

THE NEED FOR PSYCHOTHERAPY FOR CHILDREN TO ELIMINATE PROBLEMS IN EMOTIONAL, SOCIAL AND PSYCHOLOGICAL DEVELOPMENT

Umrzaqova Gulchexra Abdurasuljon qizi
Alfraganus University, Faculty of Pedagogy,
2nd Year Student, Psychology (Types of Activity)

Abstract

This article examines the role of psychotherapy in children's ability to manage stress and their readiness for life's difficulties, the issues of psychological support in overcoming emotions and experiences related to problems and their development as strong individuals, as well as the possibility of improving self-confidence and social integration through this process.

Keywords: Psychotherapist children, emotional intelligence, development, family, social environment, support, education, stress management, group and individual psychotherapy.

Introduction

Child psychotherapy is a process that consists of a number of therapeutic methods and techniques aimed at eliminating psychological problems and supporting the emotional, social and cognitive development of children. Psychotherapy, especially for children, serves as an important tool for them to express their feelings, develop social skills and understand themselves. Since child psychology has its own characteristics, this process differs from working with adolescents or adults. Their world of thinking and emotions is unique and requires different approaches to self-awareness and working with feelings. Children have more difficulties in clearly expressing their feelings and thoughts than adults. Therefore, the main task of the therapist when working with children is to understand their inner world, provide security and create a comfortable environment for emotional expression. In the process of psychotherapy, especially for children, it is important to use a variety of methods. For example,

methods such as play therapy, creative activities (drawing, creating stories), and developing emotional skills can help children express and manage their emotions. Choosing the most appropriate approach for the child and using them effectively in the psychotherapy process.

Psychotherapy with children consists of various methods and approaches, each method is adapted to the needs and problems of the child. Play therapy, cognitive-behavioral therapy, psychodynamic therapy, group psychotherapy and other methods help children manage their emotions, develop social skills and solve psychological problems. The effectiveness of each method is closely related to the child's condition and the qualifications of the therapist. Child psychotherapy consists of many different methods, each method is adapted to the individual needs and characteristics of the child.

Through methods such as play therapy, cognitive-behavioral therapy, psychodynamic therapy, group psychotherapy, and creative therapy, children are helped to express their inner feelings, develop social skills, and solve psychological problems. The success of each method depends on the skills of the therapist, the psychological state of the child, and the individual needs of the child.

Psychotherapy methods with children include a wide range of approaches. Each method is selected in accordance with the child's age, emotional and cognitive development stage. Below we will briefly consider one of the psychotherapy methods and information on its application in working with children:

Play therapy

Play therapy is the most convenient tool for children to express their feelings and solve their internal problems. The child expresses his state through play, and the therapist analyzes his games and understands his emotional state. In this method: Goal: The child expresses his feelings, fears or anxieties through play. The therapist provides support to the child during the game and teaches him various skills to manage his negative emotions.

Benefits: Play therapy allows children to feel safe and free, which makes it easier for them to show and work with the emotions that are important to them.

Cognitive-behavioral therapy

In cognitive-behavioral therapy, children are taught to change their thoughts and behaviors. This method helps them analyze negative thoughts and replace them with more positive and helpful ones.

Goal: The child learns to identify and effectively deal with negative or incorrect thoughts. For example, the child learns to control his thoughts in situations of fear or anxiety

Benefit: The child learns to identify negative feelings and behaviors that arise in him, work with them, and make positive changes.

Establishing a trusting relationship between the child and the therapist

Before the child enters psychotherapy, it is very important to establish a trusting and safe relationship between the therapist and the child. Children may feel uncomfortable or unsafe, so the therapist should follow these approaches to gain their trust:

Creating a safe environment: Creating a safe, comfortable, and friendly environment for the child. This encourages the child to be open and honest with the therapist.

Openness and sincerity: Establishing open and honest communication with the child, listening to and accepting their feelings.

Relationship between the child and the family

In order for the child to be successful in the psychotherapy process, it is necessary to cooperate with the child's family. The family, especially the parents, influences the emotional and psychological development of the child, so their active participation in the therapy process is very important.

Working with parents: Parents are the main people who help them understand the problems of the child. The therapist should communicate with the parents and explain what approaches will be effective in working with the child.

Family system:

The relationships within the family, the social environment, and their impact on the child's emotional state directly affect the psychotherapy process. The therapist works to explore and correct the relationship between the child and the family.

Child development stages and age-appropriate approaches

Children go through different developmental stages, and it is important for the therapist to approach the child's developmental age and psychological state in the psychotherapy process. Each age group has its own needs and capabilities:

Age-appropriate methods: For example, with younger children (ages 4-7), creative methods such as play therapy, art, and drawing may be more effective. With older children (ages 7-12), cognitive therapy, behavior modification, or communication through group work may be useful.

Adapting to developmental stages: It is important to know what feelings or problems arise at the child's stage of development and approach them accordingly. For example, when working with adolescents, special attention should be paid to issues of self-awareness and independence.

Understanding and Managing a Child's Emotions

A child's emotional states can often be complex and volatile. They may have difficulty expressing their feelings, so the therapist should work with the child on this issue.

The therapist helps the child understand and express their feelings. This helps the child feel free and develop skills to manage their emotions. Emotional support: The child needs to feel safe and understood. To do this, the therapist should carefully monitor and manage their emotional state.

Identifying and solving problems

One of the most important issues in child psychotherapy is identifying and solving the child's existing psychological or emotional problems. Each child may face unique challenges, so the therapist's main goal is to identify the problems and develop appropriate solutions.

Problem identification: Identifying the problems reported by the child or their family, such as fear, anxiety, depression, shyness, social isolation, or other emotional difficulties. Problem solving: The therapist uses various psychotherapy techniques to help the child solve their problems. This may include, for example, changing behavior, developing social skills, or improving their emotional state. One of the therapist's main tasks is to determine the child's psychological state and analyze their underlying emotional problems. This allows them to identify the child's trauma, social isolation, fear, or anxiety and develop an appropriate approach.

There are many issues in the process of psychotherapy with children, and the therapist's goal is to improve the child's emotional and psychological state, and support their social and emotional development.

Conclusion

Psychotherapy with children plays a major role in understanding their inner world, maintaining emotional stability, and solving social problems. Individual psychotherapy provides an approach tailored to the child's individual needs, which helps to understand the child's problems more deeply. Each child experiences his emotional states, fears, anxieties, and communication problems differently, so in an individual approach, the therapist communicates directly with the child, creating a safe and confidential environment for him.

On the other hand, group psychotherapy allows children to provide mutual assistance, develop empathy, and social skills.

References:

1. Adizova T.M. Psychological diagnostics and correctional work of interpersonal relationships of students. - Tashkent, TDPU, 1997.
2. 3. Karimova V. Psychology. Textbook. Tashkent, A. Kadiriy Publishing House of the People's Heritage. "O`AJBNT" Center, 2002.
3. Nishonova Z.T. Diagnostics of mental development. Tashkent. Nizamiy State Polytechnic University, 2004
4. Nishanova Z., Kurbanova Z., Abdiev S., To`laganova Sh. Psychodiagnostics. Textbook. Tashkent, 2008.
5. .Davletshin M.G., To`ychiyeva S.M. General psychology, Tashkent, Nizamiy State Polytechnic University Publishing House, 2002.
6. Jalilova S. "Projective methods of studying personality and interpersonal relationships", Tashkent, Nizamiy State Polytechnic University, 2006.
7. Kamilova N.G. Problematic teenager: diagnosis, research methods. Textbook. Tashkent, Nizamiy State Polytechnic University, 2004.
8. Karimova V. Psychology. Textbook. Tashkent, A. Kadiriy National Heritage Publishing House. "U`AJBNT" Center, 2002.
9. G`aziyev E. General Psychology. Textbook for Psychology Major, Book 1 Tashkent "University" Publishing House, 2002.
10. G`aziyev E., Holmuhammedov M., Ibrokhimov X. Psychology Methodology. Textbook for Psychologist Major. Tashkent M. Ulug`bek National University of Uzbekistan, 2002.
11. Internet library: 1. www.google.uz 2. www.psy.ru 3. www.ziyonet.uz 4.