

Modern Psychotherapeutic Approaches

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ABSTRACT

Any science has its direction and goals. Psychology is no exception. The term "psyche" is a Greek word that means "soul", "spirit". So, psychology is a science that studies the human psyche, and there are many branches of this science. At least 450 types of psychotherapy are known, and more than half of them are used in working with children and adolescents.

Psychotherapy means treatment of the heart and soul. Medicine appeared and psychotherapy was used. Psychotherapy methods were widely used in the East and were one of the most widely used methods for treating patients. Great scholars such as Abu Ali Ibn Sina, Abu Bakr al-Razi, Ismail Jurjani, Al Karvaki Khazoraspi used psychotherapeutic methods in their treatment methods. Patients who were bedridden with mental illnesses were cured by their visits and the words they used and left on their feet. The word is a great power. The main goal of psychotherapy is to be able to find and use words. Being able to use words to treat patients is also an art. Speech is the greatest gift given to man, and it should be used with great knowledge in the treatment of patients. A little carelessness can have negative consequences. The process of psychotherapy is the main object of the psychology of the patient and the doctor. While conducting psychotherapy, it is necessary to pay attention to the patient's mental state, temperament, reasons that caused the disease, and the general condition of the body.

It is necessary for the doctor to find out the causes of the disease without hurting the patient's heart with great knowledge. The patient should be able to tell the doctor all the secrets related to the disease. The method of psychotherapy should be individual, developed individually for each patient. A complete study of the patient's personality is the key to success in psychotherapy. A positive influence on the patient's spirit begins in the process of diagnosis. Successful treatment increases the reputation of the doctor. The psychotherapeutic procedures of the famous doctor are successful. Another advantage of psychotherapy is its trust and commitment. Psychotherapeutic procedures can be continued for a long or short time, depending on the severity of the patient, taking a deep history of the disease. Protracted, monotonous treatments, or statements such as "you will have to be treated for a long time" can detract from positive results. Here we quote the words of Z. Freud, which are still the cause of debates and discussions: "Regardless of the outcome, the treatment process must be completed at the

predetermined time." Therefore, the duration of treatment should be determined in advance and the patient should know about it.

In the treatment of the patient, it is necessary to use methods of hypnosis, projection, explanation and persuasion. Because there are cases when the patient believes in the power of the doctor, but does not believe that he will get well, he thinks that his illness is incurable and serious. This is especially true for neuroses. Due to the pain, the patient is tired of his work, children, wife and relatives, and the continuous treatment methods. At such times, in the words of neurophysiologists, inert excitation occurs in the cortex of the large hemispheres of the brain. Only by "smashing" this hearth can relieve the patient from the symptoms of the disease. Psychotherapy is also carried out by gathering several patients. V.M. Bekhterev gathered patients and said about the importance of hypnosis: "During a session with many patients, patients spread hypnosis to each other and its influence will increase even more. A doctor who wants to treat a patient with hypnosis should pay attention to what the patient repeats a lot and use it." It is permissible to pay attention to the "bulging" signs during hypnotherapy. If the doctor conducting hypnosis affects the patient through stroking, eyes and words, he will be able to inhibit the three centers located in the cerebral cortex (sensory, visual and auditory centers). This inhibition spreads to all areas of the cortex and the patient falls into a hypnotic sleep.

It is difficult for a doctor without psychotherapeutic experience to treat a patient, especially if psychosomatic symptoms are observed in a neurotic patient, making a diagnosis is much more difficult. Both neuropathologists and therapists face the same problem here. For example, a patient is diagnosed with "gastric ulcer disease" based on his complaints (without conducting special examinations). He has been suffering from this disease for 10 years. If the pain in the abdomen increases with compression and decreases with rest, if it does not depend on the diet, then the correctness of the diagnosis is definitely suspicious. It is clear to gastroenterologists and surgeons that the "gastric ulcer disease" that lasts for 10 years with severe pain will cause complications. So, in this case, the doctor should treat the patient using psychological methods after passing special examinations and denying the diagnosis of "gastric ulcer disease". Of course, only a neuropathologist or a psychoneurologist should be involved in this work. Sending the patient from one doctor to another, saying "you have a neurosis, now see a neurologist" can lead to bad results. In addition, doctors of all specialties should be able to provide first aid to a patient with neurosis. As much as possible, it is desirable to have as few doctors treating the patient as possible. This is what the famous doctor H.F. Gufelyand (1762-1836) said about it. "One doctor is good, two can be tolerated, but three is terrible!" By this, he wants to say that if the number of doctors who treat the patient increases, it will be difficult for the patient to recover. Doctors can be called for consultation, but there must be only one attending physician.

If psychotherapeutic procedures are carried out with pharmacotherapy, physiotherapy and therapeutic gymnastics, the result will be more effective. In this regard, it is necessary to pay great attention to collecting the anamnesis of the disease. It is not for nothing that they say that a complete anamnesis is half the cure. Sometimes, as many days as the patient stays in the hospital, as many days are spent collecting anamnesis, as a result, both the diagnosis and the treatment are changed. It certainly hits a patient's nerve. The anamnesis collected by the attending physician does not satisfy the associate professor, the anamnesis he collected does not satisfy the professor, etc. Anamnesis collection is one thing, its analysis is another. For example, the symptom that the patient is talking about is not important for the diagnosis, it can be just a symptom that touches the patient's cheek. When making a diagnosis, the doctor sometimes becomes a slave of subjective symptoms. Such symptoms are like a ghost among the bushes at night. A ghost is heard, a person is afraid, runs away or hides. In fact, the cause of the ghost is an innocent wind blowing. The objective symptoms of the disease should be given great importance. Each subjective and objective sign should be critically analyzed, then no mistake will be made.

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