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WAYS TO CORRECT CHILDREN WITH PSYCHOLOGY IN THE FAMILY

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Relevance

Psychological trauma or psychotrauma is a condition that occurs based on the impact of negative factors on the human psyche that may contribute to the development of mental illness. Often the presence of psychological trauma can lead to the development of psychosomatic illnesses.

Mental injuries can also be related to physical injuries that threaten a person's life or disrupt the sense of security that accompanies severe emotional distress.

Introduction

The purpose of the study: to shed light on the importance of psychological knowledge in the health of the human psyche the impact on the human subconscious.

Materials and methods:

Psychotrauma is a general theoretical concept that does not fully explain the development of a particular illness or condition.

How does psychological trauma occur? Psychotrauma always occurs as a result of external influences that lead to some internal consequences. This can be associated with both a real threat to human life and some adverse conditions.

In the first case, it can be an objective impact on human life and health and a mental strain. In the second case, psychological trauma can be any negative, uncomfortable, catastrophic event that threatens a person, which makes it perceived as traumatic, but by objective criteria it is not.

For example, for a child, such an event could be a transfer to another school or a change of residence. Another example of such an injury is when a child sees his father beating his mother. In this case, the child himself does not experience physical violence, but he also experiences fear, and such events can cause him psychological trauma.

Psychotrauma disrupts the normal organization of the psyche and can lead to the development of mental illness.

The human brain's perception of a certain factor as traumatic depends on its individual characteristics, the significance of the event for the person, as well as its psychological security and resistance to difficult life situations, the level of mental protection. Perceiving a particular factor or event as a trauma is based on fear and anxiety.

Thus, psychotrauma develops under the influence of some common external factors that cause a frightening state.

For example, a difficult political situation in the country or family poverty. Against the background of such situations, a person may experience feelings of anxiety, which eventually

take the form of psychological trauma. Psychological trauma can also develop in a child who is left alone for a long time, despite the fact that the parents return home each time.
Psychological trauma can lead to emotional reactions to psychosomatic illnesses, neuroses, and events that return a person to trauma.
Psychotrauma can also play an important role in the development of psychosomatic diseases, such as angina pectoris, myocardial infarction, or gastrointestinal ulcers.
Sometimes trauma affects the brain, leading to people losing their ability to adapt to stress and increasing anxiety.
The various causes of psychotrauma are listed below.
Hearing a lot of criticism, living in a mistrustful relationship, insulting with bad words, family quarrels, witnessing random events, discrimination, divorces (parental divorce), severance of mother and child under 3 years of age, sexual harassment, physical violence, emotional needs , neglect.
Every human being has a certain amount of mental energy reserves that are spent on performing various tasks. If this power is exhausted, efficiency will drop sharply. Such situations lead to the depletion or sharp decline of mental energy reserves.
In people with mental trauma, that is, psychotrauma, the emotional state and habits are as follows.
A strong manifestation of aggression, lack of self-confidence, a pessimistic view of the future, the avoidance of communication and teamwork (self-indulgence) in some people, a strong fear. (feeling of danger even in normal situations) is characterized by an increase in the manifestation of pissimistic features that make negative thoughts more thoughtful.
Conclusion and discussion; In general, if the above conditions are manifested in a person, of course, it is necessary to carry out psychological correction exercises that change his mental state for the better.

1. Affermatics Exercise

the client is invited to repeat up to ten sentences throughout the day that are most positive for him or her. These words should inspire him.
I am happy, I am strong, I am beautiful, I am strong-willed, I am happy, I am lucky, I am calm, I am sweet, I am successful, I am needy.

2. Safe Place Exercise

1. It is expedient for each person to give himself spiritual strength in order to prevent mental tensions in his life. This "safe place" exercise allows you to relax for a few minutes and forget about various negative emotions. It is possible to perform this exercise independently in any situation. (Information about this exercise will be explained to the client)
2. If you use this exercise with children, you can draw on it, or make it on plasticine, and describe it on the basis of toys.
3. An adult client is invited to imagine a safe place with their eyes closed.
-We allow our whole body to relax and unwind.

- When choosing a safe place, it is recommended to choose a well of nature. (Some customers prefer to sit without leaving their house or room)
3. We can ask the following questions.
1. Where you have a safe place
2. What are you building there
3. What do you hear
4. What do you feel
5. If it says water, you can ask what part of the body you feel when your feet touch the water. (depending on how you feel, for example, wind, rain, snow, wind, etc.)
6. In what position are you running, lying down or sitting (is it comfortable for you)?
7. What else do you feel .... etc. (Questions may vary depending on the situation.)
In the end, he is invited to return to his state, saying that he will gradually return to his state. At the end of the exercise, it is said that this safe place is always with you and it stays with you, you can go to this safe place imaginary at any time.
This exercise can be done in 10-15 minutes.
Resources (helping to understand internal possibilities) exercise.
1.) In this exercise, imagine a situation from a client and evaluate it on a scale of 0 to 10, suggesting how difficult the experience is now (and 0 is not difficult, but 10 is life threatening).
2.) Feel the feelings of your body, the problem in which you feel a strong feeling of "pressure" on any organ of the body (body signs, organs to find).
3.) Consider what psychological traits are needed to overcome the problem or moderate it? (Note: Thoughts that are not related to mental states are rejected.)
4) You will be asked if these three psychological traits have worked well at least once in your life or have already helped.
a) When feature A (e.g., self-esteem) is already present and has helped you overcome negative emotions in your life, which feature is most strongly manifested in which organ. Imagine this situation and observe your body's reactions.
b) When feature B (e.g. self-esteem) is already present and has helped you overcome negative emotions in your life, which feature is most strongly manifested in which organ. Imagine this situation and observe your body's reactions
c) In a situation where the C feature (e.g. self-esteem) has already helped you to overcome the negative emotions in your life, which feature is a strong rnamoyon in which organ. Imagine this situation and observe your body's reactions.
In each of these imaginations, imagine the qualities that have helped you in an interconnected reality.
5.) Enhance the power of positive examples based on slow eye movements (eye movement) or in other ways.
6.) Return to the difficult situation taken as an example and now evaluate the severity from 0 to 10 (whether this is, as a rule, slightly less than that presented as a problem).
The duration of this exercise is about 15-20 minutes.

Conclusion

Several methods have been proposed above to prevent and alleviate psychotraumatic situations. These exercises are part of the exercises that allow the client to develop the ability to give himself spiritual nourishment.

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