

Ministry of Education of the Republic of Belarus  
Educational Establishment “Vitebsk State University  
named after P.M. Masherov”  
Department of Psychology

# **ACTUAL TRENDS IN PSYCHOLOGICAL PRACTICE**

*Methodological recommendations*

*Vitebsk  
VSU named after P.M. Masherov  
2024*

UDC 371.13:159.9(075.8)  
LBC 88.69я73+88.4я73  
A43

Published by the decision of the Research and Methodology Council of the Educational Establishment “Vitebsk State University named after P.M. Masherov”. Minutes № 2 d/d 20.12.2023.

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**Actual trends in psychological practice : methodological**  
**A43** recommendations / compl. by: M.E. Shmurakova, E.I. Soveiko. – Vitebsk : VSU named after P.M. Masherov, 2024. – 27 p.

The methodological recommendations is prepared in accordance with the educational standard for students of the 2nd stage of obtaining higher education in the specialty “Psychology”. The tutorial contains tasks for seminars, practical classes, tests, list of basic and additional literature.

It is intended for students of the 2nd stage of obtaining higher education of students in the specialty “Psychology”.

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# INTRODUCTION

**1. Aims and objectives of the discipline:** The main goal of this course is to familiarize students with the current state and development prospects of the leading branches of psychological practice, relying on the basic knowledge of psychology already available to them. The objectives of studying the discipline are: to characterize the modern directions of development of psychology; to critically analyze the main theoretical approaches of modern psychological science; to develop students' skills of independent and conscious determination of the methodology and methods of scientific research; to acquaint students with the most promising areas of application of psychological knowledge in practice; to learn to identify psychological problems, discovering the unity of theory and practice in the context of problematic issues; to acquire the skills of an independent search for approaches to solving both theoretical and purely applied problems; master the skills of determining the degree of relevance of a particular psychological problem in the context of modern psychological science and psychological practice in various branches of psychology; to learn to see interdisciplinary issues in the structure of psychological problems and set tasks with the involvement of specialists from other sciences; to learn methods of translating theoretical knowledge into a form that ensures the applied use of this knowledge.

**2. The place of the discipline in the specialist training system:** In the system of master's training, the academic discipline "Actual trends of psychological practice" is included in the module "Applied problems of behavioral psychology" (a component of a higher education institution). The discipline "Actual trends of psychological practice" is based on the wide use of knowledge of the disciplines "Psychodiagnostics", "Theory and practice of practical activities of a psychologist", "Psychology of work", "Social psychology", "Psychology of management". The discipline "Actual trends of psychological practice" is a brief systematic presentation of ideas about the accumulated knowledge of modern psychology and related sciences about the diversity of theoretical directions, methodological approaches to the study of personality and human behavior, as well as types and directions of psychological assistance. The modern social situation raises the requirements for the level of professional training of a specialist-psychologist, who must be able to orient within various theoretical directions, to plan psychological research and his own practical activity, to use the achievements of other sciences that study man and society. The program is designed to provide the basic psychological competence of future masters in theoretical and practical aspects. The program focuses the attention of undergraduates on psychological problems that are directly related to future professional activities. Within the framework of this discipline "Actual trends of psychological practice", the tendencies of development of modern psychological 5 practice, the problems

of correlation of psychological practice and fundamental psychological knowledge, a variety of technologies used in psychological practice, promising directions of research of problems of psychological practice, the role of psychological practice in social life of modern society.

**3. Requirements for the development of an academic discipline:** As a result of studying the academic discipline, the master student:

**must know:**

- the main trends in the development of psychological practice in the Republic of Belarus, countries of the near and far abroad;
- general and particular problems of modern psychological practice;
- actual problem fields and perspective directions of psychological practice;

**be able to:**

- to identify areas of application of fundamental psychological knowledge in various areas of psychological practice;
- to highlight and analyze the technologies used in psychological practice;
- to determine and analyze the needs for the main types of psychological services in modern society;

**to own:**

- skills of the initial assessment of the psychological state of an adult, assessing the degree of his maturity in the socio-psychological plan, ways of stopping behavior deviating from the norm; - research skills;
- skills of oral and written communication; - methods of management of educational, cognitive, research activities.

In the process of mastering the discipline "Actual trends of psychological practice", the master's student forms and demonstrates the following competencies: To own the skills of psychological analysis of social activity in the Internet environment.

**4. For the study of the academic discipline "Actual trends of psychological practice"** according to the curriculum allocated: 90, of which classroom – 36 hours (14 - lecture, 22 – practical and seminar).

**5. The form of obtaining higher education** - full-time correspondence.

**6. Distribution of classroom time by type of occupation, courses and semesters:** The academic discipline is studied for 2 semester: (14 hours of lectures, 22 – practical and seminar).

# **MODULE 1**

## **TRENDS IN THE DEVELOPMENT OF MODERN PSYCHOLOGICAL PRACTICE**

### **Practical 1**

#### **Modern tasks and trends in the development of psychological practice**

##### ***I. Study theoretical material on the following questions:***

1. The concept of psychological practice.
2. Practice and activity.
3. The structure of the activity.
4. Psychological practice and psychological science.
5. Applied psychology.
6. Psychological practice.

##### ***II. Answer questions:***

1. Give a definition to the concept of "activity".
2. Give a definition to the concept of "practice".
3. What are the main characteristics of the activity?
4. What are the main conceptual provisions of the psychological theory of activity?
5. Describe the operational and technical aspects of the activity.
6. Describe the motivational and personal aspects of the activity.
7. What is the fundamental difference between psychological science and psychological practice?
8. What is the fundamental difference between psychological practice as a type of social activity and psychological practice as a specific type of activity?
9. What is the subject and object of psychological practice?
10. What are the main types of psychological practices?
11. What is the specificity of the subject, object and subject of psychological practice?

##### ***III. Practical task:***

1. Give a comparative analysis of foreign and domestic theories and approaches to the consideration of activities
2. Analyze Law about psychological help in Belarus and in your domestic country. Give comparative analysis.

## **Practical 2**

### **The structure of psychological practice.**

#### ***I. Study theoretical material on the following questions:***

1. A variety of approaches to identifying the types of psychological practices.
2. Psychotherapy as a psychological practice.
3. Psychological correction as a psychological practice.

#### ***II. Answer questions:***

1. What concepts of practical psychology are basic?
2. What is the relationship between the concepts of "psycho-practice", "psycho-practical system" and "psycho-practical process"?
3. What types of psychological practices belong to their own field of practical psychology?
4. What are the main types of psychological practices.
5. What is the central category of practical psychology?
6. Describe the types of psychological practices according to different approaches.
7. What are the features of psychotherapy as a type of psychological practice?
8. Features of psychological correction as a psychological practice.
9. Features of psychological counseling as a psychological practice.
10. Features of psychological assistance as a psychological practice.
11. Features of psychological training as psychological practice

#### ***III. Practical task:***

1. Give a comparative analysis of theories and approaches to psychological training and personal growth practices.
2. Write essay: «Relevance and popularity of personal growth training in ... (your domestic country)».

## Practical 3

### Classification of psychological practices by basic levels of impact and transformation

#### *I. Study theoretical material on the following questions:*

1. Basic classification according to the level of impact implementation.
2. Bodily techniques.
3. Energy psychotechnology.

#### *II. Answer questions:*

1. What is the basic structure of psychological practice?
2. How are the structure of psychological practice and the classification of psycho-practitioners interconnected?
3. What is the logical operation of classification, what are its scientific tasks?
4. What is the difference between natural and artificial classifications?
5. On the basis of what criterion is the classification of psychological practices based on the main types?
6. What kind of classification - natural or artificial - does the classification according to the main types of psychological practices refer to?

#### *III. Practical task*

Prepare an essay on the use of **one most interesting** psycho-practice **for you**, using the outline:

1. The name of the practice.
2. The author who suggested the practice.
3. Goals and objectives of the practice.
4. Indications for the application of the practice.
5. The expected result of applying the practice.
6. Why are you interested in this practice?

#### **Sample essay topics:**

1. Thanatotherapy V. Baskakov.
2. Bodynamics as a method of working with the body.
3. Body-oriented psychotechnics of the actor.
4. Dance movement therapy - the main directions.
5. Working with voice and breath in body therapy.
6. Transpersonal approach of S. Grof in body psychology.
7. Holotropic breathing and rebirthing in body psychology.
8. Non-traditional trends in the psychology of corporeality – shamanic, Sufi, su-jok, ethnic, etc.
9. Oriental teachings focused on the body: hatha yoga, tai chi, aikido, Osho meditation.



## Practical 4

### Empirical types of psychological practices

#### ***I. Study theoretical material on the following questions:***

1. Educational psychological practices.
2. Psychological practice of self-regulation.
3. Psychological education.

#### ***II. Answer questions:***

1. What are the main empirical types of psychological practices.
2. What is psychotherapy?
3. What are the main types of psychotherapy you know?
4. What is the difference between psychotherapy and psychocorrection?

#### ***III. Practical task.***

1. Choose and describe a self-regulation practice that you would suggest using for anxiety.
2. Solve the case.

*A man in warm clothes stands in line at the checkout counter in a store in winter. Suddenly it becomes hot, sweating, heart palpitations, breathing quickens, there is a desire to drop everything and go outside, fear of death from a heart attack. He is trying to take control of his body. What doesn't work out makes it scary. What is being done is scary - the heart beats faster. The fact that the heart beats stronger makes it even more scary. The man screams, asks for help, faints. An ambulance arrives. Measures blood pressure and heartbeat. Everything is fine. The man notes that a similar situation happens about once every two weeks.*

Try to make a plan for your conversation with the client.

Determine the reasons for the situation.

Create homework for the client using self-regulation techniques.

## **Practical 5**

### **Reflexive and non-reflective, manipulative and humanistic psychological practices**

#### ***I. Study theoretical material on the following questions:***

1. Basic classification according to the level of impact implementation.
2. Bodily techniques.
3. Energy psychotechnology.
4. Manipulative psycho-practices.
5. The use of psychological and psycho-spiritual practices.
6. Humanistic psycho-practitioners.

#### ***II. Answer questions:***

1. What is meant by the basic classification of psychological practices according to the level of impact?
2. What is meant by the basic classification of psychological practices according to the level of transformation?
3. What is the purpose of psychotherapy according to K. Horney?
4. What do humanistic psycho-practical systems teach?
5. Client-centered psychotherapy: what are its features, scope?
6. What are the features of the application of humanistic psychotechnics?
7. What is meant by S. Grof's integrative psychotechnology?
8. What is meant by holotropic therapy?

#### ***III. Practical task:***

1. Determine what types of psychological practices can be attributed to emotional, mental, spiritual. Give examples. Describe in detail one of the practices that are close to you.
2. Analyze your own bodily or somatic problems. What could be the reason for this problem? Suggest a psychological body practice that can be effective in the complex therapy of this problem.
3. Determine what types of psychological practices can be classified as based on the main spiritual traditions. Give examples of their use.

## CONTROL TEST

1. What is not included in the structure of the activity?
  - level of hyperactivity;
  - the level of specific activities (or special types of activities);
  - the level of operations;
  - the level of psychophysiological functions.
  
2. Among such concepts as activity, labor, labor operations, logically the broadest concept is:
  - activity
  - labor
  - operation
  - action
  
3. Ya. A. Ponomarev distinguished three types of scientific knowledge:
  - experimental
  - contemplative-explanatory
  - empirical
  - efficiently transforming.
  
4. According to B.F. Lomov, the fundamental theory should be verified in \_\_\_\_\_ and provide practice with proven knowledge.
  - experiment
  - practice
  - activities
  - behavior
  
5. In the structure of psychological practice there are three main points: (choose incorrect answer)
  - the target of interaction
  - the subject of practice
  - the object of practice
  - the interaction between them
  
6. The horizontal structure of psycho-practice is represented by:
  - psycho-practical aspects
  - practical ideas and schemes of action
  - social and personal factors
  - skills and abilities

7. The direction in medicine and psychology that studies and explains the influence of emotional experiences, stress and psychological problems on physical condition is:

- Psychosomatics
- Somatopsychology
- Pathopsychology
- Bioenergetic psychotechnology

8. Science, the range of problems of which includes the study of personality, psychological issues of diagnosis, treatment, examination of patients with various diseases not attributed to neurological and mental is:

- Somatopsychology
- Psychosomatics
- Pathopsychology
- Bioenergetic psychotechnology

9. The field of clinical psychology, which studies the patterns of mental disorders and personality traits in mental disorders is:

- Pathopsychology
- Somatopsychology
- Psychosomatics
- Bioenergetic psychotechnology
- Dance movement therapy

10. Alexander Lowen is founder of the psychological practice approach:

- Bioenergetic psychotechnology
- Body-oriented psychotherapy
- Holotropic breathing
- Dance movement therapy

11. Alexander Lowen is founder of the psychological practice approach:

- Bioenergetic psychotechnology
- body-oriented psychotherapy
- holotropic breathing
- dance movement therapy

12. Scientific studies of this psycho-practice have not revealed its effectiveness for the treatment of diseases, in particular cancer, but its beneficial effect as a method of relaxation has been proven.

- bioenergetic psychotechnology
- thanatotherapy
- holotropic breathing
- dance movement therapy

13. The method of body-oriented psychotherapy, which aims to provide the patient with psychotherapeutic assistance in the area of his contact with the processes of dying and death, is:

- thanatotherapy
- bioenergetic psychotechnology
- holotropic breathing
- dance movement therapy

14. Match the foundations of psychopractice and its concepts (The need-target foundations; Conceptual foundations; Relational foundations; The methodological foundations):

constitute a set of social, group and personal (individual) needs, motives and goals that actually initiate this practice, shape it and set its other content, including the content of other grounds, aspect and dynamic content	
are represented by the totality of all descriptions, concepts and systems that justify this practice, are used in it, or are substantially related to it	
represent a set of values, norms and assessments that form an attitude towards the phenomenal space of a given psychological practice, as well as these relationships themselves	
are the knowledge of how to act to achieve the goals of these practices and what to be guided by in these actions	

15. Fill the gaps using next words: **activity-forming, consulting, additional, conceptualizing**

Psycho-practical aspects are divided into [\_\_\_\_\_] (therapeutic, [\_\_\_\_\_] , training, developmental, educational, regulatory, preventive, diagnostic, etc.) - during generalization, they form the main types of psychological practice - and [\_\_\_\_\_] (contextual, managerial, [\_\_\_\_\_] , compensatory, integration, research, play, life-teaching, etc.).

## **MODULE II**

### **PSYCHOLOGICAL PRACTICE**

### **IN THE SOCIAL LIFE OF MODERN SOCIETY**

#### **Practical 6**

#### **Psychological practice in the health care system**

##### ***I. Study theoretical material on the following questions:***

1. Psychological service in the health care system in the Republic of Belarus.
2. Areas of practical activity of psychologists in the Republic of Belarus.

##### ***II. Answer questions:***

1. What are the main functions of a psychologist in the health care system?
2. Describe the main areas of work of a psychologist in the health care system.
3. Describe the role of the psychologist in working directly with medical personnel.
4. What is the activity of a psychologist in resolving issues of psychosomatics?
5. Describe the role of the psychologist in solving mental health issues.
6. What are the main actions of a psychologist in addressing issues of psychoprophylaxis.

##### ***III. Practical task:***

1. Find and describe the tasks of psychological services in health care system of your country. Describe the differences from the work of psychologists of the Belarusian health care system.

2. Solve the case.

Woman 42 years old. She tried to have a child for a long time and gave birth 10 years after marriage. The child is 2 years old. The relationship with my husband is good. Now woman is in the hospital with a diagnosis of stage 3 cancer. Doctors do not give positive prognoses.

Offer a program of psychological help to the woman and her family.

3. Solve the case.

During the season of increased morbidity, three doctors in the department became very ill and went on sick leave. Doctor Anna had to see more than 50 patients in a few hours. One of the patients fainted in line. I had to deal with him before other patients. One of the patients caused a scandal and wrote a complaint against Anna. Anna is tired, has a headache, wants to quit, and needs to respond to a complaint.

As a hospital psychologist, offer psychological help to Anna.

## **Practical 7**

### **Psychological practice in the transport system**

#### ***I. Study theoretical material on the following questions:***

1. Psychological service in the transport system in the Republic of Belarus.
2. Functions of psychologists in the transport system in the Republic of Belarus.

#### ***II. Answer questions:***

1. Describe the conceptual strategy for ensuring flight safety (Ponomarenko V.A.).
2. What are the psychological and physiological foundations of the design, assessment and correction of the work and rest regime?
3. Describe unfavorable functional states (fatigue, overwork, monotony, mental satiety, stress, etc.), acute and chronic conditions.
4. What are the goals and methods of diagnostics of functional states.
5. What are the psychological technologies for the prevention and correction of unfavorable functional conditions?

#### ***III. Practical task:***

1. Make ergonomic guidelines for organizing a transport operator's workplace with a laptop.
2. Analyze MMPI test and make conclusion: what characteristics should an airplane pilot have?
3. Make a guidelines to train steward for prophylactic of burnout syndrome.

## **Practical 8**

### **Psychological practice in the preschool education system**

#### ***I. Study theoretical material on the following questions:***

1. Psychological service in the system of preschool education.
2. Functions of psychologists in the preschool education system.

#### ***II. Answer questions:***

1. Describe the organizational support of the psychological office in the preschool institution.
2. What are the main documents and methodological materials of a psychologist's office in a preschool education institution?
3. Describe the main methods and directions of work of a psychologist in an institution of preschool education.
4. What is the work to ensure, together with other specialists (teacher, speech therapist, pediatrician) and the family, the child's readiness to go to school?

#### ***III. Practical task:***

Write down the main areas of psychological practice in preschool institutions in your domestic country.



## **Practical 9**

### **Psychological practice in the school system**

#### ***I. Study theoretical material on the following questions:***

1. Psychological service in the system of school education.
2. Functions of psychologists in the school system (primary school).
3. Functions of psychologists in the school system (secondary school)

#### ***II. Answer questions:***

1. Describe the organizational support of the psychological office in the school institution.
2. What are the main documents and methodological materials of a psychologist's office in a school institution.
3. Describe the main methods and directions of work of a psychologist in a school institution.
4. Conduct an analysis of the field of activity of a psychologist in accordance with the age group: what is the essence, specificity, general and differences.
5. What is the prevention work with other professionals (teacher, speech therapist, pediatrician) and the family of maladaptive behavior?

#### ***III. Practical task:***

1. Offer classes (psychological exercises) with modern adolescents aimed at developing a culture of communication (culture of emotions).
2. Develop recommendations for a preschool teacher to develop the visual activities of preschool children.

## **Practical 10**

### **Psychological practice in the system of vocational education and colleges**

#### ***I. Study theoretical material on the following questions:***

1. Organization of the activities of the psychological service in a secondary specialized educational institution in the Republic of Belarus.
2. Functions of psychologists in vocational education.

#### ***II. Answer questions:***

1. What are the main documents and methodological materials of a psychologist's office in a secondary specialized educational institution
2. What are the main areas of activity of the psychological service in a secondary specialized educational institution.
3. Describe the organizational support of a psychological office in a secondary specialized educational institution.
4. Describe the main methods and directions of work of a psychologist in a secondary specialized educational institution.

#### ***III. Practical task:***

1. Develop a social and pedagogical program for the education of modern youth, aimed at developing the ability to professional self-determination.
2. Do professional orientation test (Appendix). Make a conclusion.

## **Practical 11**

### **Psychological practice in the higher education system**

#### ***I. Study theoretical material on the following questions:***

1. Organization of the psychological service in the higher education system.
2. Functions of psychologists in the higher education system.

#### ***II. Answer questions:***

1. Describe the goals and objectives of the psychological service in the higher education system
2. What are the main documents and methodological materials of the psychologist's office in the higher education system?
3. What are the main areas of activity of the psychological service in the higher education system.
4. Describe the main methods and directions of work of a psychologist in the higher education system.

#### ***III. Practical task:***

1. Develop a social and pedagogical program to support professional self-development. Define its goals, content, technological support, criteria for evaluating effectiveness. Define its goals, content, technological support, criteria for evaluating effectiveness.
2. Analyze the problems of your adaptation to master's studies. What areas of activity of the socio-pedagogical and psychological services, in your opinion, should be developed? What adaptation problems were effectively solved? Which ones have not yet been resolved?

## CONTROL TEST

1. A specific feature of psychological activity in a higher educational institution is:

- organization of entrepreneurial propaganda and advertising
- identification and psychological correction of psychosomatic and somatopsychic pathology
- assistance to people caught in natural disasters, various disasters
- the main target focus of the process on the professionalization of youth

2. The priority tasks of the psychological service of the university are:

- creation of social and psychological conditions for successful personal and professional development of a student
- identification and psychological correction of psychosomatic and somatopsychic pathology
- assistance to people caught in natural disasters, various disasters
- organization of entrepreneurial propaganda and advertising

3. The main tasks of the psychological education service are:

- assistance to people caught in natural disasters, various disasters
- express diagnostics of reactive states
- organization of entrepreneurial propaganda and advertising
- realization in work with children of opportunities, developmental reserves of each age

4. The psychological service in a preschool educational institution should provide assistance to teachers in solving the following tasks:

- protection and strengthening of physical, mental and psychological health, monitoring of psychological and emotional well-being of children
- identification and psychological correction of psychosomatic and somatopsychic pathology
- assistance to people caught in natural disasters, various disasters
- organization of entrepreneurial propaganda and advertising

5. The activities of the organization's psychological service are implemented in the following directions:

- work in the field of protection of mothers and children
- the personality of the employee and his attitude to work
- identification and psychological correction of psychosomatic and somatopsychic pathology
- assistance to people caught in natural disasters, various disasters

6. The tasks of a psychologist in an organization include:

- work in the field of protection of mothers and children
- work with personnel
- assistance to people caught in natural disasters, various disasters
- identification and psychological correction of psychosomatic and somatopsychic pathology

7. The priority areas of work of medical psychologists include:

- vocational guidance and counseling
- social and psychological training of personnel and improvement of the qualification of employees
- work in the field of maternity and childhood protection
- evaluating personnel for recruitment, qualification and relocation purposes

8. Medical psychologists participate in the clinical examination of preschool and school children for:

- social and psychological training of personnel and professional development of employees
- timely identification and correction of delays and distortions of mental development
- evaluating personnel for recruitment, qualification and relocation purposes
- vocational guidance and counseling

9. The diagnostic task of psychologists of the psychological service in the field of health care is aimed at:

- prevention and resolution of conflicts
- assistance to the doctor in diagnostics with unclear pictures
- social and psychological support of implementation
- formation of group norms, morality, organizational culture

10. When assessing a client's feelings or behavior, a practicing psychologist should not use words other than:

- Fine
- Fine
- Adaptively
- Badly

## **BASIC AND ADDITIONAL LITERATURE**

### **Basic literature:**

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## CREDIT QUESTIONS

1. Perspective directions of psychological practice in the Republic of Belarus and in the world.
2. Features of psychological practice in the system of moral and psychological support for the activities of power structures.
3. Features of psychological practice in the education system.
4. The role, goals, objectives and directions in the activities of the psychological education service.
5. Practical education psychologist: the content of the work; relations with the subjects of the pedagogical process.
6. Functions, rights and obligations of a practical educational psychologist. Principles of work organization.
7. The main activities of a practical child psychologist in an educational institution.
8. Psychological education as a type of work of a practical psychologist in an educational institution. Its specificity in educational institutions of different types.
9. Psychoprophylactic work of a practical psychologist in an educational institution.
10. Psychological consulting work of a practical psychologist in an educational institution.
11. Psychodiagnostic work of a practical psychologist in an educational institution.
12. Developing work of a practical psychologist in an educational institution.
13. Correctional work of a practical psychologist in an educational institution.
14. Scientific and methodological work of an educational psychologist in an educational institution.
15. Organization of work of the psychological service in an educational institution (documentation, office).
16. Basics of psychological support for the natural development of a child.
17. Work of a practical psychologist with preschool children, their parents and educators.
18. The work of a practical psychologist with children of primary school age, their parents and teachers.
19. The work of a practical psychologist with adolescent children, their parents and teachers.
20. Work of a practical psychologist with high school students, their parents and teachers.
21. Features of psychological practice in centers of psychological assistance.
22. Features of psychological practice in clinical and other medical institutions.

## APPENDIX

### **Methodology “Determining the type of future profession” (author: E.A. Klimov)**

#### DESCRIPTION

The methodology is based on the classification of professional interests. Allows you to install in what area is it best for a high school student to choose a specialty in which he will undergo vocational training after school.

#### TREATMENT

For each column, calculate the algebraic, that is, taking into account signs, the sum. Do not count crossed out numbers.

Write them down in the “Results” line.

#### INTERPRETATION

The largest sum or sums received (by column) indicate the most suitable for the type of profession. Small or negative amounts indicate types of professions to avoid when choosing. The maximum number of points in each column is 8. In accordance with this classification, the world of modern professions can be divided into 5 main types:

##### 1. “Man-nature” (N).

Representatives of these professions are united by one very important quality - love for nature. But love is not contemplative. Which almost all people possess, considering nature is the most favorable environment for relaxation, and active nature is associated with knowledge of its laws and their application. It's one thing to love animals and plants, to play with them, rejoice in them. And it's quite another thing to regularly, day after day, look after them, observe, treat, walk, regardless of personal time and plans. The specialist must not only know everything about living organisms, but also predict possible changes in them and accept measures. A person is required to have initiative and independence in solving specific problems, caring, patience and foresight. A person working in the “man-nature” sphere must be calm and balanced;

##### 2. “Man-technology” (T).

The peculiarity of technical objects is that they, as a rule, can be accurately measured on many grounds. When processing, transforming, moving or evaluating them from the employee accuracy and certainty of action are required. Technology as a subject or represents broad opportunities for innovation, invention, creativity, so this becomes an important quality as practical thinking. Technical imagination, ability to mentally connect and decoupling technical objects and their parts are important conditions for success in this field.



### 3. “Man-sign system” (S).

We encounter signs much more often than we usually imagine. These are numbers. Codes, symbols, natural or artificial languages, drawings, formula tables. In any case, a person perceives a sign as a symbol of a real object or phenomenon. That's why it is important for a specialist who works with signs to be able, on the one hand, to abstract from real physical, chemical, mechanical properties of objects, and on the other hand, to represent and perceive the characteristics of real phenomena or objects behind the signs. To work successfully in any profession of this type, you must be able to mentally immerse yourself in the world of seemingly dry designations and focus on information that they carry within themselves. This type of profession places special demands on attention.

### 4. “Man-Art” (A).

The most important requirements for professions related to the visual arts, musical, literary, artistic, acting and stage activities of a person - the presence of aptitude for the arts, creative imagination, imaginative thinking, talent, hard work.

### 5. “Man-man” (M).

Even if you choose a profession that is not directly related to communication, you will act. It's right if you pay attention to sociability and contact. Think about where you are going. Are they addressed to people or to themselves? Who would you like to communicate with - yourself or others? Main the content of labor in “person-to-person” professions comes down to the interaction between people. If this interaction does not improve, then the work will not improve either. Qualities, necessary for working with people: stable, good mood in the process of working with people, the need for communication, the ability to mentally put oneself in the place of another person, quickly understand the intentions, thoughts, mood of people, the ability to understand human relationships, good memory (the ability to remember the names and characteristics of many people), ability to find a common language with different people, patience...

INSTRUCTIONS: "Read these statements. If you agree with them, then put “+” before the number in the table, if not, put “—” before the number. If you are in doubt, cross out the number."

## QUESTIONNAIRE TEXT

1. I get to know people easily.					1
2. I can make something willingly and for a long time.		1			
3. I like to go to museums, theaters, and exhibitions.				1	
4. I willingly and constantly care for plants and animals.	1				
5. I can calculate and draw something willingly and for a long time.			1		
6. I enjoy communicating with peers or kids.					1
7. I enjoy caring for plants and animals.	1				
8. I usually make few mistakes in written work.			1		
9. My products usually arouse interest among my comrades and elders.		2			
10. People think that I have artistic abilities.				2	
11. I willingly read about plants and animals.	1				
12. I take part in performances and concerts.				1	
13. I like to read about the design of mechanisms, instruments, and machines.		1			
14. I can solve puzzles, tasks, and rebuses for a long time.			2		
15. I easily resolve disagreements between people.					2
16. They think that I have the ability to work with technology.		2			
17. People like my artistic work.				2	
18. I have a knack for working with plants and animals.	2				
19. I can express my thoughts clearly in writing.			2		
20. I almost never quarrel with anyone.					1
21. Even strangers approve of the results of my technical creativity.		1			
22. I learn foreign languages without much difficulty.			1		
23. I often happen to help even strangers.					2
24. I can practice music, drawing, reading books, etc. for a long time.				1	
25. I can influence the development of plants and animals.	2				
26. I like to understand the structure of mechanisms and devices.		1			
27. I usually manage to convince people that I am right.					1
28. I like to watch plants or animals.	1				
29. I willingly read popular science, critical literature, and journalism.			1		
30. I try to understand the secrets of craftsmanship and try my hand at painting, music, etc.				1	
	N	T	S	A	M

Educational publication

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Methodological recommendations

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Technical editor

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Signed to print                      2024. Format 60x84 <sup>1</sup>/<sub>16</sub>. Offset paper.  
Conv. printed sheets 1,57. Pub. sheet 1,06. Circulation      copy. Order      .

Publisher and polygraphic processing – Educational Establishment

“Vitebsk State University named after P.M. Masherov”.

State Registration Certificate as publisher, printer and distributor of editions

№ 1/255 d/d 31.03.2014.

Printed on a risograph of Educational Establishment

“Vitebsk State University named after P.M. Masherov”.

210038, Vitebsk, Moskovsky Prospekt, 33.