

**МИНИСТЕРСТВО НАУКИ И ВЫСШЕГО ОБРАЗОВАНИЯ
РОССИЙСКОЙ ФЕДЕРАЦИИ**
**Федеральное государственное бюджетное
образовательное учреждение высшего образования
«ПЕНЗЕНСКИЙ ГОСУДАРСТВЕННЫЙ УНИВЕРСИТЕТ»**

В. В. Константинов, Н. А. Мали

**ВВЕДЕНИЕ В ПРОФЕССИЮ
«ПСИХОЛОГ»**

Учебно-методическое пособие

V. V. Konstantinov, N. A. Mali

**INTRODUCTION TO THE PROFESSION
OF PSYCHOLOGIST**

Teaching manual

ПЕНЗА 2025

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«Пензенский государственный университет» (ПГУ)
Педагогический институт имени В. Г. Белинского

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Представлены материалы, необходимые для проведения практических занятий у студентов очной формы обучения, по всем разделам курса «Введение в профессию “психолог”».

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The materials necessary for conducting practical classes for full-time students in all sections of the course “Introduction to the profession of psychologist” are presented.

The publication was prepared at the Departments of “General Psychology” and “Preschool and Defectological Education” of the Pedagogical Institute named after V. G. Belinsky of PSU and is intended for students in the field of training 37.03.01 “Social psychology of Personality”, who master the educational program in English.

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Introduction

This guide is intended for students studying under the program 37.03.01 Social psychology of Personality (4 years-full-time training) on the discipline “Introduction to the profession”.

The purpose of the discipline “Introduction to the profession” is to solve professional problems in the fields of education, healthcare, culture, sports, national defense, law, management, and social assistance to the population. During the study of this discipline, it is possible to gain knowledge about the professional activity of a psychologist, to get acquainted with the past, present and future of psychology, as well as to study the stages of professional development of a psychologist.

This guide contains materials necessary for conducting practical classes across all sections of the course “Introduction to the profession”, which will help students acquire certain theoretical knowledge in the discipline.

The materials presented in the manual will contribute to the formation of students' professional interest in future professional activity, studying its content, the main directions of work and the specifics of their realization in practice.

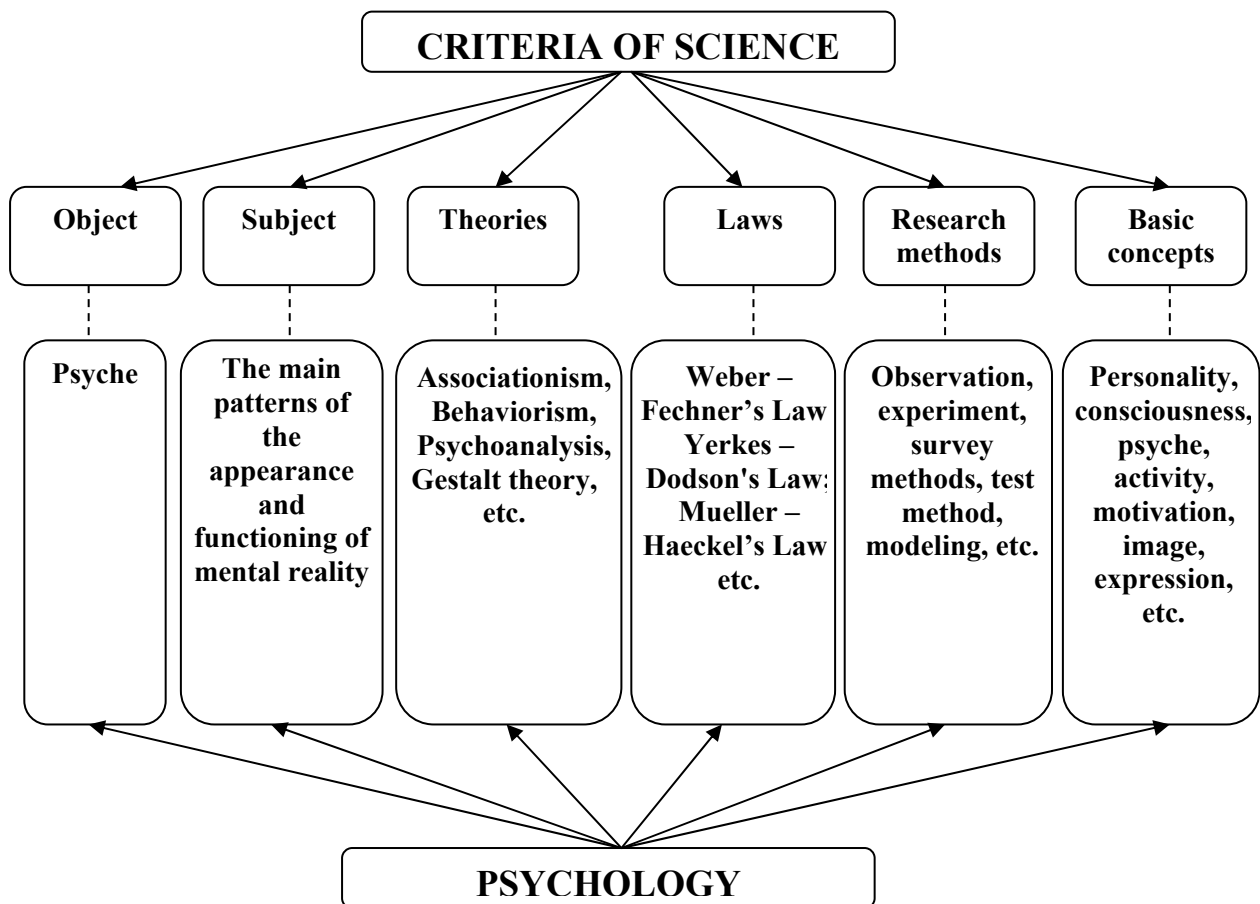
As a result of studying the discipline, the student should know the specific nature of a psychologist's work and the norms of professional ethics; be able to analyze the conditions and factors influencing a psychologist's professional activity; to present the studied material in a reasoned and structured manner and possess skills in working with scientific publications on relevant topics.

SECTION 1. GENERAL CHARACTERISTICS OF PSYCHOLOGICAL ACTIVITY

Topic 1.1. Psychology as a science

Meaning of the term “psychology”.

The term “psychology” means the science of the soul (*psyche* – *soul*; *logos* – *science*). Formerly, psychology was a part of metaphysics, and dealt with the nature, origin, and destiny of the soul. It was called rational psychology.



But modern psychology is empirical, and does not deal with the problems relating to the soul. It deals with mental process apart from the soul or mental substance. It is the science of experience and behavior, which tells us how the mind works and behaves. It can predict the behavior

of an individual, and control it to a certain extent by putting him under proper conditions. It seeks to discover the laws of mind.

Branches of psychology

Branches of psychology are formed on the basis of the following criteria:

- 1) the subject they are related to;
- 2) links with other branches of knowledge;
- 3) general or particular problems that they study;
- 4) the methods they use.

Depending on whether the tasks of scientific research are general or specific, two areas of psychological knowledge are divided: fundamental psychology and applied psychology.

Fundamental psychology studies the mental phenomena, characteristic of humans (or animals) in general, common psychological patterns that occur in all areas of mental life. The branches of fundamental psychology include:

- General psychology;
- Psychology of personality;
- Differential psychology;
- Psychophysiology;
- Ethnopsychology;
- Neuropsychology;
- Social psychology;
- Developmental psychology;
- Psychometry or mathematical psychology;
- Psychology of abnormal development (special psychology);
- Comparative psychology and zoopsychology.

General psychology studies the general properties and patterns of functioning of the adult psyche, also the general patterns of cognitive, emotional and activity regulation processes, human mental states. The results of research of general psychology are the basis for the development of all branches of psychological science. General psychology proposes a scientific understanding of the general theoretical principles and the most important methods, which are characterized by basic scientific concepts. These concepts are grouped into three main categories: mental processes, mental states and mental properties (personality traits).

A number of subsections of general psychology:

- psychology of personality;
- psychology of thinking;

- psychology of emotions;
- women's psychology, psychophysics, etc.

Differential psychology (the psychology of individual differences) studies the individual psychological characteristics of people, their temperament, character, abilities and personality traits.

Subject: psychological differences between individuals and groups of people.

Tasks:

- to study individual differences;
- to describe the types of behavior and mental activity of people who differ from each other in their characteristic features.

Methods: Tests and methods of factor analysis.

Ethnopsychology

Subject: the features that distinguish mental processes in different historical formations and ways and in conditions of cultural differences.

Tasks:

- to study the influence of socio-historical conditions on the development of human psychological activity;
- to study the characteristics of the mental activity of people belonging to different cultures.

Methods: analysis of the manifestations of the human spirit in the forms of culture (in language, customs, myths, etc.).

Psychophysiology studies the relationship of mental phenomena with the work of the body, with the activity of the nervous system. Of particular scientific interest is the study of the physiological mechanisms of brain activity as a result of mental processes, states and human qualities.

Psychometry or mathematical psychology studies issues of mathematical modeling of the psyche, problems of measurement in psychology, methods of quantitative analysis of psychological research results.

Neuropsychology studies the anatomical and physiological foundations of higher mental functions. Neuropsychologists study the neural processes in the human brain that underlie perception, memory, imagination, thinking, attention and emotions.

Social psychology studies the mental phenomena that arise in the process of people interacting with each other, people's understanding of each other, interpersonal relationships and the impact of people on each other.

Subject: psychological laws of communication between people, features of mass consciousness, features of behavior in the process of work.

Tasks: the study of human relationships in small groups, the analysis of those factors that underlie specific types of human interaction, the formation of authority, the nomination of leaders, etc.

Methods: observation, survey, document analysis, testing, experiment.

Developmental psychology (or age psychology) studies the general patterns of development of various mental processes and personal qualities of a person. Within the developmental psychology we can distinguish child psychology, adolescent psychology, adult psychology, gerontopsychology (psychology of old age). One of the branches of developmental psychology is acmeology, which studies a person's achievement of professional heights.

Child or genetic psychology

Subject: mental activity and its development in a child.

Tasks: to study how complex mental processes develop and what stages they go through in their development.

Methods: observation and experiment. Observations can be continuous and selective, hidden and enabled, one-time, etc. The experiment is supposed to be as close as possible to the natural living conditions of children.

Psychology of abnormal development special psychology (special psychology) studies psychological problems and deviations from normal development. The psychology of abnormal development includes several sections:

- **oligophrenic psychology** studies the pathology of mental development associated with congenital brain defects;
- **sign language psychology** studies the developmental psychology of children with severe hearing loss;
- **typhlopsychology** studies the developmental psychology of visually impaired and blind children;
- **pathopsychology** studies changes in the psyche, patterns of mental activity disorders and personality traits in mental illness.

Zoopsychology studies the psyche of animals, the congenital and acquired forms of their behavior. **Comparative psychology** deals with the comparison of the psyche of animals and humans.

Tasks:

- to study the dependence of animal behavior on the conditions of their existence and anatomical structure, the main types of adaptation to the conditions of existence;
- to study the change and development of the psyche in the process of development of animals; to compare the mental activity of humans and animals; to study the biological prerequisites and prehistory of human consciousness.

Methods: observing the natural behavior of animals in their habitats, studying their attitude to various subjects. The main experimental methods

are: the maze method; the detour method; the method of simultaneous or sequential selection (selection of objects – signals, drawings, etc.– differing in one or more, sometimes changing in a certain way); the open field method (giving the animal the opportunity to freely choose its path and location in a space enclosed by walls and, as needed, complicated by structural components such as objects, shelters, etc.); the problematic cage (box) method; the method of using tools.

Applied Psychology studies psychological problems specific to certain areas of people's lives or professional activities. Branches of applied psychology include:

- Educational psychology;
- Medical psychology;
- Psychology of art;
- Legal psychology;
- Economic psychology;
- Psychology of religion;
- Psychology of work;
- Political psychology;
- Psychology of sports;
- Psycholinguistics;
- Family psychology, etc.

This brunch of psychology explores the patterns of human education and upbringing. The sections of educational psychology include:

- The psychology of learning and upbringing;
- The psychology of the teacher;
- The psychology of educational work with abnormal children.

Educational psychology studies the problems of managing the process of acquiring knowledge, techniques and skills of intellectual activity, psychological factors influencing the success of the learning process, the formation of students' thinking, the problems of students' relationships with each other, as well as with teachers and parents, the individual psychological differences of students, the peculiarities of educational work with children with mental disabilities.

Medical psychology studies the psychological aspects of the doctor's activity and the patient's behavior, the mental manifestations of diseases, the role of the psyche in the occurrence and course of diseases, in their treatment, as well as in the prevention of diseases and the promotion of health.

Legal psychology studies the psychological problems of legal practice. It is divided into:

- criminological psychology,
- judicial penitentiary (or correctional) psychology.

Economic psychology studies problems related to economic relations between people, problems of the market, supply and demand, and the psychology of advertising. An important place in economic psychology is occupied by the psychology of trade, which studies the psychological problems of seller-buyer interaction and customer service.

Psychology of work. This is knowledge about the psychological features of human labor activity, the psychological foundations of the scientific organization of labor. The task of specialists in labor psychology is to study the psychological characteristics of people in connection with their professional activities, the patterns of formation of labor skills, and to determine the impact of the work environment on the state and effectiveness of human activity. It includes many independent sections: engineering psychology, ergonomics, space and aviation psychology, management psychology, organizational, military, political, legal, judicial, psychology of trade, advertising, sports, creativity, etc.

Political psychology studies the psychological foundations of political processes taking place in society. The most important sections of this branch of psychology are the psychology of propaganda and agitation, the problems of the image of a politician and government, and the study of mass socio-psychological processes.

Psychology of sports studies the psychological characteristics of athletes' personalities and their activities, the conditions and means of an effective training process, as well as psychological problems associated with competitions.

Psychology of art studies the patterns of creative activity of writers, poets, artists, musicians, actors and directors, and the psychological mechanisms of their creation of works of art. Psychology of art also studies the peculiarities of the process of people's perception and understanding of works of art, as well as psychological issues of aesthetic education.

Psychology of religion is the field of research on psychological problems of religious consciousness, beliefs and feelings of believers, as well as religious traditions, rituals, and cults.

Family psychology studies psychological issues of family formation, analyzes interpersonal, intimate, economic, household relations between spouses, relationships between parents and children in the family, and family parenting styles.

Psycholinguistics studies speech as a type of psyche that uses language systems as an internal means. There are several sections here, for example, psychosemiotics, psychosemantics.

The connection of psychology with other sciences

1. Philosophy

Today, psychology is recognized as an independent discipline that studies various mental processes and human behavior, but until the mid-1800s, psychology was studied under philosophy. Most of the psychological theories are based on the views of many famous philosophers. Many ancient philosophers like Plato, Aristotle, and Socrates tried to explore various topics like pain, pleasure, mental illness, and wisdom that today we consider as a part of psychology.

2. Literature & Art

Psychology is deeply related to the field of literature and art. Various artists have expressed themselves through their paintings, and it requires deep knowledge to understand the psychological aspects embedded in these art pieces. Some very popular paintings have psychological factors related to them, which make them masterpieces.

Psychology is also linked to literature. Nowadays, the work of the author is also analyzed through the psychological approach. Literary pieces that are written with a deep understanding of psychology always connect with the readers in a better and deeper way.

3. Architecture

Nowadays, designs of the building and city planning are done by keeping the psychological aspect in mind. People like the unique designs of the buildings, especially those buildings that make them curious and ask questions about how they have been made. So, you can well imagine the impact of building designs, and their color on our subconscious mind. You might not have noticed, but your behavior and mood are closely linked to the designs and colors of your room. Psychology helps the architects make the individual designs of the buildings according to the personality and choice of the clients. So, we can say that psychology and architecture go hand in hand.

4. Economics

Like Psychology, Economics is also a branch of social science. Economics studies the behavior of humans in making economy-related decisions like manufacturing, distributorship, and sales of various goods and services. Here, psychology plays an important role in understanding the economic behavior of both producers and customers. Psychology is closely linked with the economy as various economic factors like income, poverty, basic facilities, and lifestyle directly influence human behavior.

5. Political science

Political science is closely associated with psychology as it directly concerns people and their behavior. Various studies have been conducted to study how the political system and its policies influence human behavior and character. Psychology also helps us understand the behavior, beliefs, and ideologies of various successful political leaders.

6. Education

The education discipline involves teaching, learning, examination, extracurricular activities, and modifying the behavior of the children to improve their personality and develop their strengths, and psychological principles help to achieve it. The cognitive skills of the children are different at the different developmental stages. The use of psychology in teaching can improve the children's power of learning and increase their imagination, memory, attention, and thinking skills.

7. Biology & Physiology

Many psychologists have considered psychology as an important function of life, and there is a number of researches that show the close relationships between the psychological and neural processes of the human body. Latest technologies like brain imaging or neuroimaging have enabled us to understand how the feelings of happiness and sadness deeply affect our brains, and it proves the fact of correlation between psychology and biology. Psychology also finds its connection with various physiological processes that are directly linked with the neural system. Physiological psychology involves understanding various neural processes, attention, and perception mechanisms, and it studies the effect of physiological processes on human behavior and other psychological phenomena.

8. Physical science

The development of psychology is greatly influenced by some important streams of physical science such as chemistry and physics. Psychophysics is a special branch that deals with the interaction and relation between physics and psychology. As we know, psychology studies the changes in human behavior on interaction with outward stimuli. Psychophysics involves the quantitative study of relations between the physical event (stimuli) and the psychological event (behavior or sensation).

The field of chemistry is also related to psychology as our brain consists of different types of chemicals, and it releases different hormones like oxytocin, endorphins, and dopamine for different psychological situations like love, hatred, happiness, and sadness.

9. Medical science

Medical science is concerned with finding the treatments and causes behind diseases and exploring the working of the human body. Many studies have shown that for optimum health conditions a good connection of body and mind is very important. Modern technologies in medical science have helped us in widening our knowledge about the neural system and the functioning of the human brain and in understanding the behavior of people. Earlier, people used to prefer visiting a psychiatrist in case of any psychological abnormalities, but nowadays, a psychiatrist needs the help of the psychologist to understand the behavior and get an insight into the patient's mind, before prescribing them any kind of medicine.

10. Sociology

In psychology, we study the changes in human behavior on an encounter with the outward stimuli; these stimuli could be physical or social. Physical stimuli constitute factors like heat, cold, lightness, darkness, and taste, while social stimuli constitute various relationships like relatives, families, friends, enemies, and companions. The development of the human mind depends on its relationships with the social world. Sociology includes the study of various social groups, cultural values, human social behavior, social institutions, and their functions. Psychology and sociology are interlinked with each other because sociology is also concerned with the study of human behavior on interaction with social groups and society.

11. Engineering

Practical psychology plays an important role in the field of engineering. Industrial psychologists apply the knowledge of practical psychology and help engineers design perfect and comfortable machines that are easy to use and handle. These machines reduce the stress and pressing of the users or the employees and increase productivity and efficiency.

12. Anthropology

Anthropology plays an important role in psychological studies. Some branches of anthropology like social anthropology and cultural anthropology are directly linked to psychology as they involve understanding the cultures, practices, and rituals of the different groups, and their behavior. It is commonly observed that the people belonging to the same culture or the same group show a similar kind of behavior, while those belonging to different groups show different behavior. So, psychology has a great contribution to the field of anthropology.

13. Environmental science

Environmental science is a branch that studies environmental problems and the impact of the human on the environment and climatic change. Relation between psychology and environmental science can be well evident from the fact that there exists a separate branch called environment psychology. Environment psychology focuses on the relationship between human behavior and the physical environment, and it investigates various psychological changes like environmental stress, behavior patterns, and changes in the attitude of the person on interaction with different environmental conditions.

14. Cognitive science

Cognitive science includes understanding that how any particular information is transferred in a machine or brain. It is the study of various processes of the human brain and understanding various cognition processes such as attention, perception, judgment, memory, knowledge, and decision making; all these processes also come under the domain of psychology.

15. Law & Criminology

Psychology finds its great application in the field of law and criminology. In fact, Forensic psychology is a special branch that deals with the correlation between criminology and psychology, and criminal psychology focuses on finding the reasons behind the people committing crimes and finding the behavior and intention of the criminals. Psychology helps in this by deeply understanding the mind and behavior of criminals to get a wider view of the criminal psyche. Psychology also helps the criminal psychologists in analyzing the judgment passed by the court and providing the suggestion according to the psychological condition of the criminal.

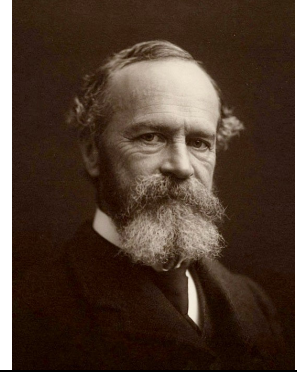
The main areas of foreign psychology

1. Psychology of consciousness

Functionalism

William James (1842–1910) – American philosopher and psychologist, one of the founders of pragmatism and functionalism. The authors of textbooks and scientific papers often call him “the father of modern psychology”.

The subject of study is the human soul and consciousness.



Structuralism

Edward Titchener (1867–1927) – Anglo-American experimental psychologist. (Wilhelm Wundt was the predecessor of the direction).

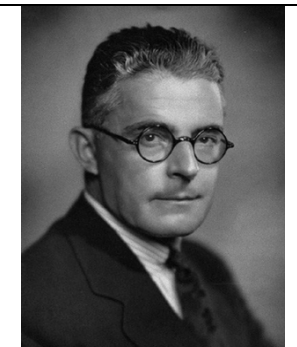
The subject of study is the human soul and consciousness.



2. Behaviorism

John Watson (1878–1958) – American psychologist, the founder of behaviorism – one of the most widespread theories in Western psychology of 20th century.

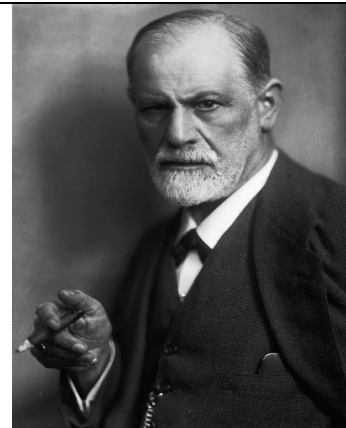
The subject of study is human behavior.



3. Psychoanalysis

Sigmund Freud (1856–1939) – Austrian psychoanalyst, psychiatrist and neurologist, best known as the founder of psychoanalysis, which had a significant impact on psychology, medicine, sociology, anthropology, literature and art of the 20th century.

The subject of study is human personality.



4. Gestalt psychology

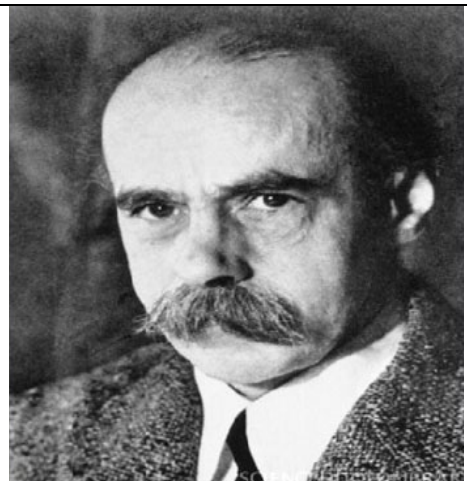
Fritz (Friedrich) Perls (1893–1970) – outstanding German psychiatrist, psychotherapist, founder of Gestalt therapy.

The subject of study is human consciousness, which must be explored according to the principle of integrity.

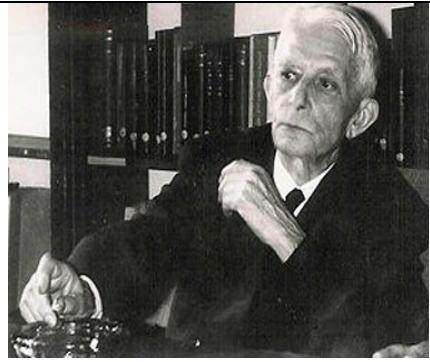


Max Wertheimer (1880–1943) – German psychologist, philosopher, one of the founders and leader of Gestalt psychology. He dealt with the psychology of creative thinking, music theory, psychotherapy, and moral philosophy.

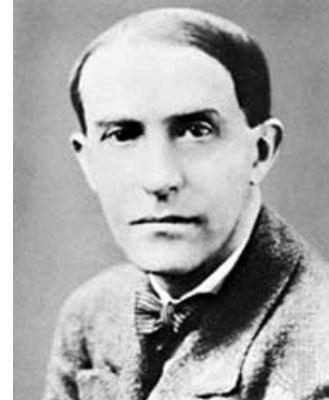
The subject of study is human consciousness, which must be explored according to the principle of integrity.



Wolfgang Köhler (1887–1967) – German and American psychologist, one of the founders of Gestalt psychology. He studied the perception and intelligence of monkeys. Finding a solution to a problem is achieved by transforming the gestalt structure. After that an insight occurs – new understanding of the problem situation.



Kurt Koffka (1886–1941) – German and American psychologist, one of the founders of Gestalt psychology. He applied the methods of Gestalt psychology to study the mental development of a child.



5. Humanistic psychology

Abraham Maslow (1908–1970) – the famous American psychologist, the founder of humanistic psychology. He is widely known for the “Maslow Pyramid” – a diagram of the hierarchy of human needs.

The subject of study is man and personality.



6. Cognitive psychology

Jean Piaget (1896–1980) – Swiss psychologist and philosopher, known for his work on the study of child psychology. He is the creator of the theory of cognitive development.

The subject of study is cognitive and mental processes.

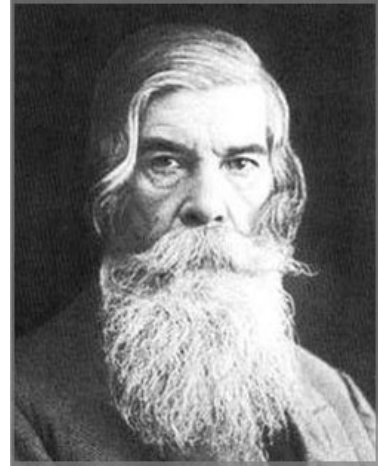


The main areas of Russian psychology

1. Reflexology

Vladimir Mikhailovich Bekhterev (1857–1927) – a neurologist, psychologist, and psychiatrist, created Russia's first experimental psychological laboratory (1885) and a Neuropsychiatric Institute (1908), which conducted comprehensive human research.

The subject of study is all reflexes that occur with the participation of the brain.



2. Physiology

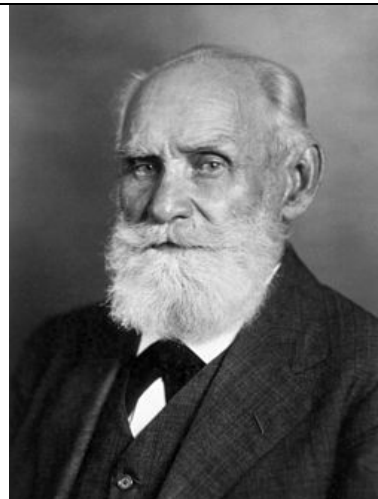
Ivan Mikhailovich Sechenov (1829–1905) was a Russian educator and founder of the physiological school.

The subject of study is the functions of a living organism, their relationship between self-regulation and adaptation to the external environment.



Ivan Petrovich Pavlov (1849–1936) was a Russian scientist, physiologist, and the creator of the science of higher nervous activity. Founder of the largest Russian school of physiology; the first Russian Nobel Prize winner. He continued Sechenov's research at the School of Physiology.

The subject of study is the functions of a living organism, their relationship to each other, regulation and adaptation to the external environment.



3. Cultural and historical approach

Lev Semenovich Vygotsky (1896–1934) – Russian psychologist, founder of the research tradition, which became known as the “cultural and historical theory” in psychology.

An important point in Vygotsky's concept is his attitude to the problem of the relationship between development and learning. Learning under leadership of an adult sets the perspective of the child's development. It is called the zone of proximal development.



4. Activity-based approach

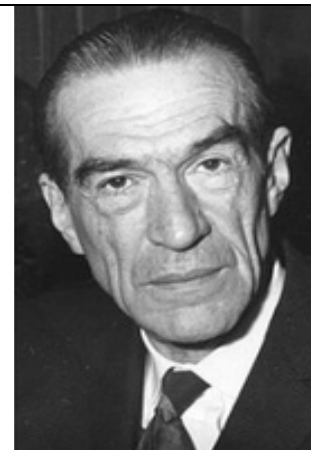
Sergey Leonidovich Rubinstein (1889–1960) – Russian psychologist and philosopher, corresponding member of the USSR Academy of Sciences.

The subject of study is the psyche, mediated by activity.

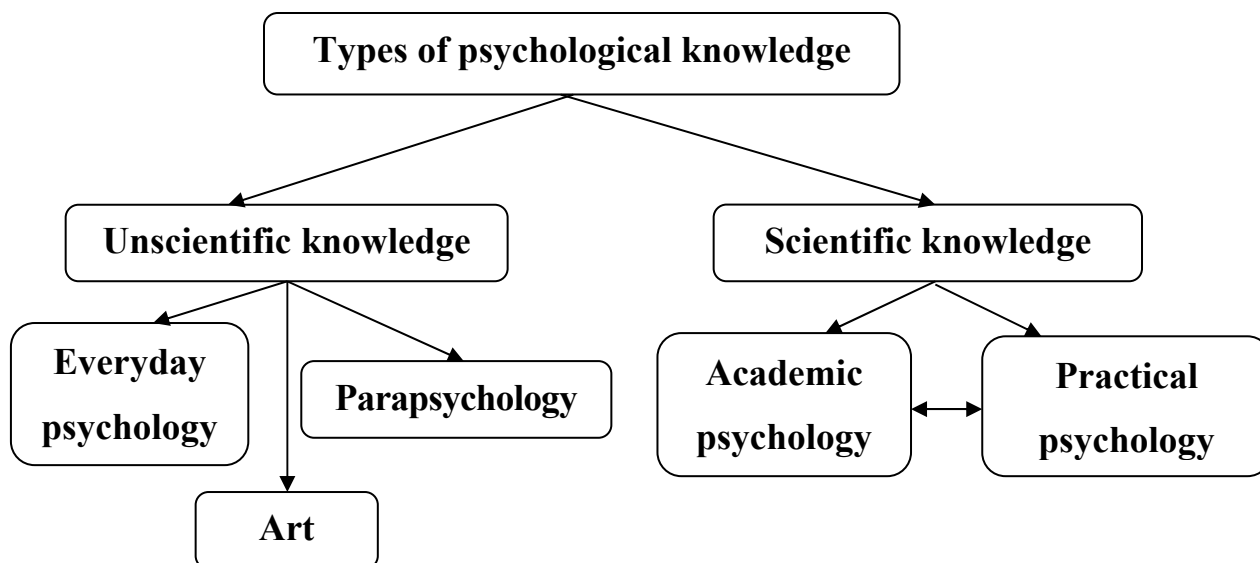


Alexey Nikolaevich Leontiev (1903–1979) was a Russian psychologist, philosopher, teacher, who dealt with the problems of general psychology and the methodology of psychological research. His views were formed on the cultural and historical approach of L. S. Vygotsky.

The subject of study is activity, and the psyche as one of the forms of activity, since the psyche cannot be separated from the activity.



Types and features of psychological knowledge



Criteria	Types of psychological knowledge				
	Unscientific			Scientific	
	Everyday psychology	Art	Para-psychology	Academic Psychology	Practical psychology
Purpose	Interaction with other people based on knowledge about them; explaining his or her actions by qualities of character	A better understanding of one's own inner world and the psychology of other people through images created in works of art	The study of phenomena that cannot be explained on the basis of traditional scientific principles	Search for the laws of mental phenomena using objective, valid research methods	Finding ways and developing methods of psychological support to people
The criterion of truth	Verification of personal experience, recognition of other people	Recognition of images, acceptance of the reader, the viewer, the listener	Plausibility	Objectivity, reliability of results	Practical experience and effectiveness of the work of specialists
Features of knowledge	Concreteness; Practicality; Accessibility of presentation; Fragmentation; Inaccuracy in the use of concepts;	Concreteness; Imagery; Emotionality; Fragmentation; Recognizability; Reliance on observation, reflection	The integrity of the worldview; A combination of concreteness and uncertainty;	Generality; Systematic; Conclusiveness; Reliance on scientific facts and concepts; Rationalism and intellectualism;	A combination of generality and concreteness; Practicality; Clarity and accessibility of presentation; Lots of recommendations;

Criteria	Types of psychological knowledge				
	Unscientific			Scientific	
	Everyday psychology	Art	Para-psychology	Academic Psychology	Practical psychology
	Reliance on life experience and common sense		Practicality of conclusions; Reliance on secret knowledge; the Sacrament of receiving methods	Lack of consistency	Relying on the expertise of specialists

Comparison of everyday and scientific psychology

Criteria of differentiation	Everyday psychology	Scientific psychology
The level of generalization of knowledge	It is empirical, specific, related to a real situation and real people	It is theoretical, systemic and tries to generalize knowledge and creating different concepts
The nature of knowledge	It has an intuitive character, there is a special way of gaining this knowledge: through trial and error	This knowledge is rational, gained with the help of the mind, but intuition can be used as a special way of scientific research
Accumulation and transfer of knowledge	The methods of gaining knowledge and areas of its application are limited	It has a developed scientific apparatus and the ability to extend the received results
A way to gain knowledge	The method of observation and reflection is used	The experiment method is being added
Clarity of concepts and breadth of material	The material is limited. The concepts are uncertain	The material is rich, extensive and sometimes unique. The concepts are clearly defined and proven

Topic 1.2. Psychology as a professional community

Psychology has become not only a popular branch of knowledge in the modern world, but also a widespread field of professional activity of psychologists. This is a fairly typical trend in many countries, primarily in North America and Europe.

The main places of work of professional psychologists are:

- scientific institutions;
- educational institutions;
- organizations and firms that need psychological services.

Some psychologists work privately.

Psychologists create professional public organizations to coordinate their activities. In all countries, as a rule, there are national psychological societies or associations. Within each such national organization, there are usually branches in the professional fields of activity and the interests of its members.

There are often separate associations in specific areas of professional psychological activity:

- associations of school psychologists;
- gestalt therapists;
- psychoanalysts;
- psychodramatics, etc.

The main goals of the association of psychologists in public organizations:

- 1) exchange of scientific information and practical experience;
- 2) regulation of norms and standards of professional activity;
- 3) professional development of psychologists;
- 4) regulation of the status and norms of professional relations between psychologists and employers.

In 1951, the largest international organization of psychologists, The International Union of Psychological Science, was founded. Nowadays it unites psychologists from 54 countries (national psychological associations). As part of this Union, Russia is represented by Russian Psychological Society under the Presidium of the Russian Academy of Sciences. The International Union of Psychological Science (IUPsyS) sponsors the International Congress of Psychology (ICP) every four years. The ICP is organized by a national host committee under the auspices of the Union and in consultation with the IUPsyS Executive Committee.

The 33rd Congress was held in Prague, Czech Republic, July 21–26, 2024, the next (34th) Congress will be in Melbourne, Australia, 2028.

The Union includes various international specialized associations.:

- the International Association of Applied Psychology;
- the European Association of Experimental Social Psychologists;
- the European Association of Personality Psychology;
- the International Society for the Study of Behavior Development and a number of others.

Russian psychological society. The largest association of Russian psychologists was formed in 1994 and it is the successor of the Society of Psychologists of the USSR. The Society has 54 regional branches. The management of the Society is carried out by the Coordinating Council, elected by the Congress of the Society, and between congresses – the President and the Presidium of the Coordinating Council.

President of the Russian Psychological Society (RPS) is Yuri Petrovich Zinchenko, an academician of the Russian Academy of Education, Doctor of Psychological Sciences and the Dean of the Faculty of Psychology at Moscow State University. He has served as president of the RPS since 2007.

Moscow psychological society (MPS). The initiator of the organization of the Society is a professor at Moscow University, Russian philosopher and psychologist Matvey Mikhailovich Troitsky (08.01.1835 – 22.03.1899) was the first chairman (until 1887).

M. M. Troitsky explained the need to create the MPS in connection with the need for more intensive development of the young science of psychology. He saw the reason for its lagging behind other sciences in the very specifics of its subject, which was the most difficult in comparison with other sciences.

For its successful development, it seemed necessary to combine various specialized knowledge from anthropology, physiology, anatomy, ethnography, history, linguistics and other sciences. This led the head of the Department of Philosophy, M. M. Troitsky, to the conclusion that it was necessary to establish a scientific psychological society that would unite representatives of the specialties necessary for the development of psychology.

St. Petersburg psychological society is a public organization, the part of the federal organization “Russian Psychological Society” (RPS). It unites psychologists from St. Petersburg and represents their interests at the regional, Russian and international levels. It received its new name

in 1996, at the beginning (since 1956) being a branch of the “Society of Psychologists of the USSR” at the Presidium of the Academy of Pedagogical Sciences of the USSR.

In 1906, the first congress on psychology was held in St. Petersburg. In 1909 there was a second congress on educational psychology in St. Petersburg. In 1910, 1913, and 1916 there were congresses on experimental psychology in St. Petersburg.

Psychological periodicals and online resources

“Questions of psychology”. The journal was established in 1955. It was founded by the Russian Academy of Pedagogical Sciences and until 1977 was the only Russian scientific periodical in the field of psychology. The purpose of this publication is to introduce readers to the advanced achievements of psychological science at home and abroad. The publication covers issues in the field of general psychology, age and educational psychology, social psychology, psychodiagnostics, psychotherapy, educational psychology, personality psychology, etc.

“Bulletin of Moscow University” is a scientific journal of Lomonosov Moscow State University. The journal publishes the results of the most significant research projects conducted at the university. The magazine is divided into 29 thematic series, each of which is published four to six times a year. Series 14 is devoted to issues of psychology. The journal has been published since 1977.

“Psychological Research” is an interdisciplinary scientific journal. The journal has been published since 2008. The purpose of the journal is to disseminate scientific knowledge of various branches of psychology and related sciences, to promote the integration of achievements of Russian psychological science into the global information scientific space.

“The Psychology Journal” is a periodical of the Faculty of Psychology of the Higher School of Economics. Four issues are published per year. The target audience is teachers, specialists in various fields of scientific and practical psychology. The journal highlights advanced achievements in various branches of domestic and foreign psychological science.

“Bulletin of Practical Psychology of Education” is a practice-oriented journal for psychologists and other educational professionals. It is published once every three months. The publication publishes the latest

psychotechnologies and psychological and pedagogical techniques, reviews the achievements of domestic and foreign psychological science, addresses the issues of professional development of a practical psychologist.

“The Journal of Clinical and Special Psychology” is an international interdisciplinary electronic journal of the Moscow State Pedagogical University. The journal, which is published four times a year, publishes works by domestic and foreign specialists in the field of psychology, defectology, pedagogy, medicine, as well as articles by social workers and ombudsmen, expanding the understanding of the trajectories of individual personality development in various variants of norm and pathology.

“Consultative Psychology and Psychotherapy” is a specialized scientific and analytical journal covering the problems of methodology, theory and practice of consultative psychology and psychotherapy. The purpose of this periodical is to promote the development of counseling psychology as a special branch of psychology with scientific, academic, practical and educational directions. The journal highlights the most acute, relevant and controversial topics in the field of psychological counseling and psychotherapy, contributes to the support of integrative trends in the space of modern practice of counseling psychology and psychotherapy.

“Cultural and Historical Psychology” is an international scientific journal for specialists in related fields of fundamental and applied human psychology – psychologists, methodologists and historians of science, philosophers, anthropologists, defectologists. In 2006, the publication received the official status of an affiliated journal of the International Society for Cultural and Activity Studies (ISCAR). An English-language digest is being released.

“Psychological Science and Education” (the scientific and practical journal) is a periodical that publishes materials on the problems of developmental psychology and education. The journal was founded in 1996. Presently it is published once every three months. The journal’s headings are devoted to general psychology, personality psychology and the history of psychology; occupational psychology, engineering psychology and ergonomics; medical psychology; social psychology; educational psychology; correctional psychology; developmental psychology and acmeology.

“Psychological Science and Education: An electronic specialized scientific and practical periodical” focuses on the coverage of theoretical

and applied problems in various fields of psychological knowledge: pedagogical, age, special, social psychology, health psychology. The journal is published by MGPPU four times a year.

“Social Psychology and Society” journal is focused on publishing theoretical and empirical materials in the field of social psychology. The journal presents the work of Russian and foreign experts. It focuses on highlighting the issues in the “personality – group – society” system. It is published once every three months.

“Psychology and Law” (the electronic scientific and practical edition of MGPPU) examines the problems of legal psychology and publishes interdisciplinary works on issues at the intersection of psychology, legal sciences and forensic psychiatry. It is published once every three months. The journal publishes research and practical materials, digests of modern domestic and foreign articles and books, information about conferences and seminars.

“Modern Foreign Psychology” (the scientific psychological journal) publishes analytical reviews of foreign scientific literature in various fields of psychology and related sciences. This publication contributes to the expansion of the information space, introduces domestic specialists to the modern foreign research culture. The magazine has been published once every three months since April 2012.

“Experimental Psychology” (the scientific journal) publishes the results of experimental research of psychology, examines methodological problems of experimental psychology. The purpose of the journal is to reflect the main trends of experimental research in the fields of general, differential and applied psychology. The journal is published four times a year.

“Methodology and History of Psychology” publishes materials on philosophical methodology, general theory, history, areas and schools of psychology. The journal is published in four issues per year: issue 1 is methodological and thematic; issue 2 is historical; issue 3 has a methodological focus; and issue 4 examines various psychological trends and schools.

“Actual Problems of Psychological Knowledge” journal examines the issues of training specialists in the field of education to work in a multicultural educational environment, solving the problems of continuity of general education and vocational schools. The main focus of the journal is to reveal the role of modern education in personality formation, to discuss the problems of education and upbringing, as well as various aspects of educational psychology.

“Izvestia RAO” publishes scientific materials on the priority areas of scientific research of the Russian Academy of Education, as well as works describing the problems of modern education, the development of pedagogical and psychological knowledge in Russia.

“The World of Psychology” (the periodical scientific and methodological publication), which reveals the current problems of modern psychology, is published once every three months. The magazine was founded in 1996.

“Personality Development Magazine” is a journal for psychologists, philosophers, educators, psychiatrists, psychotherapists, philologists, historians, sociologists, ethnologists, cultural scientists, theologians, jurists, political scientists, physicians, lawyers, and others. The journal was founded in 1993 and published four times a year. The journal publishes theoretical approaches and research by leading experts, developments by practicing psychologists, archival materials and translations on the problems of personal development, upbringing and existence in various social, cultural and ethnic conditions.

There are also magazines with a specific focus, for example, the magazines “Autism and developmental disorders”, “Down Syndrome. XXI century”, etc.

“Autism and Developmental Disorders” examines the problems of developmental disorders in children, primarily autism spectrum disorders. Categories of the journal: methodological manuals; from parental and pedagogical experience; organization of assistance to children with developmental disabilities; creativity of special children.

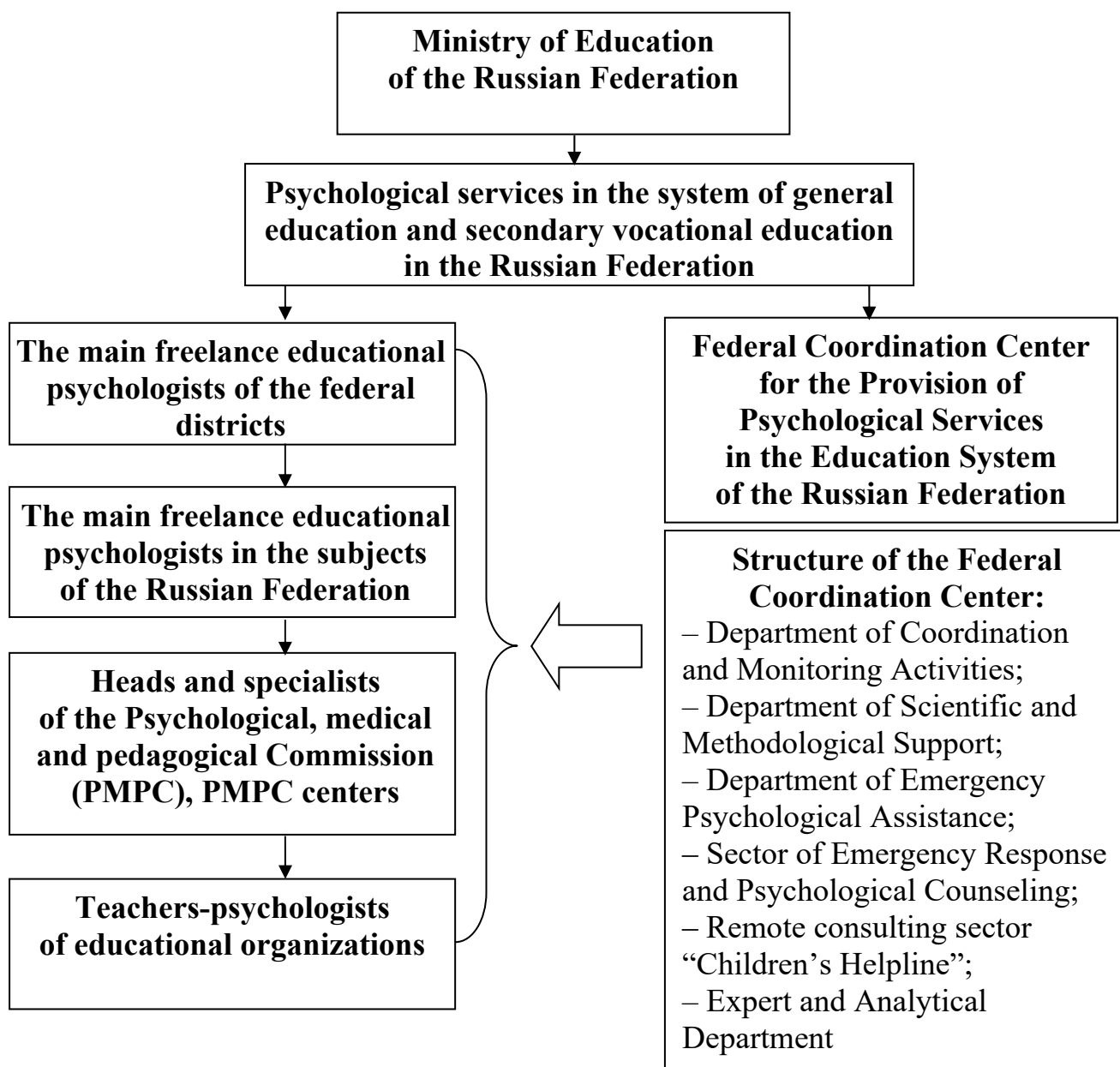
“Down Syndrome. XXI Century” (scientific and practical journal) publishes information on modern scientific research in the field of genetics and medicine, psychology and pedagogy, highlights the global experience of social rehabilitation and entry into society of people with Down syndrome. The journal examines various aspects of psychological and pedagogical assistance to people with Down syndrome.

“Take a Step magazine” is primarily intended for families raising children with Down syndrome, but it can certainly be useful for specialists working with these children. The magazine contains the following headings: “Teacher's view”; “Doctor's advice”; “Parents' Tribune”; “The world around us”; “Short stories and conversations”; “News, events, plans”; “Our photo gallery”.

Currently, the Portal of Psychological Publications is widely known among specialized online resources on psychological topics (MGPPU), the

portal “Child Psychology” (MGPPU), the website “Psychological Navigator”, the website “Phlogiston”, etc.

Organization of psychological services



SECTION 2. PROFESSIONAL ACTIVITY AND PERSONALITY OF A PSYCHOLOGIST

Topic 2.1. Psychology as a profession

Psychologist job description: salary, skills, and more

As someone who is interested in pursuing a career in psychology, it is important to have a strong understanding of what it means to be a psychologist and the value that this field brings to society as a whole. In this article, we will delve into the job description, salary, skills, and other important information related to the role of a psychologist.

Brief overview of what a psychologist does

Psychologists are professionals who specialize in the study of the human mind and behavior. They aim to understand why people think, feel, and act the way that they do, and they use this knowledge to help individuals and groups improve their mental health and overall quality of life. Psychologists work in a variety of settings, including hospitals, clinics, schools, and private practices.

Importance of psychology in today's society

Psychology is a critical component of modern society. It helps us understand why people behave the way they do, and it provides us with the knowledge and tools that we need to solve some of the most pressing challenges facing our world today. From improving mental health outcomes to reducing crime rates, psychologists play a critical role in shaping our society and ensuring that it continues to evolve and grow in positive ways.

Job Description of a psychologist

As a psychologist, your primary focus is to diagnose and treat mental illness and behavioral disorders. You do this by applying various psychological theories, principles, and techniques to help individuals cope with their problems.

A. Definition of psychologist job

A psychologist is a mental health professional who specializes in the diagnosis and treatment of emotional, psychological, and behavioral

disorders. They use various evidence-based therapies, including cognitive-behavioral therapy, psychotherapy, and group therapy, to help clients improve their mental well-being.

B. Primary responsibilities of a psychologist

The primary responsibilities of a psychologist include administering psychological assessments, developing and implementing individualized treatment plans, and monitoring progress through ongoing evaluation. Psychologists also work with clients to help them develop coping skills, modify behavioral patterns, and improve their relationships. They often collaborate with other mental health professionals, such as psychiatrists and social workers, to provide comprehensive care to clients.

C. Types of psychologists – specializations

There are various specializations within the field of psychology, depending on the area of focus in which the psychologist is interested. Some common specializations include clinical psychology, counseling psychology, cognitive psychology, developmental psychology, forensic psychology, and educational psychology. Each specialization involves different types of assessments, therapy techniques, and clients.

D. Work settings for psychologists

Psychologists can work in a variety of settings, such as hospitals, clinics, schools, private practices, and government agencies. Hospital-based psychologists generally work with patients who have complex mental health issues, such as schizophrenia, bipolar disorder, and depression. Psychologists who work in clinics often specialize in certain areas of mental health, such as addiction or family counseling. Private practices offer more flexibility and autonomy, and many psychologists run their own practices. Government agencies often employ psychologists to work in areas such as corrections facilities, social services, or the military.

The role of a psychologist is to help individuals overcome their emotional and psychological challenges through various therapies and techniques. They work in different settings and specializations, using their expertise to diagnose and treat a range of mental health disorders.

Educational requirements and qualifications

The path to becoming a psychologist requires a significant amount of education, training, and personal growth. Here are the educational requirements, certifications, skills, and personal qualities needed for the job.

A. Educational requirements for psychologists

To begin a career as a psychologist, you will need at minimum a bachelor's degree in psychology or a related field. Many people who pursue this field choose to continue on to graduate school, where they can earn a master's or doctorate degree in psychology.

In graduate school, aspiring psychologists will take a range of foundational courses in psychology, such as social psychology, developmental psychology, and cognitive psychology. Depending on the program and the focus of the student, they may also take courses in specialized areas, such as neuropsychology or forensic psychology.

B. Certifications required

After completing their formal education, psychologists may be required to obtain state licensure in order to practice. The requirements for licensure vary by state, but often include degrees from accredited universities, internships or residencies, and successful completion of the Examination for Professional Practice in Psychology (EPPP) or similar exams.

In addition to licensure, psychologists may also choose to pursue certifications in specialized areas of interest, such as clinical psychology, health psychology, or school psychology.

C. Skills required for a psychologist

Psychologists need a range of skills in order to be effective at their job. Some of the key skills include:

Communication. Psychologists need to be able to communicate effectively with their clients, colleagues, and other professionals in their field.

Empathy. Empathy helps psychologists build rapport with their clients and understand their needs and concerns.

Critical thinking. Psychologists need to be able to analyze and synthesize complex information in order to make informed decisions and provide effective treatments.

Patience. Psychologists need to be patient and persistent, as therapy can be a slow and sometimes frustrating process for both the therapist and the client.

Ethics. Psychologists need to adhere to strict ethical standards in order to maintain the trust of their clients and uphold the integrity of the profession.

D. Personal qualities needed for the job

In addition to the skills listed above, psychologists also need a range of personal qualities in order to be successful in their work. Some of the most important personal qualities include:

Empathy and compassion. Psychologists need to be able to connect with their clients and demonstrate compassion and understanding.

Resilience. Psychologists need to be able to handle stress and manage the emotional impact of their work.

Open-mindedness. Psychologists need to have an open mind and be willing to challenge their own assumptions and beliefs.

Cultural competence. Psychologists need to be able to understand and appreciate different cultural backgrounds and worldviews in order to provide effective treatment to a diverse range of clients.

Work environment

As a psychologist, your work environment can vary depending on your specialization and employer. Most psychologists work in offices, hospitals, mental health clinics or private practices. These settings provide a comfortable and confidential environment where patients can share their feelings with ease.

Some psychologists work in industrial and organizational settings where their primary role is to improve work efficiency or provide counseling to employees. School psychologists, on the other hand, work in educational settings where they assess children's academic, social, and emotional well-being, and provide support where necessary.

A. Setting and conditions

The work setting and conditions of a psychologist can significantly affect patient outcomes and the psychologist's satisfaction. The work setting should be safe, clean, confidential, and provide comfortable space for consultations. Psychologists should ensure that they follow all safety protocols and meet all requirements to maintain a good work environment.

Psychologists often work full-time and may work longer hours depending on patients' schedules. They may work on weekends or in the evenings to accommodate patients' schedules. Psychologists must always strive to maintain a work-life balance to avoid burnout and maintain a healthy lifestyle.

B. Job duties

The primary duties of a psychologist include assessing, diagnosing, and treating mental health issues, including emotional and behavior problems. Psychologists conduct individual or group therapy sessions, diagnose and treat clients, and use various psychological techniques and therapies to help patients overcome their mental health issues.

Psychologists also collaborate with other healthcare professionals, including psychiatrists, social workers, and counselors, to ensure patients receive comprehensive care. Other duties include developing treatment

plans, monitoring patient progress, and maintaining accurate records of patient information to ensure that they receive the best care possible.

C. Stress factors

Working as a psychologist can be demanding and stressful. Psychologists often work with clients who may be struggling with severe mental health issues, which can be emotionally draining. They may also face challenging situations, including patients who may be non-compliant with treatment plans or dealing with difficult family dynamics.

Psychologists must have excellent communication skills and maintain their emotional stability to handle the stress of the job. They may also face stressors such as long working hours, high caseloads, or office politics.

Working as a psychologist can be both rewarding and stressful. Psychologists must be well-equipped to handle the job's demands, including maintaining safe and comfortable work settings, performing their duties professionally, and managing stress factors effectively. With the proper training, skills, and experience, psychologists can help patients overcome mental health issues and lead fulfilling lives.

Salary and job outlook for psychologists

As a psychologist, one of the most important things to consider is job outlook and salary potential. Let's take a closer look at each of these factors.

A. Average psychology salary

According to the Bureau of Labor Statistics, the median salary for psychologists in the United States was \$80,370 in 2020. However, this number can vary depending on a number of different factors, such as location, specialization, and years of experience.

For example, psychologists working in industrial-organizational psychology typically earn higher salaries than those working in educational psychology. In addition, psychologists working in certain states, such as California and New York, tend to earn more than those working in other states.

B. Employment outlook for psychologists

The employment outlook for psychologists is favorable. The Bureau of Labor Statistics projects that employment of psychologists will grow 3 % from 2019 to 2029, which is about as fast as the average for all occupations.

However, job prospects may vary depending on the specific field of psychology. For example, demand for clinical psychologists is expected to increase as the population ages and more people seek mental health services. On the other hand, demand for industrial-organizational psychologists may be limited in certain industries.

C. Career opportunities

There are a variety of career opportunities available for those with a degree in psychology. Some common career paths include:

Clinical psychologists: these professionals work with patients to diagnose and treat mental, emotional, and behavioral disorders.

Counseling psychologists: these professionals provide guidance and support to individuals and groups dealing with personal problems.

School psychologists: these professionals work with students, teachers, and parents to address academic, behavioral, and emotional issues in schools.

Industrial-organizational psychologists: these professionals apply psychological principles to the workplace, helping to improve productivity, employee satisfaction, and organizational effectiveness.

Research psychologists: these professionals conduct research and experiments to better understand human behavior and mental processes.

The field of psychology offers a wide range of career opportunities with the potential for both personal fulfillment and financial stability. With strong demand for mental health services and a favorable job outlook, now may be the perfect time to pursue a career in psychology.

Skills needed to be a successful psychologist

To become a successful psychologist, there are specific skills that individuals need to possess. These skills are crucial to perform different tasks and duties effectively. Below is a list of five essential skills that every psychologist should have:

A. Communication skills

Communication skills are essential to becoming a successful psychologist. This skill involves the ability to listen, understand, and convey information effectively. As a psychologist, communication skills are required to connect with patients, colleagues, and other professionals. Effective communication skills also help psychologists establish a strong rapport with their patients, which can help facilitate the therapeutic process.

B. Analytical skills

Psychologists need strong analytical skills to observe and evaluate behavior and thoughts. Analytical skills help psychologists to understand and interpret data to make recommendations for treatment. These skills also help psychologists connect different pieces of information to form a diagnostic impression effectively.

C. Research skills

Research is a vital part of the psychology field. Psychologists need to have excellent research skills to conduct experiments and research studies. Research skills help psychologists collect and analyze data, which is then used to add to the understanding of mental processes, behavior, and treatments.

D. Critical thinking skills

Psychologists need excellent critical thinking skills to diagnose and treat their patients. This skill involves the ability to evaluate information accurately and make objective decisions based on that information. Critical thinking skills can also help psychologists work collaboratively with other professionals, such as psychiatrists or therapists, to provide holistic treatment options.

E. Interpersonal skills

Interpersonal skills are crucial to becoming a successful psychologist. These skills involve the ability to establish strong relationships with patients and other professionals. Psychologists with excellent interpersonal skills are compassionate and empathetic, making it easier for patients to open up and trust them. These skills are also essential when working with a team, such as in research studies or treatment planning.

To become a successful psychologist, individuals must possess excellent communication, analytical, research, critical thinking, and interpersonal skills. These skills are crucial to help psychologists understand and evaluate their patients and provide effective treatment options. With these skills, psychologists can help individuals manage their mental health and live a fulfilling life.

Tools and techniques used by psychologists

To be a successful psychologist, you need to have the right tools and techniques at your disposal. From assessment tools to treatment methods, psychologists rely on a wide range of resources to help their patients. Below are some of the key tools and techniques used by psychologists.

A. Assessment tools

Assessment tools are used by psychologists to measure various aspects of their patients' mental health. These tools can include questionnaires, psychological tests, and interviews. For example, the Minnesota Multiphasic Personality Inventory (MMPI) is one widely used psychological test that measures a patient's personality traits, while the Diagnostic Interview for Children and Adolescents (DICA) is a standardized interview that assesses a child's psychiatric symptoms.

B. Treatment methods

Treatment methods vary depending on the specific needs of the patient. Psychologists may use therapy, medication, or a combination of both to assist their patients overcome mental health problems. Some common therapy techniques include cognitive-behavioral therapy (CBT), which helps patients change negative thought patterns, and dialectical behavior therapy (DBT), which helps patients regulate emotions and cope with stress.

C. Special techniques like CBT, DBT, etc.

In addition to CBT and DBT, psychologists may use a range of other special techniques to treat their patients. These may include eye movement desensitization and reprocessing (EMDR), which helps patients cope with trauma, or mindfulness-based stress reduction (MBSR), which helps patients learn to manage stress and anxiety.

D. Diagnosis methods

Diagnosis methods are used by psychologists to identify mental health disorders. These may include the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), which outlines the criteria for various mental health disorders, or the International Classification of Diseases (ICD), which is used by healthcare professionals around the world to classify diseases and disorders.

E. Research tools

Psychologists also rely on a range of research tools to study mental health problems and develop new treatments. These could include MRI machines, which allow researchers to observe brain function in real-time, or psychophysiological measures, which track physiological responses to various stimuli.

A psychologist's job involves using a wide range of tools and techniques to help patients. Through assessment tools, treatment methods, special techniques, diagnosis methods, and research tools, psychologists can work to improve mental health outcomes for all.

Typical patient profiles

As a psychologist, you will work with a diverse range of patients. Some of the most common patient profiles you will come across include age groups served, common disorders treated, and particular types of patients.

A. Age groups served by psychologists

Psychologists work with patients of all ages, from infancy to old age. However, they may specialize in certain age groups, such as children or seniors. In general, psychologists who work with children focus on development, behavior, and education. Those who work with seniors may focus on age-related issues, such as memory loss, dementia, and physical health problems.

B. Common disorders treated

Psychologists treat a wide range of mental health disorders. Some of the most common disorders they treat include anxiety, depression, bipolar disorder, schizophrenia, and eating disorders. They may also work with patients who have substance abuse problems or who are struggling with relationship or family issues.

C. Particular types of patients

Psychologists also work with patients who have particular needs or circumstances. For example, they may work with patients who have experienced trauma or abuse, patients who are going through a major life transition such as divorce or retirement, or patients who are struggling with gender identity. They may also work with patients who have medical conditions that impact their mental health, such as chronic pain or cancer.

The types of patients you work with as a psychologist will vary depending on your area of expertise and the patient population in your area. However, these patient profiles provide a broad overview of the diverse range of patients you may encounter in your work as a psychologist.

Legal requirements and regulations for psychologists

As a professional in the field of psychology, it is important to not only understand the job description, salary, and required skills, but also the legal requirements and regulations that come with the territory. This includes the legal framework, regulations followed by psychologists, licensing requirements, and malpractice insurance.

A. Legal framework

The legal framework for psychologists is rooted in their obligation to provide ethical and professional services to their clients. This includes providing privacy and confidentiality, informed consent, and ensuring that clients are not subjected to harm in any way. Additionally, psychologists must adhere to both federal and state laws, such as reporting requirements for suspected child abuse or neglect.

B. Regulations followed by psychologists

Psychologists are subject to regulations set forth by government entities, professional associations, and accrediting bodies. For example, the American Psychological Association (APA) provides guidelines on ethics, supervision, professional conduct, and education and training. Similarly, state licensing boards set forth regulations for continuing education, documentation of services, and maintaining appropriate records.

C. Licensing requirements

One of the most important legal requirements for psychologists is obtaining and maintaining a valid license to practice in their state. This typically involves completing a doctoral degree in psychology, completing supervised clinical hours, and passing the Examination for Professional Practice in Psychology (EPPP). In most states, psychologists are required to renew their licenses periodically, and may be subject to disciplinary action if they fail to meet licensing requirements.

D. Malpractice insurance

In addition to licensing requirements, psychologists are also encouraged to carry malpractice insurance to protect themselves in the event of a lawsuit or legal action. Malpractice insurance can cover legal fees, damages, and settlements related to claims of negligence, malpractice, or failure to provide adequate care.

Understanding the legal requirements and regulations for psychologists is essential for ensuring ethical and professional conduct, as well as protecting oneself from legal action. From adhering to the legal framework and regulations set forth by professional associations and accrediting bodies to obtaining and maintaining a valid license and carrying malpractice insurance, there are many factors to consider when working as a psychologist.

Examples of successful psychologists

Psychology is a vast field that attracts individuals with different interests and backgrounds. Throughout history, psychologists have played

a crucial role in advancing our understanding of human behavior and mental processes. The following section highlights some of the most successful psychologists and their contributions to the field of psychology.

A. Overview of famous psychologists

Sigmund Freud. Also known as the father of psychoanalysis, Sigmund Freud was an Austrian neurologist and the founder of psychoanalysis. His work focused on the unconscious mind, dreams, and repressed emotions.

B. F. Skinner. Burrhus Frederic Skinner was an American psychologist and behaviorist who pioneered the concept of operant conditioning. He believed that behavior is shaped by its consequences, either through rewards or punishments.

Carl Rogers. Carl Rogers was an American psychologist known for his work on humanistic psychology. He emphasized the importance of empathy, unconditional positive regard, and authenticity in the therapeutic process.

Ivan Pavlov. Ivan Pavlov was a Russian physiologist who is best known for his experiments with dogs, where he discovered the concept of classical conditioning. His work showed that animals could be trained to respond to stimuli through conditioning.

Abraham Maslow. Abraham Maslow was an American psychologist who developed the hierarchy of needs theory. He proposed that individuals have innate needs that must be met in a particular sequence, starting from physiological needs to self-actualization.

B. Their contributions

These psychologists have made immense contributions to the field of psychology, which have significantly impacted the way we understand human behavior and mental processes.

Sigmund Freud's psychoanalytic theory emphasized childhood experiences and the importance of the unconscious mind in shaping personality and behavior. His work opened up new avenues for treating psychological disorders (such as Freudian therapy) and led to the development of other psychodynamic approaches.

B. F. Skinner's work on operant conditioning revolutionized the way behavior is understood, and his experiments advanced the study of conditioning paradigms in psychology. This laid the foundation for the development of applied behavior analysis, which is widely used in the treatment of autism spectrum disorders, among other conditions.

Carl Rogers' humanistic approach to therapy focused on promoting self-awareness and self-acceptance in clients. He believed that individuals

could realize their full potential, given the right conditions, which led to the development of person-centered therapy, one of the most popular therapeutic approaches today.

Ivan Pavlov's discovery of classical conditioning and his work on conditioned reflexes opened up new avenues for scientific research on animal behavior and paved the way for the development of behaviorism. His research has also influenced the study of learning and memory in humans.

Abraham Maslow's hierarchy of needs theory has contributed significantly to the study of motivation and human behavior.

Characteristics of a personality of a psychologist

Professional orientation	<p>The main components:</p> <ul style="list-style-type: none"> – <i>motives</i> (intentions, interests, inclinations, ideals); – <i>value orientations</i> (meaning of work, salary, welfare, qualifications, career, social status, etc.); – <i>professional position</i> (attitude to the profession and readiness for professional development); – <i>social and professional status</i> (understanding your place as a specialist in a professional sphere, including the level of your socio-economic status, qualifications, skills)
Professional competence (professional knowledge and skills)	<p>The main components:</p> <ul style="list-style-type: none"> – <i>social and legal competence</i> (knowledge and skills for communication with public institutions and people, knowledge of methods of professional communication and behavior); – <i>special competence</i> (readiness to use specific types of activities, the ability to solve typical professional tasks, to gain new knowledge and skills); – <i>personal competence</i> (the ability for continuous professional development and self-realization in professional work); – <i>autocompetence</i> (an adequate understanding of your own socio-professional characteristics, using the technologies to overcome professional destruction); – <i>extreme professional competence</i> (the ability to act in hard conditions, in case of accidents, disasters, etc.)

Professionally important qualities (multifunctional and special)	The main components: <ul style="list-style-type: none"> – observation; – creative imagination; – motor and other types of memory; – critical thinking; – attentiveness; – emotional stability; – determination; – resilience; – discipline; – self-control, etc.
Professionally significant psychophysiological properties	The main components: <ul style="list-style-type: none"> – hand-eye coordination; – eyesight; – extraversion; – energetism; – reactivity (property of temperament, shows the strength and energy with which a person reacts to a particular stimulus), etc.

Advantages and disadvantages of being a psychologist

There are advantages and disadvantages to being a psychologist. Depending on what you're looking for in life and an occupation, psychology may or may not be the right career for you. But chances are if you enjoy helping people, facing new challenges, and are willing to continually learn and grow you'll enjoy psychology. Below are the most noteworthy advantages and disadvantages of career in psychology.

The Advantages

1. The reward of helping people overcome their challenges.

One of the top reasons psychologists cite that they enjoy their careers is that they're able to help other people improve the quality of their lives. Many people throughout the world struggle with disabling mental disorders and disabilities. Psychologists help these individuals learn to cope with their disorders and disabilities and overcome mental and emotional challenges. While being a psychologist can be stressful at times, it's also a very gratifying and fulfilling occupation.

2. Flexible work schedules.

While many psychologists pull long hours, once you've established your own practice your schedule becomes very flexible. You're able to set your own hours, come and go when you want and have ample vacation time. Most psychologists report one of the aspects of their job they enjoy the most is the ability to spend time with their family and friends. Even though psychologists working in hospitals and clinics don't have much flexibility in their work schedule, they still report having a lot of control over their schedules and plenty of time to dedicate to their family and personal activities.

3. High earning potential.

According to the Bureau of Labor Statistics, on average psychologists working full-time earn between \$50,000 and \$100,000 a year. Those who work part-time obviously earn less but they still earn a respectable amount. Psychologists who are able to run a successful private practice can earn up to \$200,000 a year and psychiatrists (a field closely related to psychology) average between \$150,000 and \$200,000 a year. Of course, money alone shouldn't be your motivation for becoming a psychologist but earning a decent living is an attractive benefit.

4. Ability to work for yourself.

Becoming a psychologist is a great career choice for those with an entrepreneurial spirit. Many psychologists go on to establish their own private therapy practices once they get a little experience under their belt and have proven themselves as competent professionals. According to the U.S. Bureau of Labor Statistics, nearly 35 percent of psychologists are self-employed – many of these owning and running their own practices. While being self-employed isn't for everyone, it gives you complete control over your time and your earning potential.

5. Opportunity to work with new people every day.

As a psychologist you'll work with clients from all walks of life, cultures and backgrounds. You'll help a large variety of people overcome mental and emotional obstacles. And while you'll face setbacks, the reward of helping children, adults and couples achieve their full potential will outweigh any challenges you may face.

Disadvantages

1. Dealing with clients can be stressful and draining.

The biggest reward of being a psychologist is often the biggest challenge of being a psychologist – helping people overcome and deal with their mental and emotional struggles. The fact of the matter is, dealing

other people's problems on a daily basis is difficult. Most of us have a hard enough time wrapping our mind around our own problems, let alone everyone else's. Psychologists have to learn how to help their clients find effective and productive methods for dealing with their struggles without taking them on themselves. Successful psychologists must learn to separate their work life and personal life and practice effective stress management techniques.

2. Not only is your schedule flexible, but also it can be quite erratic.

One of the advantages of being a psychologist is that your schedule can be quite flexible, especially if you run your own practice. At the same time, psychologists are often on call and must deal with client issues that arise at the most inconvenient times. It's not uncommon for psychologists to meet in evenings with clients who work all day and can't meet during normal business hours, or be called out of bed to help a client that's facing a crisis situation.

3. Having to set up your own practice.

Over a third of psychologists are self employed. Many of these own and operate their own practices. Launching a psychology practice is a daunting task, and keeping it going is also challenging. In addition to finding an office, acquiring necessary equipment and finding clients, psychologists must also purchase malpractice insurance, deal with business taxes, set up a reliable document management system, and deal with never ending billing issues.

4. Dealing with billing issues.

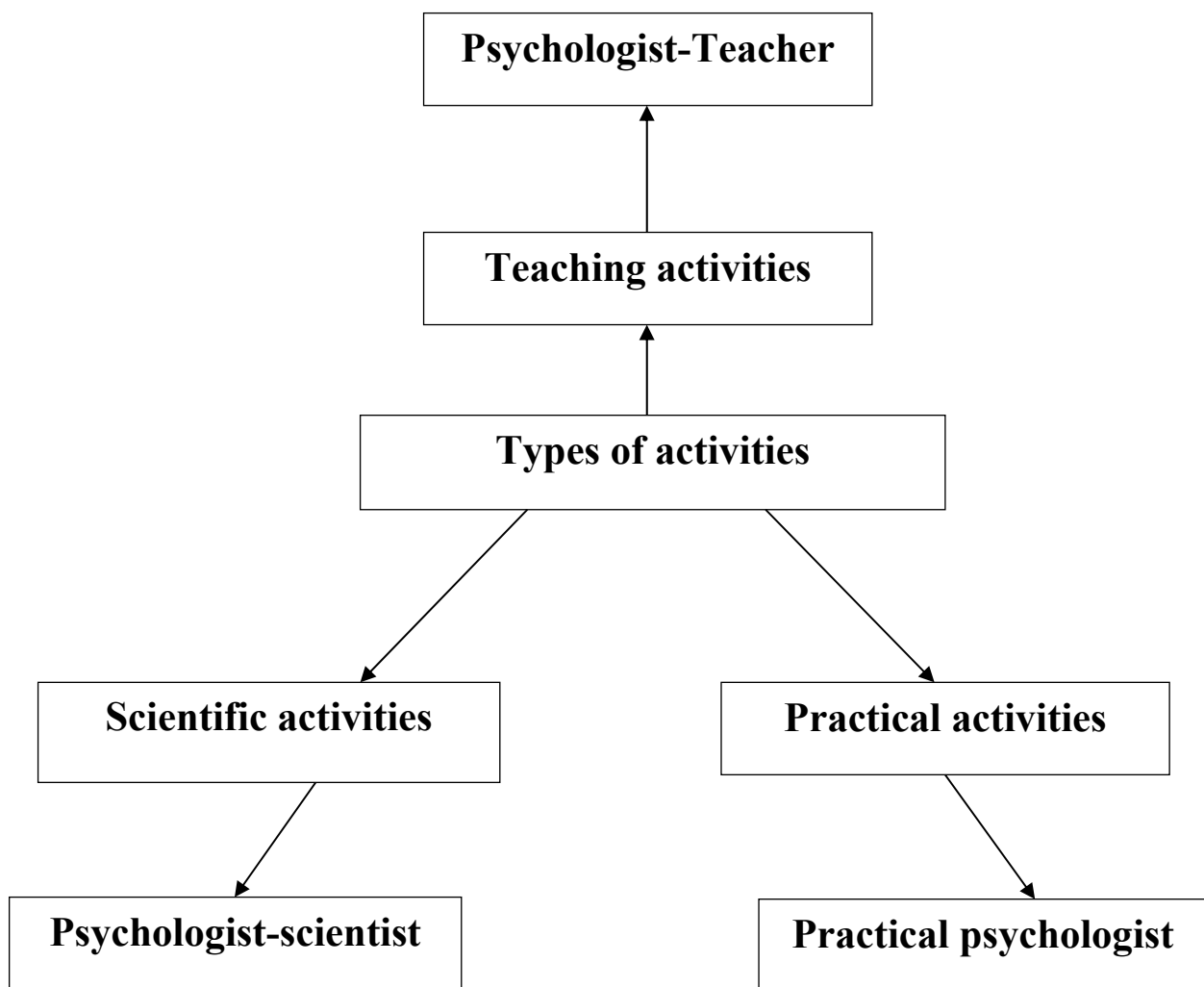
All psychologists, regardless of whether they work as employee of an organization or run their own practice, have to deal with billing issues. These include processing and collecting payments from insurance companies, dealing with piles of paperwork, the unpleasant experience of sending clients who don't pay their bills to collections, and various other billing issues. Dealing with insurance companies in and of itself can be a very trying process, especially if you have your own practice.

5. Constantly drumming up new business.

Many psychologist get into the business to practice psychology – not to become a sales professional. Notwithstanding, if you plan on being self-employed and owning your own practice you'll need to get used to the idea of prospecting for new clients on an ongoing basis. Finding new clients requires time, money and resources and is key to having a successful practice. One of the most effective ways to find new clients is networking. Build relationships with other industry professionals (e.g. doctors, nurses,

etc.) and mental health providers that can refer clients to your practice. Conducting free seminars and support group meetings is also an effective method for building your clientele base. And last, but not least, take advantage of some good old fashion advertising in industry publications. While some psychologists really enjoy the business development aspect of operating a private practice, others would rather focus exclusively on therapy work.

The main types of professional activity of a psychologist



Topic 2.2. Practical psychology as a field of professional activity

Specific area of knowledge	Education	Production
	Pedagogical psychology. Developmental psychology. Methods of teaching psychology. Psychological foundations of career guidance	Psychology of work Engineering psychology. Economic Psychology. Psychology of management. Psychology of marketing. Psychological foundations of career guidance and selection. The psychology of advertising. Organizational psychology
Types of psychologist's activities	Psychological education and psycho-prevention. Psychological diagnostics. Psychological counseling. Psychocorrective and developmental work	Social and psychological education. Psychodiagnostics. Research activities. Advertising activities. Psychological counseling and correction
Specific area of knowledge	Medicine	Law
	Medical psychology. Clinical psychology. Neuropsychology. Somatopsychology. Developmental psychology and age psychology. Psychology of deviant behavior. Special psychology	Legal psychology. Criminological psychology. Judicial psychology. Penitentiary (correctional) psychology. Psychology of deviant behavior. Clinical psychology
Types of psychologist's activities	Psychoprophylaxis. Psychodiagnostics. Psychotherapy. Psychological and social rehabilitation	Prevention of illegal behavior. Forensic psychological examination. Psychological counseling. Correctional activity and rehabilitation

Features of professional psychologists' activity

Criteria	Activities		
	Scientific	Teaching	Practical
Purpose of the activity	Conducting scientific research aimed at the new psychological knowledge and their generalization	Psychological education and training in psychological knowledge	Providing immediate psychological assistance to people who need it
Main functions	Research: – explanation of psychological phenomena; – proof of theoretical propositions (hypotheses); – prediction of psychological facts	Training: – conducting lectures, seminars, practical classes; – guidance on psychological self-education of people	Practical: – conducting psychological diagnosis and counseling, – correctional and developmental work, – psychological prevention
Requirements for a specialist	– the ability to work with scientific literature, systematize scientific facts described by other scientists; – the ability to develop, organize and conduct psychological research aimed at collecting empirical material; – the ability to use methods of qualified empirical results; – the ability to analyze, systematize and interpret the received results; – the ability to use the language and style of written and oral scientific speech for presentation of the	– broad education, understanding of various fields of psychological knowledge; – fundamental knowledge of the subject being taught; – the ability to independently select educational materials and to use effective methods of teaching; – the ability to use logic and lexical richness of speech, expressive means of communication, artistic abilities; – the ability to explain educational material in an accessible way, to ensure its understanding and assimilation by students; – the ability to create and maintain student motivation;	– studying the psychological problems of clients' lives and identifying their causes; – assistance in overcoming critical situations, difficulties, personality development and improvement of professional activity of clients; – the ability to organize and personally conduct social and psychological work (diagnostics, counseling, correction, etc.); – the ability to help various organizations in the effective use of the psychological methods in solving practical tasks;

Criteria	Activities		
	Scientific	Teaching	Practical
	research results	<ul style="list-style-type: none"> – the ability to use pedagogical tact; – the ability to consider the age and socio-psychological characteristics of the audience 	<ul style="list-style-type: none"> – the ability to conduct the social-professional and psychological support of clients' work and life; – optimization of the psychological work system and improvement of your own professional competence
Place of work	<ul style="list-style-type: none"> – scientific institutes and centers; – psychological laboratories of universities and institutes; – departments of applied psychology of branch research institutes and universities 	Types of educational institutions: <ul style="list-style-type: none"> – psychological universities; – universities that train specialists who work with people; – general education institutions (schools, gymnasiums, lyceums, etc.) 	<ul style="list-style-type: none"> – socio-psychological services (SPS) in various organizations and enterprises; – psychological consultations; – socio-psychological and rehabilitation centers, etc.

The main directions of professional activity of a practical psychologist

Psychological diagnostics
<p>Uses (or creates) methods for researching and measuring individual psychological characteristics of a person.</p> <p>It is necessary to use following principles:</p> <ol style="list-style-type: none"> 1) personal responsibility for the work; 2) keeping professional secrecy; 3) confidentiality; 4) scientific correctness (reliability, validity, differentiation and accuracy of the results); 5) objectivity; 6) respect for the rights of the client, for example the right to know the results of the research

Psychological prevention

Prevents disadaptation of students in an educational institution. This direction includes:

- enlightenment activity (introducing a person or a group of people to psychological knowledge);
- creation of a positive psychological climate in a group of students;
- various activities to prevent and overcome emotional exhaustion of students, etc.

There are three levels in psychological prevention:

- the 1st level is *primary prevention*. The psychologist works with children with small problems (emotional, behavioral and learning disorders);
- the 2nd level is *secondary prevention*. The psychologist works with children of the "risk group" (students who already have problems);
- the 3rd level is *tertiary prevention*. The psychologist tries to correct or overcome serious psychological difficulties and problems

Psychological correction

Influences on psychological structures to provide the full development of a person.

The corrective work takes place in three positions:

1. “*Do as I do*”: the psychologist shows the student an effective way of acting and teaches him how to use it. The psychologist takes responsibility for this method.
2. “*Let's do it together*”: the psychologist shares responsibility for finding an effective way together with the student.
3. “*Let's think about how to do it better*”: the psychologist gives the responsibility for the method to the student, but he helps to realize it.

Psychological counseling

Helps a person to make decisions about a professional career, marriage or family and relationships.

The purpose of psychological counseling is to provide a person with the necessary information, to overcome difficulties and to exist in specific circumstances.

The main method of consulting is an interview. The psychological interview includes 5 steps:

1. Reaching understanding.
2. Collecting information, problem identification.
3. The desired result for the client.
4. Making the alternative solutions of the problem.
5. Conclusion. The transition from learning to action

The concept of psychological service

A psychological service is a system that provides psychological support for various social spheres, as well as creates a special sphere of psychological services.

Types of psychological services:

Psychological education service – a specialized unit in the education system that provides conditions for the complete mental and personal development of children and adolescents.

Regional psychological service – it operates in the system of social services for the population, simultaneously solves the psychological and social problems of people who find themselves in difficult life situations.

Departmental psychological service – a specialized department in the organization's structure that manages personnel development.

Some functions of the psychological service:

1. Psychological education is the introduction of participants to psychological culture.

2. Psychological prevention is the protection of undesirable psychological consequences in development.

3. Psychological diagnostics is the identification of individual characteristics and inclinations of a person, the causes of learning and development disorders.

4. Psychological correction is an active influence on the process of personality formation.

5. Consulting activities are an assistance to participants in solving problems of development, education and training.

Structure

A psychological service may have a multi-level structure, for example:

1. Central institutions provide coordination, methodological guidance and general management.

2. Regional centers adapt programs and methods of work to the specifics of the region, monitor the mental state of the population.

3. Local services and departments provide direct assistance, including consultations and crisis intervention.

Psychological services can be implemented in different areas

In educational institutions:

1. Creation of a psychological and pedagogical support service. Its structure may include a teacher-psychologist, a social educator, a speech

therapist teacher, and a speech pathologist teacher. The service's specialists help participants in the educational process overcome psychological difficulties, and participate in the development of programs for the education and socialization of schoolchildren.

2. Working with special categories of children. For example, with children with learning difficulties, correction of educational motivation and psycho-emotional distress is carried out. They work with orphaned children and children left without parental care to develop communication skills and correct anxiety.

3. Psychological education. The service's specialists conduct seminars, trainings and games for teachers and parents, design information stands with psychological information.

In medical organizations:

1. Psychological support of patients. In hospitals, psychologists work with patients in somatic and surgical departments, and in outpatient clinics – with patients of rehabilitation and development, in advisory clinics.

2. Psychological assistance to staff. Employees receive individual counseling, psychological training, and thematic group trainings.

3. Prevention of emotional burnout. Psychologists conduct lectures, seminars and trainings for employees, discuss difficult and challenging aspects of the profession from a psychological point of view.

In social organizations:

1. Psychological support for citizens receiving social services at home. Specialists help recipients of services to unlock internal resources, establish interpersonal relationships to prevent and overcome conflicts.

2. Working with older people. Day care units offer group classes on memory and attention development, relaxation sessions, training sessions and personal growth groups.

3. Psychological support for substitute families. Specialists help with issues of a child's mental health, age and individual characteristics, emotional and behavioral development, and develop recommendations on the relationship between a pupil and a foster carer.

Topic 2.3. The work of a psychologist in the education system and in social services of the population

1. Practical psychologist in kindergarten.

The work of a practical psychologist in kindergarten is aimed at creating a psychologically safe environment for the development of children and professional support for all participants in the educational process.

Some areas of work of a psychologist in kindergarten:

Psychological diagnostics – the specialist determines the level of development of cognitive processes, emotional and volitional sphere, and personal characteristics of children. Conducts school readiness screening, examines the psychological climate in a group of children and a team of kindergarten staff.

Correctional and developmental work – the psychologist conducts group and individual classes with children aimed at developing social and cognitive skills and correcting identified difficulties.

Psychological counseling – the specialist works with the requests of parents and teachers, helps to solve the problems of children's development and behavior.

Psychological education – the psychologist conducts seminars, workshops and parent meetings on child psychology and development. Besides, he participates in teacher training meetings.

Psychoprophylaxis – the specialist conducts classes to prevent possible problems in the development and relationships of participants in the educational process.

Filling out reports – this is especially important for working in organizations. The work of a kindergarten psychologist requires compliance with ethical standards such as confidentiality, honesty, and professionalism.

2. School psychologist. Educational psychologist at school (drug addiction prevention).

The work of a practical psychologist at a school is aimed at creating favorable conditions for maintaining and strengthening the mental health of participants in the educational process.

Some areas of work of a psychologist at school:

Educational work – a psychologist raises the level of psychological culture of those who work with children. Forms of education: lectures, talks, seminars, exhibitions, a selection of literature, speeches at parent meetings.

Preventive work – it is aimed at preventing any phenomenon and/or eliminating risk factors. There are three levels of prevention:

– *Primary prevention*. The psychologist works with children with minor emotional, behavioral, and learning disabilities.

– *Secondary prevention*. It is aimed at children at risk who have already started having problems.

– *Tertiary prevention*. A psychologist works with children with pronounced learning or behavioral problems, his main task is to correct or overcome serious psychological difficulties and problems.

Diagnostic work – the psychologist studies students throughout the entire period of study, determines the individual characteristics and inclinations of a personality, its potential in the process of learning and upbringing.

Advisory work – a psychologist helps participants in the educational process in matters of development, upbringing and training. Consultations are held for educators, teachers, the administration of the educational institution, students, and parents.

Psychological development activity – the psychologist conducts educational classes with children of different age categories, training sessions on the formation of psychological comfort, skills of psycho-self-regulation, self-knowledge, conflict-free communication with each other.

The purpose of a practical psychologist's work at school is to create conditions for the most successful personal development, education and socialization of a child, and to create a positive psycho-emotional climate in student and teaching staff.

3. A psychologist at the orphanage.

The main purpose of the work of a practical psychologist in an orphanage is to ensure the psychological well-being of all participants in the educational and upbringing process, and the successful socialization of pupils.

Some areas of work of a psychologist in an orphanage:

Correctional and developmental activities – the impact on the formation of the personality of pupils, the preservation of their individuality, the development of creative abilities. Individual and group educational classes, games, trainings and other forms of work are conducted.

Social and pedagogical activity – it is aimed at preventing problems of a child's relationship with society, with a group of peers, and creating a favorable psychological climate in study groups.

Scientific and methodological activity – it is aimed at professional improvement of the psychologist's activity. It includes the development of event summaries, the replenishment of didactic material, the expansion of the range of diagnostic techniques used, and other actions.

Psychological prevention – the goal is to prevent problems in the psychological development of pupils. Psychologist prevents the phenomena of maladaptation of children in an orphanage.

Cultural and educational activities – it forms the need for psychological knowledge among pupils and teaching staff, and the desire to use it in the interests of their own development.

Management activities – it involves solving organizational issues in the realization of other types of activities and in carrying out activities developed by a psychologist.

The work of a practical psychologist in an orphanage has its own specifics dictated by the conditions of education and upbringing of children in such institutions, as well as the peculiarities of their mental development, personality and behavior.

4. Psychologist-professional consultant at school.

Some areas of work of a counseling psychologist at school:

Psychological diagnostics – the psychologist examines the cognitive abilities and personality of students, the psychological climate in classrooms and in the workforce. Identifies the causes of school failure, determines the professional inclinations of high school students.

Correctional and developmental work – the specialist conducts communication skills training, organizes classes on overcoming anxiety before exams, and leads groups on developing emotional intelligence.

Psychological counseling – a school psychologist helps students solve personal and interpersonal problems, and helps teachers resolve conflicts, find an approach to students and parents, and prevent burnout.

Psychological education and psychoprophylaxis – the specialist conducts class hours on topical topics (bullying, Internet security, and others), organizes seminars for teachers, speaks at parent-teacher conferences, and maintains a psychologist's page on the school website.

Methodical work – it involves the maintenance of documentation, the preparation of lesson programs, participation in teacher councils and parent meetings. A psychologist prepares student profiles, writes diagnostic reports, and keeps consultation logs.

5. Psychologist of the district psychological center.

The psychologist of the district psychological service provides assistance to various categories of people, including students, their parents and teachers.

Some areas of work:

Prevention – prevention of maladaptation, development of recommendations on education, training and development.

Education – formation of participants in the educational process of the need for psychological knowledge and the desire to use it in the interests of their own development.

Consultation – providing assistance in matters of development, education and training.

Diagnostics – identification of conditions that hinder the full development and formation of students' personality.

Correctional and developmental work – the impact on the process of personality formation and the preservation of its individuality.

Organizational and methodological work – analysis and planning of activities, development of educational and correctional programs, participation in scientific and practical seminars and conferences.

Examination of educational programs – determining their compliance with the age characteristics and needs of students.

In his work, the psychologist uses various methods and forms: observation, survey, interview, psychodiagnostics, experiment, modeling and others.

The work of a psychologist at a district psychological service may be associated with irregular working hours, the need to be stress-resistant and attentive to the emotional state of others.

6. Rehabilitation psychologist.

Some areas of work of a rehabilitation psychologist:

Psychological diagnostics – identification of the psychological characteristics of the client, which determine the specifics of his behavior and relationships with others, the possibilities of social adaptation.

Psychological counseling – a specially organized interaction between a psychologist and a client in order to solve problems in the field of social relations, adaptation, socialization and integration.

Psychological correction – active psychological influence aimed at sensory-perceptual and intellectual activity, emotional sphere, behavior, personality.

Psychotherapeutic help – a system of psychological influences aimed at restructuring the system of relationships between the client's personality, deformed by illness.

Psychological prevention – assistance to the client in acquiring psychological knowledge, improving socio-psychological competence and developing the need to use this knowledge to work on oneself.

Socio-psychological training – active psychological influence aimed at relieving the client of the consequences of traumatic situations, neuropsychiatric tension, the development and training of individual mental functions and personality traits.

Another important area of work for a rehabilitation psychologist is working not only with the client himself, but also with his family.

7. A teacher of psychology in a secondary school.

Some areas of work of a teacher-psychologist at school:

Creating a safe emotional environment – classroom work aimed at reducing anxiety, aggression, and conflict.

Diagnosis of the emotional state of children – identify signs of stress, anxiety, depression, and other emotional problems.

Development of emotional regulation skills – teaching children self-regulation, emotion management, and stress tolerance techniques.

Support for children in crisis situations – help in adaptation after stressful events, conflicts, and family problems.

Working with parents and teachers – consultations on child psychology, training in effective methods of interaction with children.

Prevention of bullying and conflicts – development and realization of programs aimed at creating a healthy atmosphere in the classroom.

Some methods of work of a teacher-psychologist:

Psychological trainings – group activities help children develop communication skills, empathy, and self-confidence.

Individual conversations with students – the teacher-psychologist creates a trusting atmosphere where the child feels heard and supported.

Educational activities – the educational psychologist conducts lectures and seminars for parents and teachers, talking about the age characteristics of children, parenting methods and ways to resolve conflicts.

8. A teacher of psychology at a university.

Some areas of teacher work of psychology at the university include the following aspects:

Student education – the teacher provides them with comprehensive knowledge of psychology, including theoretical concepts, research results, and practical applications.

Preparation and conduct of lectures and practical exercises – the teacher develops curricula, materials, and teaching methods.

Assessment of students' knowledge – the teacher monitors the students' progress, evaluates their work, tests and projects. It also provides assistance to students in learning the material and developing skills.

Scientific research activities – many teachers of psychology are engaged in scientific research, publish articles, work on projects, and develop new methods and theories in the field of psychology.

Consulting services – some teachers may be acting counseling psychologists and provide assistance in solving psychological problems and questions of students or clients.

Student leadership – a teacher can be the supervisor of students who write final qualifying papers or participate in research projects.

Development of educational programs – the teacher contributes to the development and updating of curricula and courses to meet current trends and requirements.

Mentoring – experienced teachers can be mentors for younger colleagues, helping them develop in the profession.

9. Methodologist psychologist.

Some areas of work of a methodologist-psychologist:

Development and implementation of psychological support programs for students, taking into account their age and individual characteristics.

Conducting individual and group psychological consultations to help students solve personal, educational and social problems.

Conducting diagnostics of psychological characteristics of students and providing assistance in correcting emotional and behavioral disorders.

Organization of trainings, seminars and events for the development of psychological culture of students and teachers.

Maintaining documentation of the psychological measures carried out and the assistance provided.

The methodologist-psychologist also helps teachers to carry out their teaching activities psychologically competently, reveals the psychological mechanisms of effective assimilation of knowledge and appropriation of socially approved behaviors.

10. Social worker.

Some areas of work of a social worker:

Assessment and analysis of the situation – the social worker identifies the client's needs, resources, and vulnerability.

Program planning and development – based on the analysis, the social worker develops individual support plans and programs that will help the client achieve certain goals.

Psychological support – an important part of the job is providing emotional support and advice to clients in crisis situations.

Provision of resources – the social worker directs clients to the appropriate institutions or organizations to receive financial, medical, psychological or legal assistance.

Cooperation with other specialists – social workers often work with psychologists, medical professionals, lawyers, and other professionals to provide full-fledged assistance to the client.

Conducting group classes – organizing and conducting trainings, seminars and classes for certain groups of the population.

Maintaining documentation – record and analyze customer information, compile reports and work plans.

Preventive work – carrying out measures to prevent social maladaptation, violence, addictions and other problems.

Protection of clients' rights – providing information about human rights and assistance in their implementation, protecting the interests of clients in various instances.

Professional development – regular training, participation in seminars and conferences to update knowledge and improve professional skills.

11. Family psychologist-consultant.

Some areas of work of a family counseling psychologist:

Counseling couples – the specialist communicates with partners both individually and in pairs. Conducting tests, surveys, and questionnaires to determine the characteristics of each partner and their psyche. Identification of the main problems in the relationship of spouses. Establishing the causes and consequences of emerging conflicts.

Conducting trainings with clients – correction of people's mental and emotional state. Assistance in family adaptation to changing realities.

In his work, a family psychologist does not use medications or other methods of therapy. His arsenal consists of dialogues and pedagogical techniques.

In the process, the specialist develops an individual assistance plan that takes into account the unique needs of the family and its members. If necessary, he adjusts the work plan.

Topic 2.4. The work of a psychologist in healthcare

1. Clinical neuropsychologist (at the clinic of nervous diseases).

Some areas of work of a clinical neuropsychologist:

Diagnosis of disorders. The specialist conducts tests to evaluate functions such as memory, attention, logical thinking and perception. This helps to identify which areas of the brain may be impaired and how this affects the patient's behavior and thinking.

Developing a treatment plan. Based on the results of a neuropsychological examination, a clinical psychologist develops individual rehabilitation programs to improve or compensate for impaired functions. In some cases, this may include cognitive rehabilitation, psychotherapy, and the use of special techniques.

Evaluation of effectiveness. Regular review of treatment results, adjustment of approaches.

Helping patients overcome psychological barriers.

Family counseling. Teaching loved ones how to help a patient in rehabilitation.

Clinical neuropsychologists practice primarily in medical institutions and rehabilitation centers.

2. A psychologist in a psychiatric clinic.

The work of a psychologist in a psychiatric clinic includes various aspects related to the diagnosis, correction, rehabilitation and counseling of patients with mental disorders.

Some of the tasks that a psychologist performs are:

Diagnosis. The specialist receives data on mental processes: memory, attention, thinking, perception, the nature and structure of mental changes in patients. Based on these data, a psychological conclusion is drawn up, which is used in making a diagnosis and tracking the dynamics of changes in mental processes during treatment.

Correction. The psychologist influences the patient using the chosen technique. When developing a psychocorrective intervention strategy, the types of mental disorders, clinical manifestations of the disease, and individual personality traits of patients are taken into account.

Rehabilitation. It is aimed at normalizing the physiological characteristics of the human psyche, as well as the social adaptation of the patient.

Prevention. It includes the elimination of risks and factors that can worsen the patient's psychoemotional state, as well as the formation of knowledge about a healthy psyche.

Consulting services. A psychologist can act as a consultant in psychiatric institutions and tell other specialists about psychological treatment methods.

Working with relatives. Psychologists conduct psychoeducational classes with both patients and family members of the sick person. Such activities contribute to the adaptation and socialization of people who find themselves in a difficult life situation and are forced to struggle with mental illness.

3. Pediatric neuropsychologist.

Some areas of work of a pediatric neuropsychologist:

Diagnostics. The specialist conducts tests and examinations to identify possible abnormalities in brain development. Definition of “strengths” and “weaknesses”. A neuropsychologist identifies which skills a child has developed well and which require improvement.

Drawing up a lesson plan. To do this, the neuropsychologist takes into account the age of the child, his current condition, the capabilities of the parents and other nuances.

Conducting educational classes. Special exercises, equipment, games, and tasks to improve brain function help with this.

Working with parents. A neuropsychologist explains how to help a child and support his development.

Psychological support. Helping a child overcome emotional difficulties related to developmental problems.

Cooperation with other specialists. If necessary, the neuropsychologist works together with a speech therapist, psychologist, neurologist.

4. Consultant psychologist in the psychological emergency service – “Helpline”.

A consultant psychologist at the Helpline Emergency Psychological Assistance service provides qualified psychological counseling, helps people get out of crisis situations, and mobilizes their personal, spiritual, and physical resources.

Some aspects of the job:

Listening to the client. The consultant should listen to the caller without interrupting, and focus on the content of his psychological problems.

Understanding the client's condition. The consultant should understand the client's condition by intonation, tone and timbre of voice, pauses and silence, as well as ambient sounds.

Involvement of the client in the process. The psychologist tries to get the caller to be sincere, while showing respect and interest.

Finding a solution to the problem. Together with the client, the consultant tries to find a solution to the situation or problem during the conversation.

Informing the client. The consultant issues certificates and information necessary for the client on the problem he is interested in.

Basic principles of the Helpline operation: anonymity of the subscriber and the consultant, confidentiality of the conversation and reliability.

The work takes place under conditions of high emotional and mental stress, the consultant works alone and takes responsibility for the process and the result of his work.

5. Clinical psychologist in forensic sexology.

A clinical psychologist in the field of forensic sexology works within the framework of a comprehensive forensic sexological, psychological and psychiatric examination. His task is to identify individual psychological characteristics that could influence the behavior of the subject in a legally significant situation.

Some tasks of a clinical psychologist in forensic sexology:

The study of personality characteristics in the sexual sphere. Gender-role identity, ideas about stereotypes of behavior, attitudes and values in relation to stereotypical behavior are analyzed.

The study of the motivational-affective sphere. The emotional and cognitive aspects of the perception of the object of sexual activity, the features of emotionally saturated attitudes are evaluated.

Assistance to lawyers and psychiatrists. The psychologist helps to expand and deepen the analysis of the personality of the subject, the motives of his behavior in a criminal situation, and the limits of sanity.

Diagnosis and differentiation of the background on which sexual disorders have arisen. It is revealed whether the disorder is organic, psychogenic or sociogenic.

In forensic sexology the following methods are used:

Psychodiagnostic techniques. They are aimed at studying the specifics of sexual and age-related self-awareness, individual characteristics of gender-role behavior, gender-role stereotypes.

Projective methods. They allow us to identify both conscious and unconscious motives, attitudes and attitudes of the subject. For example, thermographs, devices that measure muscle tone.

Laboratory methods. It is performed in case of suspected endocrine, genetic or neurological pathologies.

During the examination, several techniques are used, which allows us to obtain the most accurate picture of the psychosexual state of the subject.

Some examples of tasks that a clinical psychologist solves in forensic sexology:

Examination of accused persons in cases of sexual offenses. The psychologist clarifies the severity of disorders of sexual preference, assesses the degree of preservation of the potential ability to regulate behavior in situations of a sexual nature.

Examination of victims in cases of rape and sexual violence. The psychologist determines whether the victim is able to correctly understand the nature and significance of the actions performed with him, to resist the perpetrator.

Examination of juvenile defendants. The psychologist finds out whether the accused, taking into account his age and individual psychological characteristics, could have been fully aware of the actual nature and social danger of his actions.

6. Psychologist (psychotherapist, consultant) at the narcological dispensary.

The psychologist (psychotherapist, consultant) of the narcological dispensary participates in the organization of the rehabilitation process along with the administration of the medical institution, narcologists and other specialists.

Some tasks that a psychologist solves:

Psychodiagnostics. The specialist determines the personal portrait of the client, describes the cognitive sphere, and identifies the root causes of substance use.

Psychocorrection. A psychologist works with addictive behavior, helps the patient to form motivation for treatment and maintain sobriety.

Psychological education. The specialist conducts lectures and discussion groups for patients, taking into account the peculiarities of their cognitive and emotional sphere.

Individual consultation. The psychologist helps the patient to find the optimal solution to a significant task, expands the range of possible behavioral strategies.

Psychological trainings. The specialist conducts classes aimed at developing communication skills, conflict resolution strategies, and personal growth.

Working as a psychologist in a drug treatment clinic requires qualities such as professional competence, emotional balance, and flexibility in choosing behavioral strategies.

7. The psychoanalyst.

Some areas of the work of a psychoanalyst:

Diagnostics. Identification of the causes and features of the client's psychological problems through conversations and observations.

Therapy. Conducting psychoanalysis sessions, which include discussion of various topics related to the patient's life.

Analysis. Interpretation of free associations, dreams and other manifestations of the unconscious.

Support. Creating a safe and trusting atmosphere, helping the client overcome difficulties.

The main goal of a psychoanalyst's activity is to help a person achieve a deeper self-understanding, become aware of the unconscious processes that affect his life, and learn how to deal with internal conflicts more effectively.

8. Gestalt therapist.

A gestalt therapist is a specialist who provides psychological support and helps the client to realize the problem, take responsibility for his life, develop the processes of self-awareness and appropriation of his own experience.

Some areas of the work of a Gestalt therapist:

Creating a safe and supportive environment. In it, the client can explore their feelings, thoughts, and experiences. Helping clients become aware of their current experiences, not just past events. Using special exercises and techniques to help the client see opportunities for change.

The discovery of a gestalt is an incomplete situation that, although it took place in the past, prevents the patient from fully living and developing in the present. Returning to this situation and working it out (for example, expressing genuine feelings to parents) is called «gestalt closure» and marks the resolution of internal contradictions.

9. Psychologist – gaming therapist.

A gaming therapist is a specialist who uses gaming methods to provide psychological assistance to people in need of social support and recovery from traumatic events.

The main task is to organize the therapeutic process through the game, creating conditions in which the client can safely express his emotions, learn new social skills and improve his psycho-emotional state. The game therapist carefully selects game methods depending on the individual needs of the client. Role-playing games, puppet theater, sand games, board games, and other forms of play can be used for this purpose. She / he works with clients of all ages, both children and adults. For

children, play can be a means of expressing fears and aggression, developing communication skills, as well as a way to return to normal life after difficult experiences. For adult clients, gaming therapy helps to find emotional balance, restore lost interaction skills and learn how to cope with the consequences of psychological trauma. In addition to working with clients, the gaming therapist interacts with their families, involving parents and loved ones in the rehabilitation process. Family play therapy helps to establish family relationships, develop emotional support and create an atmosphere of acceptance and caring.

10. Psychologist-perinatologist.

The key task is the psychological support of a woman at all stages of motherhood. This includes helping to overcome fears and anxieties related to pregnancy and childbirth, working with the emotional state of the expectant mother, and preparing for parenthood.

Some other tasks:

Working with the family system. The specialist helps couples adapt to the new role of parents, teaches them how to build harmonious family relationships, and provides support in conflict resolution.

Prevention of postpartum depression and other psychoemotional disorders. A psychologist diagnoses the emotional state, helps to recognize the first signs of disorders and provides timely support.

Organizing and conducting childbirth preparation courses. The specialist develops lesson programs, selects methodological materials, and conducts practical exercises.

Interaction with medical staff. The psychologist cooperates with obstetricians and gynecologists, neonatologists and other specialists to ensure an integrated approach to pregnancy and childbirth management.

To work as a perinatal psychologist, you must have a university degree in psychology or related sciences.

Topic 2.5. The work of a psychologist in industrial organizations

1. The ergonomist.

An ergonomist optimizes work processes in order to improve working conditions and increase productivity based on a scientific approach to the organization of the workplace.

Some basic functions of an ergonomist:

- analyzing workplaces to identify potential risks associated with fatigue, discomfort, or injury;
- designing and adapting workplaces to meet the physiological and psychological characteristics of employees;
- evaluation and selection of equipment and tools, taking into account their ergonomics;
- developing recommendations on the proper organization of the workspace, the choice of furniture and lighting;
- conducting training and consultations for employees and management on the principles of ergonomics and methods of preventing occupational diseases;
- research and analysis of user behavior when working with software products or interfaces to improve their convenience and intuitiveness;
- collaborating with designers and engineers in the development of new products or systems to ensure their ergonomics;
- monitoring and analyzing data on employee injuries or complaints related to working conditions, and suggesting measures to eliminate them;
- participation in the development and implementation of standards and regulations in the field of ergonomics in enterprises or industries.

2. Military psychologist.

A military psychologist is a specialist who provides psychological support to soldiers, officers, and civilians associated with the army, both in peacetime and during hostilities.

Some tasks of a military psychologist:

Psychological diagnostics. Identification of factors that may affect the soldier's ability to work and mental health.

Psychological support. Providing support in conditions of stress, assistance after experiencing trauma (for example, post-traumatic stress disorder).

Counseling and psychotherapy. Work with military personnel, their family members, and command staff on emotional health issues.

Psychological training. Training of soldiers and officers in methods of dealing with psychological stress in extreme conditions.

A military psychologist independently plans his activities and makes decisions, but coordinates all actions with higher management.

3. Psychologist in civil aviation.

The work of a psychologist in civil aviation is associated with solving problems related to the psychological support of the professional activities of aviation specialists.

Main tasks:

- professional psychological selection of candidates for educational institutions of civil aviation;

- psychological examination of flight personnel and air traffic controllers, including assessment of the compliance of psychological qualities with the requirements of medical standards;

- psychological training of aviation personnel in the basics of aviation psychology;

- psychological analysis of the causes of aviation accidents and incidents;

- psychological support of staff activities, maintaining mental health and professional success.

In his work, a psychologist in civil aviation uses working methods:

Observation is the study of human behavior in various conditions.

Testing is the use of test tasks to identify mental properties.

Conversation is the clarification of a limited range of issues in a friendly atmosphere.

Product analysis is the study of any type of work activity that provides information about the psychology of the performer (recording conversations, the position of switches during an emergency situation).

A psychologist working in civil aviation must have knowledge in the field of aviation psychology, as well as skills in working with people. It is important that the specialist is focused on the specifics of work in aviation, taking into account the specifics of the professional activities of aviation specialists.

4. A psychologist who works with the bank's staff.

A psychologist working with the bank's staff deals with the psychological problems of employees within the organization. The main responsibility of such a specialist is to take care of the emotional well-being and effectiveness of the workforce.

Some areas of work:

Hiring new employees. Before applying for any position, a person undergoes an interview with a psychologist and psychological testing.

Formation of a reserve of personnel. The reserve includes employees who have expressed inclinations for managerial activities.

Staff training. The purpose of the training is to teach employees how to work with clients so that after communicating with an employee, they want to come back to the bank and use its services.

Advising employees. A psychologist advises employees on personal, professional, and family issues; drawing up descriptions of work posts and types of work in the organization; improving business interaction and communication. Improvement of staff workplaces.

To fulfill their duties, a psychologist needs qualities such as the ability to communicate, the ability to adapt to changing situations, emotional stability, resistance to physical and moral stress, and others.

5. The psychologist of the railway depot.

The psychologist of the railway depot helps the management in the organization and implementation of measures aimed at improving traffic safety and creating a healthy psychological climate in the team.

Some duties of a psychologist:

Conducting professional psychophysiological selection of candidates for the positions of machinists and their assistants, as well as periodic examination of already working employees.

Examination of locomotive crew members for their psychological compatibility.

Analysis of a person's psychological state before and during work.

Development of recommendations on the organization of optimal work processes, the establishment of rational work and rest regimes, working conditions, and improvement of working capacity.

Participation in the formation of locomotive and production teams, taking into account the psychological compatibility of its members.

Development of proposals to ensure the stability of depot personnel, improve the moral and psychological climate in the team.

Organizing the work of the psychological relief room, facilitating the withdrawal of locomotive crew workers from possible post-stress conditions.

To work as a depot psychologist, you must have a higher psychological education with a specialization in labor psychology, organizational psychology, and social psychology.

6. HR consultant.

Some duties of a HR consultant:

Development of the HR policy of the organization. The consultant creates schemes of subordination and interaction of departments within the enterprise, develops systems of assessment and motivation of employees.

Formation of the organizational structure of the company.

Drafting of personnel policy, job descriptions and internal regulations.

Monitoring of the labor market and salary levels.

Formation and development of corporate culture.

Preparation of proposals for optimizing and improving the working conditions of employees.

Organization and coordination of employee training. Increase staff loyalty.

Depending on the size of the company, a HR specialist can either focus on one task, for example, to conduct HR records management, or cover the entire range of work with the team.

7. Psychodiagnostics in personnel management.

Psychodiagnostics in personnel management is a set of methods aimed at assessing the psychological state and professional qualities of employees.

Objectives of the work: career guidance and professional selection, personnel placement, control of mental development of personality, optimization of training, forecasting employee behavior.

Objects of research: norms and values of the group, stress tolerance and stress level of employees, willingness to innovate, management methods in the organization, leadership, competition, role allocation, etc.

Opportunities: identification of qualities necessary for effective work in a certain position, the potential for career growth of an employee, identification of employees' abilities to adapt to new working conditions, etc.

Results: creation of a psychological portrait of a candidate or an active employee, analysis of the compliance of his professional values with the norms adopted in a particular company or in the context of his position.

Some methods of psychodiagnostics are: MMPI (multidimensional personality questionnaire), Rorschach test (projective method), Lusher test (color test), DISC (a tool that identifies behavioral styles, communication features), MBTI (personality typology) and others.

The use of psychodiagnostics increases the accuracy of personnel management and reduces subjectivity in decision-making.

8. Training Manager.

The main task is to build and ensure a regular process of education and professional development of the company's employees.

Some responsibilities:

Developing a learning strategy. Creating a training concept according to the goals and objectives of the company, taking into account its specifics and the needs of employees.

Assessment of training needs. Competence analysis and assessment of knowledge, skills and abilities of employees, identification of areas requiring development.

Development and implementation of training programs. Seminars, webinars, trainings, courses, master classes, lectures, etc.

Motivation of employees to learn. Creating motivational programs, informing, advertising and promotion, collecting feedback from employees.

Assessment of the effectiveness of training. Development of questionnaires, assessment of acquired knowledge, skills, and abilities.

Maintaining training documentation. Creation of a database on training programs, participants, learning outcomes, and preparation of reports.

Monitoring trends in the field of education. Tracking new developments in the field of education, participation in professional events (forums, conferences, exhibitions, etc.).

Career development assistance. The training manager helps employees develop their professional skills, set goals and plan their career development, and provides support and motivation.

9. Consulting psychologist (psychology of management).

A consultant psychologist in the field of management psychology (organizational psychologist) is a specialist who helps solve problems related to people's behavior in work and organizational contexts, improves the efficiency and well-being of employees. His work is based on knowledge in the fields of motivation, leadership, group dynamics, and organizational culture.

Main tasks:

Analysis and evaluation of work processes. A psychologist identifies problems and suggests improvements using surveys, interviews, and observations.

Development and implementation of trainings. The specialist creates training and development programs for employees, for example, on leadership, time management, stress management.

Assessment and recruitment of personnel. A psychologist helps develop selection criteria and conducts interviews, uses psychological tests and situational tasks to identify suitable candidates.

Consulting and coaching. The specialist provides support to employees and managers, helps them cope with professional and personal problems.

Change management. The psychologist develops strategies and programs for the successful implementation of innovations, such as mergers and acquisitions, the introduction of new technologies or changes in the organizational structure.

In the work, a consultant psychologist can use the following methods:

Psychological diagnostics. It allows you to assess the current state of the team and identify possible problems that negatively affect employee productivity.

Individual and group consultations. They help to solve personal or team problems and conflict situations.

Psychological tests and group exercises. They help to identify hidden barriers, employee motivation, and the causes of decreased productivity.

10. Organizational psychologist (management consultant, organizational consultant).

Some areas of the work of an organizational psychologist:

Analysis and evaluation of work processes. A psychologist conducts research to identify problems and suggest improvements. To do this, he uses surveys, interviews, and observations.

Development and implementation of trainings. A psychologist develops training and development programs for employees to enhance their skills and competencies. He also evaluates the effectiveness of these programs and makes the necessary adjustments.

Assessment and recruitment of personnel. A psychologist participates in the recruitment process, helping to develop selection criteria and conduct interviews. He uses various assessment methods such as psychological tests and situational tasks to identify the most suitable candidates.

Consulting and coaching. A psychologist provides support to employees and supervisors, helping them cope with professional and personal problems. Counseling may include assistance in stress management, conflict resolution, and career development.

Change management. A psychologist helps organizations adapt to changes by developing strategies and programs for the successful implementation of innovations.

Organizational psychologists help organizations optimize human resources and achieve commercial goals, while maintaining employee satisfaction.

11. Political scientist-psychologist (political psychology).

A political psychologist is a specialist who studies the relationship between political processes and psychological phenomena. He analyzes the influence of psychological factors on political decisions, public opinion formation processes, political activism and voter behavior.

Some basic functions of a political psychologist:

Analysis of voter behavior. A psychologist studies the beliefs, preferences, and motives of voters to understand what factors influence people's political decisions.

Strategic consulting. A political psychologist advises political parties, candidates, and campaigns on communication strategies, image formation, and influencing voters.

Analysis of political leadership. The psychologist studies the personal characteristics of political leaders, their management styles and ways of influencing the masses.

Public opinion research. A psychologist conducts research on public opinion in order to identify trends, moods and preferences of the population in relation to various political issues.

Psychological analysis of political conflicts. A psychologist studies the psychological aspects of political conflicts, their causes and consequences, as well as ways to resolve them.

Development of psychological impact strategies. Based on the analysis of psychological factors, a political psychologist can develop strategies to influence public opinion, mobilize voters, or form certain political sentiments.

The study of political culture. A political psychologist studies the cultural characteristics and value orientations of society that shape political activism and citizen participation in political life.

A political psychologist can work as a researcher, consultant, teacher, or analyst in the academic field, government agencies, political organizations, as well as in marketing and public relations.

12. Psychologist in law enforcement agencies.

A psychologist in law enforcement agencies is a qualified specialist who has knowledge not only in the humanitarian field, but also in the specifics of law enforcement activities.

Some areas of work of a psychologist in the police:

Employee support. A psychologist helps to cope with stress and the consequences of traumatic events, identify signs of professional burnout in time, stabilize the emotional state after severe operations or conflicts, adapt to a new position or service conditions, and maintain psychological stability in crisis situations.

Psychodiagnostics and personnel selection. Every candidate for police service undergoes a mandatory psychological examination. This is necessary to assess stress tolerance, aggression and self-control, communication skills, risk-taking, and emotional instability.

Participation in investigative and operational activities. A psychologist may be involved in the work of an investigator or task force. The psychologist's functions include participation in the psychological analysis of the behavior of suspects and witnesses, assistance in conducting interrogations of minors or people in a stressful state, drawing up a psychological portrait of the personality of the suspect or criminal, consultations during negotiations with criminals, including hostage-taking.

Work with victims and the public. A police psychologist also interacts with civilians who find themselves in difficult or traumatic situations. In particular, he provides psychological assistance to victims of crime, works with children and adolescents at risk, participates in crime prevention, helps resolve family and domestic conflicts, and helps restore people's emotional state after emergencies or tragedies.

Thus, a psychologist in the police is an invisible but vital element of the law enforcement system, which ensures the mental balance of employees, helps them make informed decisions, participates in complex operations and protects not only the law, but also the human psyche.

13. Psychologist at the traffic police.

The work of a psychologist in the traffic police includes several areas:

Psychological support of work with traffic police officers. Some tasks:

- professional orientation and psychological selection of personnel;
- providing psychological assistance in the placement and professional adaptation of young traffic police officers;
- improving the psychological competence and personality development of employees;
- diagnosis of the moral and psychological climate in the team and prevention of destructive phenomena;
- psychological support for working with the reserve of personnel for the nomination and participation in the certification of employees;

- management consulting;
- psychological counseling of traffic police officers and their family members.

Some tasks of psychological support:

- to study the socio-psychological phenomena in the region that affect the state of law and order in the region;
- psychological counseling of traffic police officers in solving current operational and official tasks;
- conducting a forensic psychological examination;
- psychological support for service in extreme conditions;
- implementation of individual preventive work, etc.

Some forms of work of a psychologist in the traffic police:

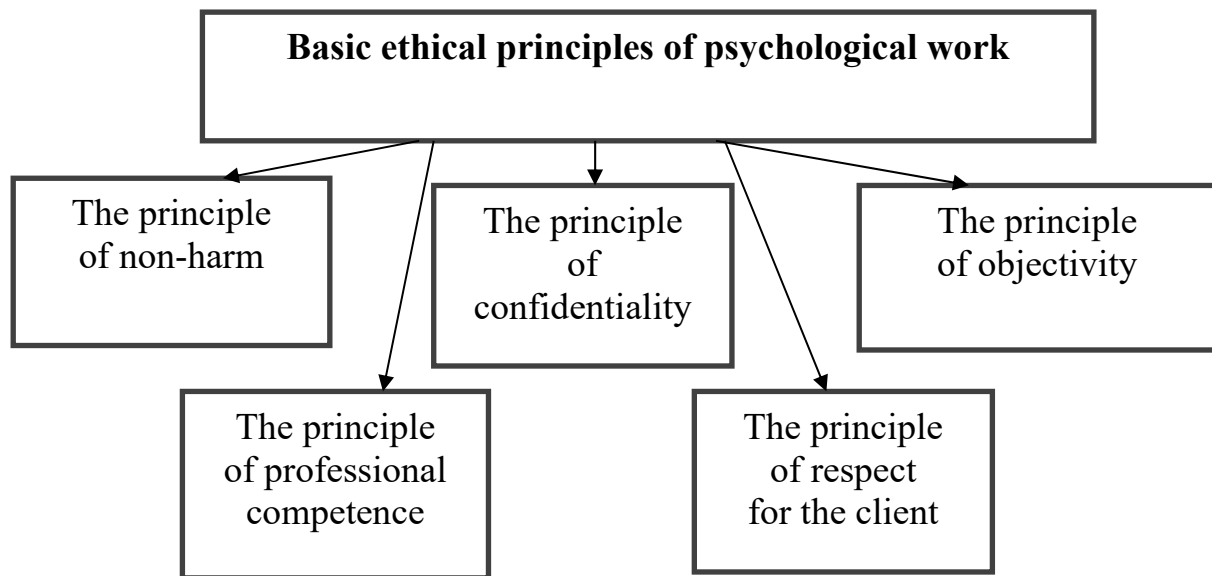
Psychological diagnostics. The study of individual personality traits and socio-psychological phenomena in groups.

Psychological prevention. Work to prevent negative phenomena among the personnel, identify the risk group and carry out psychocorrective work with it.

Psychological correction. Psychological influence on the personality in order to eliminate negative tendencies in its development.

Moral and psychological and professional psychological training. Conducting socio-psychological trainings, a set of educational and educational games aimed at adapting newly hired employees to their professional activities.

Topic 2.6. Professional ethics of a psychologist



The professional ethics of a psychologist is the realization by a psychologist of specific moral requirements, norms of behavior both in relationships with colleagues, the scientific community, and with subjects and clients seeking psychological help.

The principle of non-harm: the process and result of the psychologist's activity should not harm the health, condition, social status, interests of a person; the psychologist is responsible for the results and consequences of their integration in the life of the client.

The principle of professional competence: the psychologist must understand the limits of his competence, he can solve only those problems on which he is professionally knowledgeable, knows practical methods of work, has the appropriate rights and powers to use required influences.

The principle of objectivity: the prevention of a nonobjective attitude towards the client and the realization of psychological actions (choice of working methods, processing and interpretation of results, making the conclusions) that contradict scientific facts.

The principle of respect for the client: showing honesty in communicating with the client, forming and maintaining a client's sense of empathy, trust and satisfaction, building equal relationships, avoiding negative statements and direct advice to the client.

The principle of confidentiality: non-disclosure of information received by a psychologist in the process of working with a client, in order not to compromise the client, the psychologist and psychological science in general.

Ethics and responsibilities for psychologists

As a psychologist, it is essential to have a strong understanding of ethical issues and responsibilities within the field. This includes knowledge of ethical standards, confidentiality, and limitations and boundaries.

A. Overview of ethical issues in the field

Ethical issues in psychology can arise in various contexts, including research, therapy, and the use of assessments or interventions. Many of these issues revolve around the principles of respect for autonomy, beneficence, non-maleficence, and justice. For example, psychologists must ensure informed consent from their clients, protect their privacy, and avoid causing harm. They must also be aware of issues of discrimination and cultural sensitivity.

B. Ethical standards

Ethical standards are necessary to guide professional conduct in the field of psychology. The American Psychological Association (APA) has established a set of ethical principles that include standards for competence, confidentiality, and informed consent. Psychologists must adhere to these standards while providing client care or conducting research.

C. Confidentiality and its importance

Confidentiality is a cornerstone of psychology practice. Psychologists must protect their clients' identities, personal information, and records unless it is required by law or necessary to prevent harm. Confidentiality is essential to building trust and fostering an open and honest therapeutic relationship between the client and therapist.

D. Limitations and boundaries

Psychologists must maintain professional boundaries and avoid relationships outside the scope of the professional relationship. This includes boundaries related to dual relationships, sexual relationships, and personal relationships. Additionally, psychologists must be aware of their own biases and limitations, which may affect their ability to provide unbiased and effective care.

Psychologists must understand and adhere to ethical standards, protect confidentiality, and maintain appropriate boundaries with their clients to provide effective and ethical care. Understanding these principles is essential to providing quality care to clients and building trust and respect within the profession.

SECTION 3. PROFESSIONAL AND PERSONAL FORMATION AND DEVELOPMENT OF A PSYCHOLOGIST

Topic 3.1. The specifics of educational and professional training of psychologists at the University

Bachelor's and Master's degree in psychology

Criteria	Stage of study	
	Bachelor's degree program	Master's degree program
Type of educational institution	Higher education institution (university)	
The applicant's previous level of education	Secondary (full) general education	Higher professional education of a certain level
Training time	4 years (full-time education)	2 years (full-time education)
Educational program	<ul style="list-style-type: none"> – cycle of General Humanitarian and Socio-economic disciplines; – cycle of general mathematical and natural science disciplines; – cycle of general professional disciplines; – cycle of optional disciplines; – cycle of special disciplines; – practices (educational and familiarity; pedagogical; production; research) 	<ul style="list-style-type: none"> – cycle of disciplines of specialized training; – cycle of special disciplines (Master's Degree program); – scientific (scientific-research and (or) scientific-pedagogical) work of the Master's degree; – practices (scientific research and scientific practice; scientific and pedagogical)
Final state certification	Defense of final qualification work (Bachelor's thesis) and state examination	Defense of final qualification work (master's thesis) and state examinations
Degree (qualification) of the graduate	Bachelor of Psychology Degree	Master's degree in psychology
Opportunities (types) of professional activity	<ol style="list-style-type: none"> 1. Diagnostic and correction. 2. Expert and advisory. 3. Scientific research. 4. Educational and educational 	He is prepared for activities that require fundamental and professional training, including research work, as well as pedagogical activities (subject to mastering the appropriate educational and professional program of the pedagogical profile)

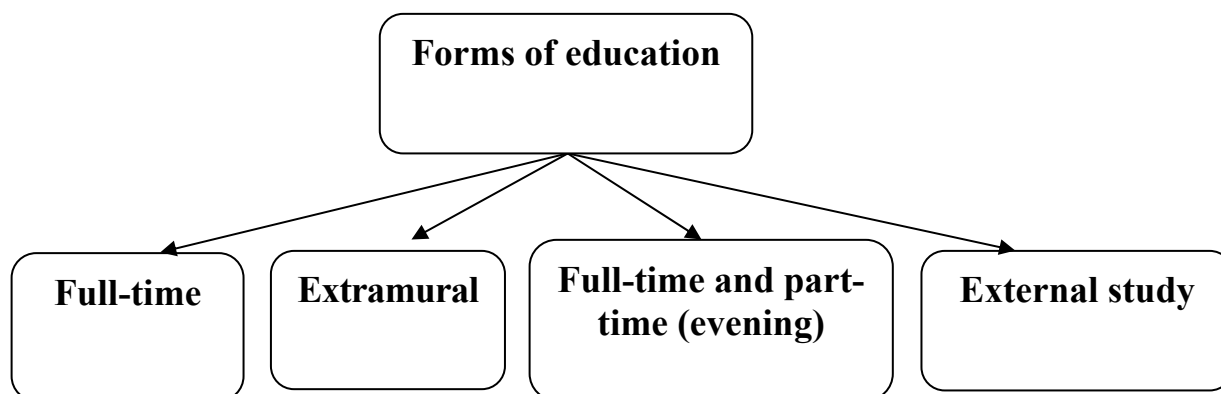
Criteria	Stage of study	
	Bachelor's degree program	Master's degree program
Continuing education opportunities	Master's degree in the field "Psychology". Mastering in a short time the basic educational programs in the specialty: "Psychology", "Clinical psychology"	Postgraduate studies

Postgraduate education of professional psychologists in Russia

Criteria	Stage of study	
	Postgraduate study	Doctoral studies
Type of educational institution	University	
Training time	3 years (full-time), 4 years (in absentia)	3 years (full-time)
Educational program	Subjects studied: philosophy, foreign language, higher school pedagogy and psychology, specialty psychology courses	—
Final state certification	Passing candidate's exams in psychology, philosophy, and a foreign language. Defense of the candidate's dissertation	Defense of the doctoral thesis
Degree (qualification) of the graduate	Bachelor of Psychology Degree	Master's degree in psychology
Opportunities (types) of professional activity	1. Diagnostic and correction. 2. Expert and advisory. 3. Scientific research. 4. Educational and educational	He is prepared for activities that require fundamental and professional training, including research work, as well as pedagogical activities (subject to mastering the appropriate educational and professional program of the pedagogical profile)
Attestation Commission	Dissertation Council, Higher Attestation Commission of the Russian Federation	
Attestation Commission	Dissertation Council, Higher Attestation Commission of the Russian Federation	
Academic degree awarded	Candidate of Psychological Sciences in the relevant specialty (general psychology, personality psychology, pedagogical psychology, etc.)	Doctor of Psychological Sciences in the relevant specialty (general psychology, personality psychology, pedagogical psychology, etc.)

Topic 3.2. The content of educational and professional training of psychologists

The main forms of education and the structure of the academic year



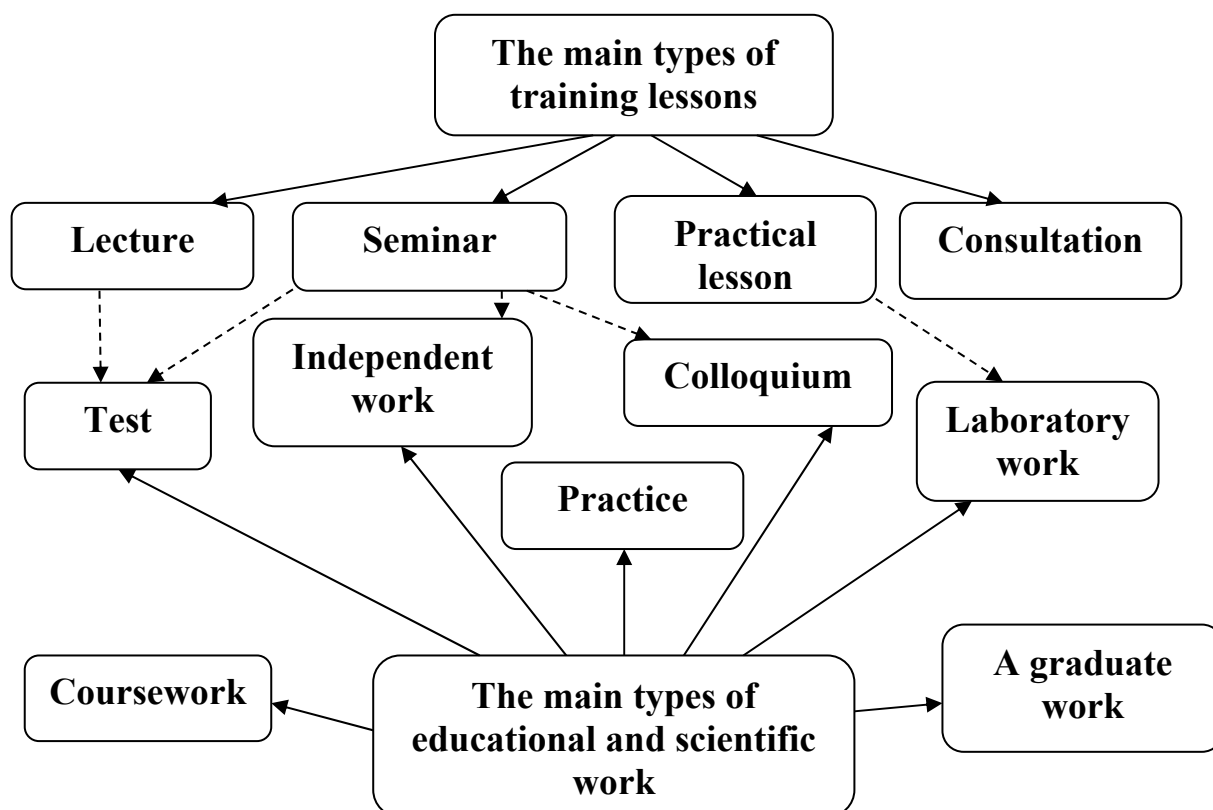
Full-time education is a form education with a focus on classroom activities in direct contact between students and teachers and each other. The training period is 4 years.

Extramural education is a form of education, the main features of which are the reduction of the volume of lecture material, reliance on current and final control, the dominance of independent work and the absence of frequent direct contacts between students and teachers. The training period is 5 years.

Full-time and part-time (evening) education is a form of education that involves the acquisition of higher professional education in the relevant field or specialty by persons with secondary vocational education in the relevant field, incomplete higher professional education or higher professional education of various levels. The duration of the training is at least 4 years.

External study is a form of study that involves students studying disciplines independently according to the basic educational program of higher professional education in the relevant specialties (areas) with the presence of current and final attestation. The term of study is up to 6 years.

Types of classes and jobs established at the university



A lecture is a theoretical lesson in which the lecturer highlights the main problems and aspects of a particular disciplinary course; the main type of study at the university, designed to convey a large amount of systematized information in a ready-made form using various means as an indicative basis for students' independent work.

A seminar is a type of lesson involving a dialogue between a student and a teacher, aimed at assimilating and consolidating lecture material, as well as detailing it, expansion and deepening through independent student training.

A practical lesson is a type of lesson aimed at developing and consolidating professional skills under the guidance of a teacher.

Consultation is a type of work involving interaction between a teacher and a student, aimed at discussing problematic situations that arise in the course of a student's educational and research activities.

A test is a type of work used in the course of educational activities in order to verify and control students' assimilation of theoretical knowledge.

Independent work is a type of work that involves the organization of conditions that ensure the management of students' learning activities that

take place in the absence of a teacher and without his direct participation and assistance. Examples of independent work can be taking notes on literary sources, preparing abstracts, reports, etc.

A colloquium is a type of work involving a survey (written or oral) on a given material as a whole or its individual sections (topics).

Laboratory work is a type of collaborative group work in which there is integration of theoretical and methodological knowledge with practical skills of students in conditions of varying degrees of proximity to real professional activity.

Practice is a special type of student's work, which assumes the maximum degree of proximity to future professional activity through the application of acquired theoretical knowledge, acquired skills and abilities in specific work positions. The purpose of the practice is the formation of a professional position, the development of personal and professional qualities, and the creative potential of a future specialist. The main objectives of the practice:

- familiarization with the specifics of professional activity in institutions of various types and mastering professional work ethics;
- consolidation of theoretical knowledge gained in the study of disciplines of a certain profile;
- acquisition of skills and development of skills of activity, their practical application;
- training in solving practical problems and specific problems.

The purpose and objectives of the practice are specified for each type of practice: observational, educational, production, pedagogical and research.

Coursework is a mandatory type of research work for students, contributing to the deep assimilation of theoretical knowledge and the acquisition of skills to solve practical problems. The main objectives of the course work:

- systematization, consolidation and expansion of theoretical and practical knowledge;
- application of acquired knowledge in solving specific professional tasks;
- development of independent work skills, mastering methods of obtaining and processing information, methods and general principles of work;
- formation of the ability to present research materials logically and competently.

A graduate work is a final qualifying research paper. The main objectives of the graduate work:

– systematization and deepening of theoretical and practical knowledge in the chosen specialty, their application in solving specific practical tasks;

– consolidation of independent work skills;

– mastering the methodology of research, generalization and logical presentation of the material.

In the graduate work, the student must show:

– solid theoretical knowledge of the chosen topic and a problem-based presentation of the theory of the material;

– the ability to study and summarize literary sources, solve practical problems, draw conclusions, and make recommendations;

– skills in conducting, processing, analyzing, and interpreting empirical material.

Thus, the purpose of coursework and graduate work is to develop future specialist skills in organizing scientific activities, such as:

– navigate the vast world of scientific information;

– systematization of the collected theoretical material;

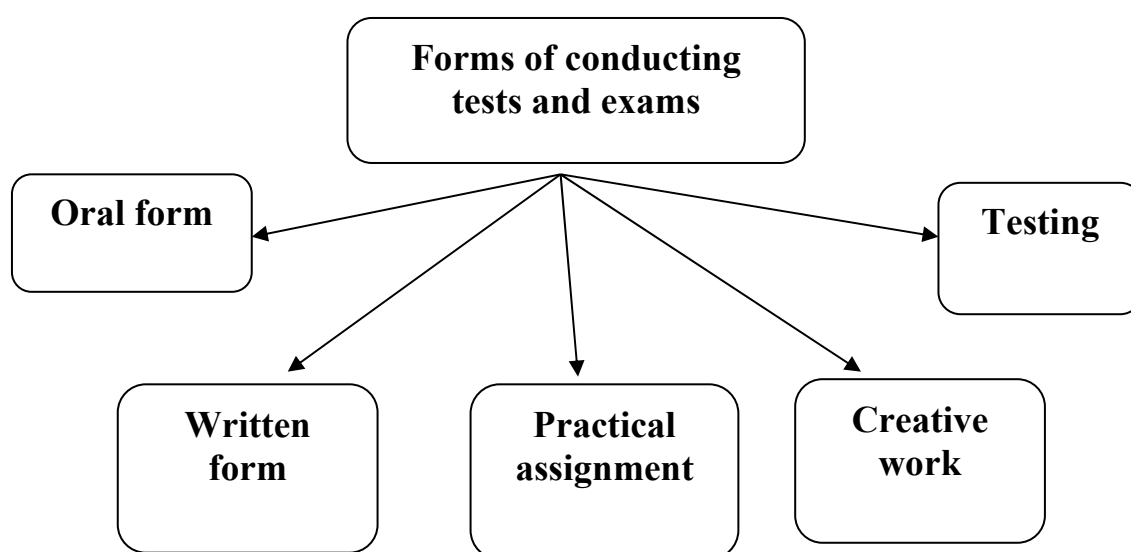
– organization and conduct of empirical research in accordance with the purpose and objectives;

– analysis of the data obtained, their processing using mathematical statistics methods, adequate interpretation of the research results;

– building logical conclusions;

– development of practical recommendations based on the results obtained.

Types and forms of university certification



The current attestation is a form of control carried out at the end of each semester in the form of taking credits and conducting an examination session that completes the calendar period of the academic semester.

A credit is a form of checking that students have completed laboratory and term papers, completed training and production practices, and mastered the educational material of lectures, seminars, and practical classes. The results of the students' assessment are determined by the grades "credited" and "not credited".

An exam is a form of verification and control used in educational activities during current or final certification, the purpose of which is to assess the strength of the student's theoretical knowledge, the development of creative thinking, the formation of independent work skills, and the ability to apply the knowledge gained to solving practical problems. The results of the students' assessment are determined by the grades "excellent", "good", "satisfactory", "unsatisfactory".

Final attestation is a form of final control carried out in the last year of study in the form of a state exam and the defense of a final qualifying work. The purpose is to establish the level of preparation of a university graduate to fulfill professional tasks and the compliance of his training with the requirements of the state educational standard of higher professional education.

The state exam is a test of the student's specific functional capabilities, his ability to make independent judgments based on existing knowledge; the graduate's confirmation of knowledge in the field of general professional basic and special disciplines sufficient for working in a professional team and professional development to fulfill their duties, as well as for subsequent postgraduate studies.

The final qualification work is a completed scientific development, including the results of empirical or theoretical research, showing the level of professional erudition of the graduate, his methodological and methodical preparedness, possession of skills and abilities of professional activity.

Topic 3.3. The main stages of professionalization of personality

Professional competence is the most important quality of a psychologist's work. It includes professional knowledge, skills and abilities.

There are **four types of professional competence** (classification by A. K. Markova):

1. **Special.** Defines the possession of professional activity at a sufficiently high level.

2. **Social.** It includes mastery of professional communication techniques, joint professional activities, and cooperation.

3. **Personal.** It is characterized by methods of personal self-expression and self-development, means of resisting professional personality deformations.

4. **Individual.** It determines readiness for professional growth, mastery of personality development techniques within the profession, and the ability to rationally organize one's work.

The psychologist's professionalism is manifested in the creative nature of his work, in the active search for innovative approaches and innovative technologies, personal initiative and professional communication skills.

Some criteria of a psychologist's professionalism:

- having a life and professional position;
- understanding the priority areas of development;
- the ability to independently formulate goals, objectives, and choose forms of work;
- to predict the result;
- maintain documentation;
- to draw up documents professionally and competently;
- to work with the socio-pedagogical situation, to contribute to the optimization of socio-psychological conditions;
- to organize interaction with participants of the educational process and other institutions;
- to participate in psychological seminars, scientific and practical conferences.

According to the order of the Ministry of Labor of Russia dated 09/14/2022 № 537n, some qualification requirements for a psychologist:

Education: higher education (specialty, Master's degree) or higher education (Bachelor's degree) and additional professional education under the program of professional retraining in the field of psychological counseling.

Practical work experience: at least three years in the field of psychological counseling or at least two years in senior positions.

Additional requirements: additional professional education in advanced training programs is recommended at least once every three years, participation in group and (or) individual supervision practice at least once every three months, and conducting practical consulting activities under the supervision of a supervisor during the first three years of work.

Required knowledge. The Constitution of the Russian Federation, civil, family, labor, administrative law, regulatory documents regulating professional activities in the field of psychological counseling, requirements for the protection of personal data during information processing, and others.

The list of necessary skills also includes, for example, identifying the needs and requests of citizens, selecting and applying a set of diagnostic techniques, developing programs and schedules for psychological counseling, and others.

N. S. Pryazhnikov and E. Y. Pryazhnikova conditionally distinguish the **following stages** of professional development of psychologists:

Rapturously romantic. It manifests itself during the first acquaintance with psychology, creates an emotional «atmosphere».

The self-affirmation stage. There is a desire to “learn something like that” or master some “exotic technique”.

The first disappointments and the search for new personal meanings in learning and work. For example, if the technique didn't work.

The beginning of an independent solution to some psychological problems using already known technologies and methods. At this stage, negative experiences accumulate, and the first attempts to work differently appear.

The first serious attempts to work in a new way. They often end up being “disappointed in themselves” and striving to bring their ideas to perfection.

An appeal to the theoretical and methodological foundations of psychology. There is a renewed interest in the fundamentals of psychology theory and methodology.

Improvisation and creativity based on an updated theoretical and methodological framework. The methods and methods of the psychologist's work are being updated.

The authors note that not all psychologists go through a full development cycle, many “get stuck” at some stages. For example, a psychologist may “get stuck” at an enthusiastic romantic stage, asserting faith in the power of psychological science and practice.

It is important to emphasize that professional development has no normative criteria, unlike professional qualifications. A psychologist is a special profession that requires constant development and personal growth, deep theoretical training, practical experience and creative search.

APPROXIMATE QUESTIONS FOR THE EXAM

1. The origin and meaning of the term “psychology”.
2. Types of psychological knowledge. Scientific and everyday psychological knowledge. Features of scientific psychological knowledge.
3. The place of psychology in the system of other sciences.
4. Principles and methods of psychology.
5. Scientific schools and trends in psychology.
6. The main modern theories in psychology.
7. The background of the psychological profession.
8. Branches of applied psychology.
9. The image of a psychologist in a professional (psychological) environment.
10. The image of a psychologist in the mass consciousness.
11. Parapsychology.
12. Scientific research as a type of activity of psychologists.
13. Practical psychological work as a type of activity of psychologists.
14. The main tasks of practical psychologists. The main stages of the work of a practical psychologist.
15. The main qualities of professional activity of a qualified psychologist.
16. Teaching psychological knowledge as a type of activity of psychologists.
17. Features of “professional burnout” in the work of a practical psychologist and their undesirable consequences.
18. Types of educational institutions in Russia where psychology is taught as a professional activity.
19. The rights and duties of practical psychologists.
20. Fields and types of professional psychologist’s activity: psychologist in school, psychologist in professional sports teams, psychologist in law enforcement agencies, psychologist in medical institutions, psychologist in enterprises, psychologist in administrative bodies, psychologist in banking, psychologist in family counseling, psychology in law, psychology in politics, psychologist-teacher of psychology and others.
21. Principles of the psychological service.

22. Professional ethics of a psychologist. The main levels of consideration of ethical problems in psychology. The legal level of consideration of ethical problems in psychology. The moral level of consideration of ethical problems in psychology.

23. Ethical principles. The Code of Ethics. Ethical principles of professional activity of a psychologist. Ethical standards adopted by the American Psychological Association. Ethical problems in the research activity of a psychologist.

24. Professional communities of psychologists and the forms of their professional communication.

25. Professional space. The possibilities of realization professional relationships between psychologists.

26. Psychological journals. The main periodicals and informational publications in the field of psychology.

27. Psychological institutions.

28. Motivation for choosing the profession of a psychologist.

29. Qualification requirements.

30. Professional competence and its types: special, social, individual. Professionalism.

31. The problem of periodization of professional development: the stage of pre-professionalism, the stage of professional development, the stage of professionalism.

32. Professional adaptation. Professional self-determination.

33. Crises related to the process of professional development of a specialist.

34. Personal qualities of a psychologist.

35. Professional position of a specialist.

36. Methods and means of training for the purpose of tasks of formation and development of necessary professional qualities.

37. Training of professional psychologists abroad.

38. Training of professional psychologists in Russia.

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На английском языке

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