

Lecture 2:
**"Basic Forms of Organization of
Psychological Correction"**

РЕПОЗИТОРИЙ ВУЗОВ

Forms of corrective work: group and individual

COMPONENTS OF PERSONAL RELATIONS:

- cognitive
- emotional
- behavioral

Objectives of the first component

AWARENESS:

- situations making an individual feel tense and anxious
- discrepancy between self-perception and the perception of others
- personal motives, needs, attitudes, characteristics of behavior and emotional response
- the degree of their adequacy and realism
- ways to avoid traumatic situations

Objectives of the second component

- awareness of one's own value
- freedom in expressing emotions
- verbalization of emotional states
- awareness of certain inadequate reactions
- modifying the ways of experiencing emotions, emotional response and perception of one's relations with others

Objectives of the third component

- acquiring skills for easier communication with others
- overcoming inadequate actions
- developing independence
- acquiring the ability to cooperate
- developing appropriate forms of behavior and response

Recommendations for corrective work

- optimization of the social situation of development
- expansion of activities
- participation in special corrective programs
- consultation by other specialists
- frequency and aims of further consultations