

сравнительного анализа в разные периоды времени. Анализ психологического состояния общества в рамках макропсихологического подхода и на основе поляризационной модели позволяет дать оценку как негативным, так и позитивным тенденциям развития общества. Он также позволяет проследить динамику во времени и определять перспективы с учетом субъективных оценок респондентов, участвующих в исследовании.

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## FEATURES OF PSYCHOLOGICAL COUNSELING

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**Abstract.** This article presents the view of practitioners in the applied field of psychology - counseling. It is no secret that when working with a client, the psychologist has a certain special view of the interaction that is happening. Modern science already has confirmation of certain phenomena from practice, however, there are gaps in psychology. Both direct and indirect facts indicate that there is an emotional connection between the participants in the consultative process, but the data available in the literature differ, which leads to various terminological difficulties. Recently, there is increasing mention of emotional energy, which, using the physical laws of working with energy, can contribute to the emergence of a new view of the nature of counseling.

**Keywords:** Psychological Counseling, Projection, Empathy, Psycho-emotional Energy, Practical Psychology.

### 1. Introduction.

Psychological services, in particular psychological counseling, have recently been gaining momentum in Russia and in the world. Unfortunately, there is no clear statistics on the growth of psychological services, however, in reality this situation can be assessed by appeals or narrow issues with which psychologists work in Russia [1], America

[2] and other countries, where it is clear that there are changes upward. In addition, the judgmental factor about the interest in psychological services is the fact that the number of graduates in the Psychologist profile, who are employed in the specialty, is increasing every year. Such interest in psychology among the population due to changes in the level and speed of life, the “fresh” of young professionals on classical science

contributed to the emergence of various trends and trends in modern psychological practice, which today is represented not only by classical direction such as Gestalt-therapy, psychoanalysis and others, but also new integrated with different sciences, for example, quantum psychology. [3]. The purpose of this study is to develop a new method of psychological counseling.

## **2. The phenomenon of psycho-emotional energy in the work of a psychologist**

Practical psychology has ample opportunities and opens up previously unknown aspects of psychological counseling, which raises questions from practical psychologists who are trying to explain the phenomenon of cooperation between a consultant and a client. So, when working with clients, psychologists [4] are faced with such an effect as the energy of emotions, which manifests itself in the form of muscle clamps, if the emotion is clamped or mental and somatic aberration and even personality deformation [5]. For accuracy of interpretation – further. we use the author's definition Skripacheva E. N. – psycho-emotional energy. It is exceptionally interesting that when working with a client, a psychologist is able to "feel" this psycho-emotional energy "on himself", including physical sensations through muscle clamps, "lumps", etc. In this author's method, it is recommended to "join" the client by "immersing" the client in memories of an event or a specific person. At the same time, both the client and the psychologist close their eyes so that external factors do not interfere, and thus it is possible to present the images more clearly. This session is held for 10-20 minutes. The client takes the role of a specific person, the psychologist takes the role of the client in the situation that is being analyzed. When playing these roles between the client and the psychologist, there is a connection due to psycho-emotional energy. This contributes to the fact that both the client and the therapist accurately convey the words, gestures, and emotions of the "roles" they play.

This phenomenon has not been studied at the present time and thus gives rise to a lot of speculation and theories. On the one hand, these are already known phenomena, operations, and reactions in the form of transfer and countertransference. As you know, many experts associate transfer / countertransfer with psychoanalytic therapy, which enabled the followers of S. Freud to spread these concepts through their theories. For example, Gestalt therapy [6]. Consider several definitions in the classical theory of transference and counter-transference:

Counter-transference is a special case of projection to describe an unconscious emotional response of a specialist for the analysis of a therapy. The transfer corresponds to countertransference on the part of the analyst, when the latter projects a particular content that he does not realize, but which nonetheless exists in him [7].

Countertransference is the projection of the complexes of the analyst on the patient [8].

The transfer is in the broad sense a universal phenomenon observable in relations between people and consisting in transferring feelings and attachments to each other; in a narrow sense, a process characterized

by the displacement of unconscious ideas, desires, drives, stereotypes of thinking and behavior from one person to another and the establishment of such relationships when the experience of the past becomes a model of interaction in the present [9].

In Gestalt therapy, transfer-countertransference is the opposite process of the therapist's projections on the client [10].

Thus, if we talk about transference and countertransference, then it is necessary to consider the projection itself, of which they are apart. Projection is known as a mechanism of psychological defense, which in psychoanalysis is interpreted as the operation of isolating and localizing in another person those qualities, feelings, desires, i.e. those "objects" that the subject does not recognize or reject in himself [11]. In gestalt therapy projection is seen as a violation of boundaries since the trait, position, attitude, feeling or fragment of behavior that actually belongs to the person is attributed to objects or people around and then experienced as directed by them, and not vice versa [12]. Of course, the importance of projections is important for a practicing psychologist, as it is also referred to in practical work as a method of diagnosis.

So, with the help of the "correct" use of projections the psychologist can see the "real" problem of the client, and during the consultation, the psychologist can use projective techniques, etc. However, when talking about projections we are talking more about thoughts - memories, thoughts - knowledge, automatic thoughts and etc., not about psycho-emotional energy, which is "read" by a consultant. Example: A client can describe his story in a certain way: "For me on the last holiday, the New Year was fun, and my family was even more fun because of this." However, in describing this experience, the client talks about his memories. Externally, he may smile slightly (an unconscious external reaction), but understanding the "real" feeling of the situation could not occur either with him or with the counselor. However, the psychologist can focus his attention on the embodied reaction - the smile and itemize with the client what made him smile. This forms a certain "workspace". Due to the lack of a single conceptual construct, some scientists interpret this space as a "phenomenological field". This "field" is therefore the largest and most limitless system and arises from the feelings and experiences of the patient. [13]. However, this interaction system does not describe the psycho-emotional energy itself between the psychologist and the client.

On the other hand, in practice it can be observed that the psychologist can also show emotions similar to the client, for example, cry with happiness, "reflect" positive feelings. This technique of "reflecting" can be met with empathy, which a psychologist possesses, as one of the main qualities of a professional. The question is, does the psychologist consciously cry with happiness with the client? Or this emotional reaction is uncontrollable and the psychologist, without projections, "feels" the client's experiences on himself. In a psychological dictionary, empathy is defined as comprehension of an emotional state, insight, feeling

into another person's experiences. The ability of an individual to parallel experience those emotions that arise in another individual in the course of communication with him. Understanding another person through emotional feelings in his experiences. The term was introduced into psychology by E. Titchener. They differ: 1) emotional empathy - based on the mechanisms of projection and imitation of the motorial and affective reactions of another; 2) cognitive empathy-based on intellectual processes - comparison, analogy, etc.; 3) predicative empathy - manifested as the ability to predict the affective response of another in specific situations [14].

In his work, E. Titchener talks about the ability of one individual, which allows you to "acquire a taste" of the experiences of another "on yourself", but in practice, this ability is observed in several members of the group at the same time, for example, during the training. Therefore, the empathy of an individual is an incomplete term for a given effect of psycho-emotional energy.

An analysis of scientific literature revealed that the most similar description of psycho-emotional energy is found in Moreno's Psychodrama. He believed that this method creates a psychotherapeutic effect not only among the audience but also in the creator of the role - an actor who, presenting the drama, at the same time [15]. However, Moreno believed that this experience was cathartic. Catharsis is a process of acute or lasting negative experience, turning at its highest point into a positive experience. The boiling of experiences, turning dark, difficult, and sick experiences into experiences that are pure, bright, and noble [16]. In practice, one can observe not only negative emotions but also bright positive feelings. Especially during training, consultants are faced with the phenomenon of "group mirroring", which allows us to talk about the emergence of psycho-emotional energy among participants. For example, theta-healing groups [17], where there is deep relaxation, in which there is no flow of thoughts - memories, etc. However, with the work of psycho-emotional energy, one can observe the manifestation between the participants like Guide and Receiver. That is, one participant - recreates the situation and participants in the situation from memory, the second participant - "turning off" his memory - receives a psycho-emotional message and thereby "reflecting" the actions, words, emotions of the participants in the situation, fixing the bodily clamps and blocks that occur.

### 3. Conclusion.

Thus, it can be assumed that psycho-emotional energy may arise between participants in any interaction, which allows you to "thin" feel another person. For example:

1. The relationship between mother and infant, when the latter is not yet able to speak. If the mother is crying, the child may be sick, capricious, and other bodily reactions.
2. Communication lovers who are apart.
3. Sometimes some people may notice how the mood "suddenly" changed, etc.

Thus, psychological counseling allows a specialist, who is more prepared and has received the necessary education, to "turn off" the mind with projections, etc., to activate his body to "receive" the psycho-emotional energy of the client.

The study of this phenomenon is necessary for a theoretical aspect since practical results to date are already available insufficient scale. Currently, research is being conducted to confirm this theory, identify the conditions for the emergence and manifestation of this energy. Research is carried out using various devices (measuring different brain activity).

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