, monitoring the dynamics of the course of correction efficiency requires the implementation of diagnostic procedures that permeate the entire process of correctional work and provide the psychologist with the necessary information and feedback (Osipova, 2002).

Equally important for the effectiveness of correctional and developmental work is the situation where the client's age, peculiarities of emotional response and the specificity of deviations in psychological development are taken into account, as well as the selection of methods and techniques in the main areas of foreign psychocorrectional practice: practical psychocorrection: game therapy, art therapy, psycho-gymnastics, psychodrama, etc. For the development of psychocorrection programs and their implementation, it is necessary to observe the principles of consistency, the unity of psychocorrection and psychodiagnostics, an individual approach, reliance on different levels of organization of mental activity, the complexity of methods of psychological influence, active involvement of the client's inner circle to correctional work.

Artyukhova and Shelkunova (2019) described some modern methods of psycho-correction of psychological practice: psychocorrection by creative self-expression (art therapy, game therapy, music therapy, psycho-gymnastics), psychocorrection by methods of body-oriented psychotherapy. Self-regulation methods have neuropsychological goals and objectives: neuromuscular relaxation - in foreign psychology this technique is used under the name "progressive relaxation", therefore it has another name - progressive relaxation (the method consists in performing a set of exercises to relieve tension from individual parts of the body or from the whole body, which leads to a decrease in emotional stress); ideomotor training - this technique also consists in sequential tension and relaxation of the muscles of the body, but the exercises are performed not really, but mentally (ideomotor training can be used as an independent method of reducing muscle tone and as a technique of imaginary self-programming in a state of relaxation); sensory reproduction of images - the method consists in relaxation through the presentation of images of objects and holistic situations that are associated with rest (can be used as an independent technique and in a group with visualization and meditation techniques); autogenous training - a method based on teaching the possibilities of self-hypnosis or autosuggestion.

Bondarenko (1997) identifies four main theoretical approaches to psychotherapy: psychodynamic; humanistic; cognitive; behavioral or behavioristic. Psychodynamic direction, which is based on the principle of the determining influence of past experience on the formation of a worldview, a certain manner of human behavior, his internal and external problems. The psychotherapist solves issues related to the dynamic aspects of the client's psyche (motives, internal conflicts, contradictions), the existence and development of which ensure the functioning and development of the personal "Ego". The main goal of psychological assistance in classical psychoanalysis is: awareness of the unconscious (motives, defense mechanisms, methods of behavior) and the adoption of an adequate and realistic interpretation of it; strengthening of Ego-consciousness to develop more realistic behavior. The main goal of behavioral psychotherapy is to provide new conditions for learning, develop a new system of incentives and help master new behavior on this basis. Within the framework of the humanistic direction, three main streams are distinguished: actually existential ("experiencing"), client-centered (Rogerian) and Gestalt therapy. The main attention is paid to the present moment of

the client's life and his current experiences. The cognitive direction, according to O. F. Bondarenko, combines three main approaches: rational-emotive therapy (RET) by A. Ellis, cognitive therapy by A. Beck, realistic therapy by W. Glasser. The choice of one of the psychotherapeutic models is determined not only by the nature of the psychological problem, the specifics of the client's orders, but also by the capabilities of the psychotherapist, the time and place of psychotherapy (Bondarenko, 1997; Dutkevych & Savytska, 2005).

Domestic researchers Maksymenko et al. (2015) consider training as a set of psychocorrection methods, procedural and organizational aspects of group training and features of group work psychocorrection with different types of events. Psychocorrectional methods of working with "random" events include: the method of concentration of presence, the method of group reflection, the method of constructing dispositions; methods of working with constructive events: the method of symbolic self-expression, the method of group problem solving, the method of operationalization; to the methods of working with the events that have occurred: the method of exchange of experience, the method of imitation, the method of regression. The regression method is a method (implemented, like all others, due to the large number of different techniques), with the help of which the trainer helps the client to immerse himself in a situation that requires psychological treatment and to relive the event on the inner plane. This method has many variations. It is called the method of structured regression (or the method of changing personal history) in neurolinguistic programming, Gestalt therapists call this technique "travel to the past", in transactional analysis and in other directions - it is a method of solving.

Karpenko (2015) classified modern methods of psychotherapy: positive psychotherapy, speech therapy methods, art therapy methods, methods of group and family psychotherapy, methods of narrative psychotherapy. Similarly, in the process of narrative psychotherapy, the understanding and processing of the client's personal history takes place through a dialogue with the psychotherapist, as a result of which the client becomes more holistic, able to positively perceive his own life and himself, more responsible for his own life, feeling himself its creator. The researcher believes that today there is no single generally accepted classification of psychotherapy methods. None of the existing methods are the best. These methods serve different purposes and do not apply to all clients (patients).

The choice of methods depends on the personality of the psychotherapist, the level of his professional training and theoretical orientation.

Therefore, most of the methods used in the practice of psychocorrection were developed in the bosom of foreign psychology and psychotherapy on the theoretical foundations of behaviorism, Gestal therapy, psychoanalysis and many other scientific schools, which have their advantages and disadvantages and explain in different ways the patterns of manifestations of the internally mental) human life. A complete coincidence of the methods and content of correction and psychotherapy is possible relatively if the psychological factor is one of the etiological factors in certain psychosomatic or neurotic disorders. At the same time, psychocorrection has developed a powerful methodological research system for the activity of a corrective psychologist, constantly filling out the store of psychocorrectional methods that meet its main goals and requests, as well as the needs of clients, focusing in the applied aspect on psychotherapeutic methods, techniques and techniques that can be used on practice. Retaining the "synonymy" of the title of its work - psychocorrection has the merit not only of respect for the history of its formation, but also the observance of scientific principles and rules for the practical development of psychological - therapeutic and corrective experience: objectivity, scientific nature and truthfulness of knowledge.

Conclusion

The differences between psychotherapy and psychocorrection in the non-medical aspect based on an analytical and generalized comparison of their interrelation are a multifaceted and controversial issue about the problem of psychological impact on mental disorders of a healthy person. In domestic science, psychocorrection is close to the non-medical model of psychotherapy, but it is identical in terms of the functionality of psychological work in foreign science. Psychological influences in the process of psychotherapy (deep and long-term) or psychocorrection (short-term and at the same time effective) to correct violations can best meet the needs and expectations of the client (patient) thanks to the guarantee and personality-oriented possibilities of psychological practice. A client who needs psychological help can choose the option that is most acceptable for him, depending on the complexity of the psychological or medical and psychological problem, the possibilities of his inner potential for solving it,

the state of the level of comfort experience during his stay in partnership with a specialist during psychotherapy or psychological support.

Modern methods of psychotherapy (correction) in psychological practice can be considered as an eclectic combination within the framework of different psychological approaches in order to increase the psychological resource capacity of the client. The correlation of psychotherapy and psychocorrection methods is dynamic and inexhaustible to the tasks, goals and content of psychological work in an integrated approach. In practice, both domestic and foreign psychologists constantly use the model of combining various modern methods, the corresponding techniques and forms of psychotherapy (psychocorrection) related to various psychological approaches and psychotherapeutic methods. The consultant must create a positive optimistic atmosphere with any composition (integration) or (psychotherapeutic) methods of psychocorrection, in which the client receives an adaptive resource of faith, hope and love, first of all for himself with unconditional self-acceptance, which will be enough to solve his psychological problem.

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