



 Research Article

EMERGENCY PSYCHOLOGICAL CARE IN EXTREME SITUATIONS

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Dzhumabaeva Manzura Bagibekovna

Tashkent University Of Applied Sciences. Senior Lecturer At The Department Of Psychology, Uzbekistan

ABSTRACT

The main specificity of the defining feature of providing this type of psychological assistance is that the victims are under the influence of extreme stressors, and psychological assistance is provided in the field.

KEYWORDS

Emergency psychological assistance, post-traumatic disorder, psychological impact, psychological trauma.

INTRODUCTION

Emergency situations are becoming increasingly widespread in modern socio-political conditions. Increasingly, children and adults find themselves in conditions of man-made disasters, natural disasters, are subjected to violence, and become hostages. Therefore, interest in the psychology of extreme situations in the modern world is steadily growing, both among politicians, sociologists, philosophers, and practical psychologists. The psychology of extreme situations is currently one of the most important

sections of applied psychology, which includes both the diagnosis of the mental states of a person experiencing or having experienced emergency circumstances, as well as directions, methods, techniques, techniques of psychological assistance: psychological correction, counseling and psychotherapy.

Emergency psychological assistance is provided to people in acute stress. This condition is an experience of emotional and mental

disorganization. Psychodiagnostics, psych techniques of influence and the procedure for providing psychological assistance in extreme situations have their own specifics. In particular, psychodiagnostics in extreme situations has its own distinctive features. In these conditions, due to time constraints, standard diagnostic procedures cannot be used. Actions, including those of the practical psychologist, are determined by the contingency plan. Conventional methods of psychological influence are also inapplicable in many extreme situations. It all depends on the goals of psychological influence in extreme situations: in one case, you need to support, help; in others, it is necessary to stop, for example, rumors, panic; in the third, negotiate. The main principles of providing assistance to those who have suffered psychological trauma as a result of extreme situations are:

- urgency;
- proximity to the place of events;
- expectation that normalcy will be restored;
- unity and simplicity of psychological impact.

Urgency means that help must be provided to the victim as quickly as possible: the more time passes from the moment of injury, the higher the likelihood of developing chronic disorders, including post-traumatic stress disorder. The meaning of the principle of proximity is to provide assistance in a familiar setting and social environment, as well as to minimize the negative consequences of “hospitalism”. Expectation that normalcy will be restored: A person who has experienced a stressful situation should not be

treated as a patient, but as a normal person. It is necessary to maintain confidence that normalcy will return soon. The unity of psychological influence implies that either its source should be one person, or the procedure for providing psychological assistance should be unified.

Simplicity of psychological impact - it is necessary to take the victim away from the source of injury, provide food, rest, a safe environment and the opportunity to be listened to. In general, the emergency psychological assistance service performs the following basic functions:

- practical: direct provision of emergency psychological and (if necessary) pre-medical medical care to the population;
- coordination: ensuring connections and interaction with specialized psychological services.

The situation of a psychologist working in extreme conditions differs from a normal therapeutic situation in at least the following points:

- Working with groups. Often you have to work with groups of victims, and these groups are not created artificially by a psychologist (psychotherapist), based on the needs of the psychotherapeutic process, they were created by life itself due to the dramatic situation of the disaster.
- Patients are often in an acute affective state. Sometimes you have to work when the victims are still under the effect of a traumatic situation,

which is not entirely usual for normal psychotherapeutic work.

- The social and educational status of many victims is often low. Among the victims you can find a large number of people who, due to their social and educational status, would never in their lives find themselves in a psychotherapist's office.

- Heterogeneity of psychopathology among victims. Victims of violence often suffer, in addition to traumatic stress, neuroses, psychoses, character disorders and, most importantly for professionals working with victims, a number of problems caused by the disaster itself or other traumatic situation. This means, for example, lack of livelihood, lack of work, etc.

- The presence of a feeling of loss in almost all patients, because victims often lose loved ones, friends, favorite places to live and work, etc., which contributes to the nosologically picture of traumatic stress, especially to the depressive component of this syndrome.

- Difference between post-traumatic psychopathology and neurotic pathology. It can be argued that the psychopathological mechanism of traumatic stress is fundamentally different from the pathological mechanisms of neurosis. Thus, it is necessary to develop strategies for working with victims that would cover both those cases where "pure" traumatic stress occurs and those cases where there is a complex interweaving of traumatic stress with other pathogenic factors of internal or external origin.

The purpose and objectives of emergency psychological assistance include the prevention of acute panic reactions, psychogenic neuropsychic disorders; increasing the individual's adaptive capabilities; psychotherapy for emerging borderline neuropsychiatric disorders.

First aid rules for psychologists:

1. In a crisis situation, the victim is always in a state of mental agitation. This is fine. The optimal level of arousal is medium. Tell the patient right away what you expect from therapy and how long it will take to work on the problem. The hope of success is better than the fear of failure.

2. Don't take action right away. Look around and decide what kind of help is needed, which of the victims is in greatest need of help. Give this about 30 seconds for one victim, about five minutes for several victims.

3. Say exactly who you are and what functions you perform. Find out the names of those in need of help. Tell the victims that help will arrive soon and that you have taken care of it.

4. Make skin-to-skin contact with the victim carefully. Take the victim's hand or pat him on the shoulder. Touching the head or other parts of the body is not recommended. Take a position at the same level as the victim. Do not turn your back to the victim.

5. Never blame the victim. Tell us what measures need to be taken to help in his case.



6. Professional competence is reassuring. Tell us about your qualifications and experience.

7. Give the victim confidence in his own competence. Give him an assignment that he can handle. Use this to make him confident in his own abilities, so that the victim has a sense of self-control.

8. Let the victim talk. Listen to him actively, be attentive to his feelings and thoughts. Retell the positive.

9. Tell the victim that you will stay with him. When breaking up, find a substitute and instruct him on what to do with the victim.

10. Involve people from the immediate environment of the victim to provide assistance. Instruct them and give them simple tasks. Avoid any words that might make someone feel guilty.

11. Try to protect the victim from unnecessary attention and questions. Give the curious specific tasks.

12. Stress can also have a negative impact on a psychologist. It makes sense to relieve the tension that arises during such work with the help of relaxation exercises and professional supervision. Supervision groups should be led by a professionally trained moderator.

Thus, as in any difficult situations, after a mental trauma it is important for a person to somehow comprehend what happened and is happening in his life. It is much easier to cope with the consequences of the most difficult events if a person manages to find for himself the meaning

of what happened, and, perhaps even to a greater extent, the meaning of continuing to live.

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