

## QUESTIONNAIRE "RELATION TO PSYCHOTHERAPY" AND DEVELOPMENT OF AN INCLUSIVE MODEL OF PSYCHODIAGNOSTICS FOR WORKING WITH DEPRESSIONS IN THE CLINIC OF CRISIS STATES

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In recent years, one of the main trends in advisory and psychotherapeutic practice has been research of motivation in the practice of psychological and psychotherapeutic assistance - the most important variable, determining both the content of this process and its effectiveness. The continuing interest in this topic is due in part to the fact that the for subject matter of the study is not only difficult to select the relevant methods and interpret results, but it is also a big deal to determine the subject of the study itself.

The undertaken research is mainly of an applied nature and is aimed at exploring models of inclusive psychodiagnostics based on methods embedded in the natural tissue of therapeutic contact. One of the most important tasks for us is to minimize the stigmatization of the patient's image by the role of the "object of study" and bring not only psychocorrection, but psychodiagnostics too - closer, if possible, to the real format of cooperation and joint creation of new reality. Therefore, the theoretical basis of the study was built in a bit unconventional way, not as a result of theoretical generalizations and conceptualizations of the psychotherapist about the accumulated experience of his work, alone, as he see it. We chose conceptualizations of our patients themselves about the psychotherapeutic assistance as the object of study and material for primary contact in therapy, inviting him as an amateur expert estimating therapeutical values. The challenge was to work with living reality of the representations of the patient, not with the re-constructed conditional reality presented through the prism of academic theories.

The study was conducted during 2015-2018. in several stages. At the first stage, there was collecting of spontaneous statements of patients on the topic "Psychotherapy: Pros and Cons." At the second stage, a questionnaire was formed on the basis of the most frequently encountered spontaneous statements on the topic "Psychotherapy: Pros and Cons", meaningfully significant for the practical work. A pilot study was conducted in a Crisis Hospital and in 2 control groups: graduate students and practicing psychotherapist psychologists. As a result of approbation, a set of 12+12 questions was formed, with the most simplified technology of conducting and a general procedure was developed. Approbation of the questionnaire "12 pro - 12 contra" convincingly showed its informativeness and effectiveness as a means of facilitation for the easy and safe self-disclosure of a patient in the first phase of therapeutic contact; as an inclusive diagnostic tool to study the motivation of the respondent, the reconstruction of his current ideas about the nature and methods of psychotherapy; as an express way of working with the anamnesis data most in demand in the first phase of therapy.

The survey is perceived as a simple, fairly safe and creative task, which looks like a sort of sociological study, in which the respondent acts as an amateur expert. Talks about the meaning of psychotherapeutic care and its place in solving actual problems become a kind of mediator for a clinical interview structured by these questions, during which important details of personal experience, uniqueness of the request for help and motivation for psychotherapy are easily actualized.

The "co-expert" approach at the start of a therapeutic contact ensures a sufficiently protected position for the respondent and make him more free in self-expression. Self-disclosure does not occur through personal confessions, but through the evaluation of experience, including not necessarily deeply personal. Discussing in the humanitarian key the advantages and disadvantages of the proposed or former psychotherapeutic intervention, its place in solving current problems, the patient spontaneously chooses the most personally meaningful from the general context. The "pro-contra design" of the questionnaire forms presets for working with ambivalent experience content, enhances in patient his tolerance to the problems of complex existential choices and can provide transformations from the hard experiencing of the inner life duality content - into a peculiar form of special discourse, and this, in particular, can often have its own psychotherapeutic effect.

As a result of the analysis of 83 questionnaires received from patients of our Clinic, statistically significant gender differences were revealed in relation to psychotherapy and conceptualizations about the practice of assistance. Also, at a statistically significant level, differences were found in the groups of "experienced" respondents, in contrast to those with no psychotherapeutic experience. The practice of re-questioning showed the substantial possibilities of this method as a means of assessing the effectiveness of the therapy. It is obvious that with the accumulation of big statistic data, the questionnaire will have the potential for further standardization and application in therapeutic practice. In addition to narrowly-applied practical goals, the results of the survey on large samples can also be used as a means of collecting data for statistical study of characteristics of queries and motivation for psychotherapy in large populations, including cross-cultural studies.