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ABSTRACT

The article indicates that psychodiagnostic research is inextricably linked with all fragments of the counseling process and constitutes an integral process of psychological counseling. Psychodiagnostics is an integral part of the process of the client knowing himself (this is not self-reflection in the full sense of the word, since this process is regulated, most often a goal is set, documented). The article identifies the main problems of psychodiagnostics in the work of a medical psychologist: low quality of psychodiagnostic techniques and their insufficient number; the lack of professional psychodiagnostics in Russia involved in the development, adaptation and standardization of tests; difficulties in diagnosing.

Keywords: diagnosis, condition, explanation, conversation, counseling, perception, perception of the other

INTRODUCTION

Relevance. For the majority of Russian publications, it is traditionally accepted to separate the process of psychodiagnostic research from the process of counseling, and counseling from psychocorrection. But recently a number of Russian and foreign authors, such as Yu.B. Nekrasova, O.A. Karabanova, A.G. Leaders, J. Pedder, R. Nelson-Jones, believe that psychodiagnostic research is inextricably linked with all fragments of the counseling process and constitutes an integral process of psychological counseling [9, 4, 6, 1, 8].

Thus, in the process of a medical psychologist's work, psychological diagnostics plays a very important, if not decisive, role. However, there are a number of points to consider:

1. Psychodiagnostics is an integral part of the client's self-knowledge process (this is not self-reflection in the full sense of the word, since this process is regulated, most often a goal is set, documented). It is important to take into account that at the first meeting, the client gives a description of his feelings, memories, which he, firstly, forms into statements that are regulated by verbal or non-verbal systems, and secondly, connects the experience of the past, present and future: the discussed present is analysis of the past, which in essence (events, people) no longer exists, there is a discussion of today's present experiences of the past, therefore, when discussing the past, the way out should be to discuss your own emotions about another "new", "today" that changes every day. In the present, there may be significant people from the past who may continue to show negative feelings towards the client: here you need to analyze your own behavior, and if there is no explanation for the reasons for the behavior of the other, then communication with such a loved one should stop with an explanation to the client that any negative relation to another entails a feeling of guilt, which leads to changes in the physiological and psychological planes, therefore, such communication must be stopped. You need to learn about them from the following conversations.

2. Here, in communicating with a client, one should approach the discussion: the present is everything that you remember from the past, feel in the present and want to forget in the future (an unmotivated negative past does not allow you to see the present and the future).

3. Discussing the issues of concern to the client, what worries is recorded - these are issues of the future (this is the position of a healthy client), that is, discussing the past, the present, the future is planned. The object of diagnostics is someone else's past perceived by the client, the subject of diagnostics is the objectification of one's own knowledge about the past of another through the knowledge of psychology, explaining to oneself one's own emotions by means of those worried about the other (unknown) identified during a discussion with a specialist. Lack of knowledge of the other - this concept should be the main one in explaining to oneself the behavior of another person, and therefore the groundlessness of one's negative emotions about another person. Accordingly, all the grievances of the past associated with the past of another can be explained according to the criteria of knowledge of human psychology in a given age period.

4. The purpose of diagnosing a client's personality for a psychologist may be to identify internal resources that allow us to treat their problem (balance of positive and negative emotions) as revealing new knowledge that will help build a free future.

The purpose of this article is to analyze the features of psychodiagnostics as a direction of the work of a medical psychologist.

The scientific novelty lies in the fact that the author analyzed the theoretical foundations of the characteristics of psychodiagnostics as a direction of the work of a medical psychologist.

The practical skills of a medical psychologist should provide a qualified solution to practical problems in two main areas: psychodiagnostic, psychocorrective, and advisory. Also, a medical psychologist must possess the skills of organizing psychological and rehabilitation work with patients and organizing psychological and psychoprophylactic work with the personnel of a medical organization.

The very concept of diagnostics (Greek *diagnostikos* - able to recognize) has several meanings [5].

Diagnostics - identification of a disease, syndrome, disease state, symptom, deviation according to the model of the corresponding disorder accepted in psychiatry [2]. The modern interpretation of this concept can be reduced to identifying the personality traits of a person that do not allow the body and personality to function harmoniously. The personality of a person is so diverse that it does not allow to reduce various symptoms to one disease, which may be characteristic of many. Rather, the disease is a combination in one set of constantly occurring symptoms that can be caused by multifactorial causes. As a result, designating a person's condition as a disease (for example, with ARVI, there is a rise in temperature, cough, laryngeal hyperemia), treatment is prescribed based on the medical diagnosis (a certain set of drugs). At the same time, it is not taken into account that the listed symptoms may appear at different times (for example, ordinary dust or a child's visit to a new institution, meeting new people can be the cause of the appearance of a cough as irritation of the mucous membrane. (look, raising voice, etc.) it is like a material substrate (dust caused by microbes), as a result of which a cough appears as a rejection of someone else's (the child does not hear a negative voice at home, does not receive negative assessments). If the negative factor is not eliminated, other symptoms join the cough, and the unity of symptoms is united by the diagnosis of "ARVI." In this regard, for the above reasons, it is necessary to find out the reasons for what happened and identify all the features of the individual condition of a person, there should be a departure from the generally recognized classifiers of diseases and a return to symptomatic treatment. From conversations with people with hypochondria disorder, you can use the following technique: come up with a name for your disease, already knowing its psychological cause.

For example, in the presence of high pressure, the cause of which is fraud with money, a woman (leader) invented the name of the disease "level 1 waste", the same woman (leader) in the presence of increased weight and a tendency to persecute subordinates "an unwanted disease", a man with increased weight (subordinate) - cannot change jobs because of the fear of a new team, he came up with the name of his illness "low down", a teenager with headaches living in a dysfunctional family ("high school home").

Also, diagnostics is understood as a component of the structure of the educational program, while the role of diagnostics is to correct the pedagogical process for the individual characteristics of students, based on this, the purpose of diagnostics should be to identify these indicators in all students (without an emphasis on the presence or absence of diagnoses); the procedure for identifying the level of readiness for any type of activity, including for educational activities of a certain content and level of complexity (in modern education, the emphasis should be on preparing the child for an independent life, therefore, any program, educational process is adapted to the individuality of the child, and not vice versa). In a narrower use, the term denotes a procedure and a set of methods for checking the success of mastering educational material.

Based on these definitions, we can conclude that "diagnostics" can be interpreted in two meanings - wide and narrow [10]. In a broad sense, diagnostics is a component of an educational program, a tool of a psychologist and a defectologist in identifying resources for the development of a child and an adult, which will allow them to coexist harmoniously with society. In a narrow sense, this concept is understood as the process of identifying features and shortcomings [3]. In the modern world, it is required to abandon the concepts of "shortcomings", "defects", "deviations", since the concept of personality as a set of manifestations of attitudes towards oneself and others is multifaceted and individualized. And the concept of "individuality" and "features of the manifestation of individuality" is the other side of the study of the anti-humanist concept of "deviation", etc.

Psychological diagnostics includes the consideration and development of methods for assessing, measuring, classifying the psychophysiological and psychological characteristics of people, as well as ways to use these methods for practical purposes. When working with children and adults, it is not recommended to use the term "psychodiagnostics", since initially we, as psychologists, position ourselves in front of our clients as knowing exactly something else. It is impossible to achieve precise knowledge about the other. Therefore, it is possible to invite for a consultation, the first stage of which is: identification of personal resources (individual characteristics, motives, etc.).

Psychodiagnostics occupies the most important place in the work of a medical psychologist. Any advice, recommendation, consultation takes place only with a preliminary analysis of the personality of the consultant in

the light of the problems that bother him. Psychodiagnostics is no less important for the positive result of other types of practical help from psychologists. All of them should be individualized, that is, they should be based on a comprehensive and deep analysis of the individuality and personality of the person who asked for help.

Thus, psychodiagnostics is the basis of the activity of a medical psychologist in a medical organization.

The creation of techniques and their use in practice are two functions of psychodiagnostics, and they cannot be carried out in isolation. So, the developers of methods often not only check them, but also apply them in practice, while solving certain applied problems. At the same time, medical psychologists-practitioners not only use already established diagnostic methods. In their practice, they often face the need to formulate diagnostic interview questions or draw up an observation scheme, develop a biographical questionnaire, etc. Therefore, medical psychologists-practitioners must have the skills to design such techniques.

In the field of psychodiagnostics, a medical psychologist must possess a clinical and psychological method, which includes establishing the necessary psychological contact with a patient, conducting a clinical and psychological conversation, collecting a psychological history, and conducting a psychological analysis of a biography. The clinical and psychological method necessarily includes the ability to observe the patient's behavior, especially when conducting a natural experiment. Clinical and psychological research in one volume or another always precedes the experimental psychological method, which are equivalent [5].

Psychodiagnostics, according to many authoritative Russian psychologists, such as N.A. Kiseleva, I. Yu. Levchenko is going through a crisis [7]. Many of the problems of psychodiagnostics are of a systemic nature, which need to be addressed by psychology as a whole.

The medical psychologist must have experience in using psychodiagnostic techniques to observe and describe the patient's mental state. The psychologist's contact with the client helps the doctor become familiar with the different shades of a person's mental and physical condition. The psychologist records a person's complaints, after which he begins to work on the causes of the manifestation of the disease in relations with others, and so on. The patient's demeanor, features of his speech, help to create a complete description of the personality, and such information can be useful for further examination of the person. Such clients describe complaints leisurely, telling in detail about the most insignificant little things, they do not like to be interrupted, considering this a manifestation of carelessness and a low level of professionalism of the doctor. There are clients who, in their stories about their illness, describe pretentiousness and theatricality in describing complaints, excessive affectation and the desire to impress others with their unusual behavior.

Observation and conversation are of paramount importance in the psychodiagnostic examination of patients, but observation accompanies other research methods. In general, observation is very important for the doctor, but in the clinic it is difficult to comply with all the requirements for this method. But you need to strive for long-term observation in various situations (when examined by specialists, when meeting with relatives, etc.). The paramount importance for a specialist should be self-observation: his unbiased attitude towards another citizen (like himself), to fixing his attention on the client's symptoms (identifying the reasons for the priority of the appearance of different symptoms). It should be remembered about the possible simulation (reproduction of a non-existent disease) and dissimulation (a person's conscious desire to hide their painful disorders, most often a symptom) on the part of the patient [5]. In the presence of simulation and dissimulation, basic ideas about the client are formed and conversations and observations of him.

However, the medical psychologist is limited not only to the use of methods of conversation and observation, they are necessarily complemented by experimental research, which provides more accurate information about the patient.

When identifying a diagnosis (clarifying the client's condition), it is taken into account that the symptoms of mental disorders may have their own mechanism of development. The reasons for each symptom are different, they are not specified, they are not predetermined by damage to the brain itself. In the study of functions, the task of psychodiagnostics is to identify these reasons, due to which violations in the mechanism occur.

To achieve this goal in medical consulting, experimental research is carried out in accordance with specific principles, including simplicity of instructions, thoroughness of registration of the procedure, modified task motivation, focus on qualitative analysis of performance, etc. Clients should be examined in a comprehensive manner, the choice of which is determined by the patient's condition.

Conclusions

Thus, having considered in the article psychodiagnostics as a direction of the work of a medical psychologist, one can single out the main problems of psychodiagnostics in the activities of a medical psychologist:

- low quality of psychodiagnostic techniques and their insufficient number (in Russia there is a record low number of domestic professional psychodiagnostic techniques, while priority is given to long-outdated foreign techniques; there is a low psychodiagnostic and especially psychometric culture of practicing psychologists who use tests; extremely outdated content of training programs psychodiagnostics);
- the lack of professional psychodiagnostics in Russia who are involved in the development, adaptation and standardization of tests;
- difficulties in diagnostics.

Highlighting the prospects for the development of the psychodiagnostic system in the activities of a medical psychologist, we can assume that they are largely associated with the use of new information technologies, which open up wide opportunities for conducting fundamentally new types of experiments (using a rich variety of stimuli of different modality and adapting them to the capabilities of clients, using reverse communication, information interaction with the client, modeling the procedural side of decision-making, etc.), as well as new methods of processing and analysis of experimental psychological information up to the interpretation of the data obtained and the formulation of a psychodiagnostic conclusion.

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