

DEFINITION AND TYPES OF PSYCHOLOGICAL TRAINING

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Annotation: This article examines the concept of psychological training as an effective method for personal development and the development of professional and communicative competencies. It covers the main definitions of the term, its goals and objectives, and the principles of organizing training activities. Particular attention is paid to the classification of psychological trainings according to various criteria: content, focus, delivery format, and target audience. The importance of training technologies in education, professional training, and personal growth is emphasized.

Key words : psychological training, types of training, personal development, professional competencies, communication skills.

The concept of psychological training has a long history. The methods and effects of group therapy were known even in ancient times. Group methods were initially used as treatment methods. Even our cave-dwelling ancestors probably knew that influencing a group (for therapeutic purposes, in particular) can sometimes be more effective than influencing an individual. Shamanic practice also demonstrated the success of the public use of ritual and ceremonial procedures for healing the sick. Throughout human history, healers and medicine men of various stripes have exploited the effects of emotional arousal and contagion that occur within a group. Members of a family, tribe, or clan, participating together in healing (witchcraft, shamanic) events, demonstrated greater susceptibility to the influence of the primitive "psychologist." Belief in the healer's extraordinary abilities and skills was greatly enhanced, especially through suggestion, when the influence was directed at the affective sphere. An uncritical perception of information and an emotional response to incomprehensible manipulations, coupled with the healer's unconditional self-confidence, led to positive results and further enhanced the effectiveness of subsequent interventions. The first attempt to provide

a scientific and theoretical explanation for the healing processes occurring in a group should be considered the theory of "animal magnetism" by Franz Anton Mesmer, an Austrian physician who practiced in Paris in the late 18th century. The essence of this theory was as follows: there exists a certain magnetic fluid that, if unevenly distributed in the human body, causes disease; the physician's task is to harmoniously redistribute this fluid through specific manipulations, thereby healing the patient. However, no scientists at that time paid attention to the socio-psychological effects discovered in F. A. Mesmer's work, associated with the personal interaction between physician and patient, and with the healing influence of the group. In fact, these effects were not studied by researchers until the mid-19th century. And only in the second half of the 19th century. Interest in group influence increased, and it was revived by psychotherapists. They also replaced the term "animal magnetism" with "hypnotism," linking the psychological mechanism of Mesmer's cure with sleep. The study of group methods was subsequently continued by sociologists and psychologists (A. Adler, E. Durkheim, K. Lewin, J. Moreno, F. Perls, W. Reich, K. Rogers, and others). In particular, the ideas of K. Lewin's school formed the basis for the concept of "laboratory training," and from the depths of behaviorism came skills training groups focused on behavioral learning models. Group psychological work has a deep tradition in Russia. Elements of the methods later called training methods were actively used in our country as early as the 1920s and 1930s. We are talking about a kind of "psychotechnical boom" in the first post-revolutionary decades, when methods of professional selection and career counseling, psychological rationalization of vocational education, the creation of specialized simulators, and the development of techniques for psychologically influencing groups were studied and implemented. The first business games were created, which later became integral elements of many training programs.

In general, psychological training is just one aspect of a large number of general trainings. Initially, training was considered "practice" aimed at developing certain skills.

The diversity of trainings makes it impossible to single out just one definition. Therefore, let's consider several:

- Training is a developmental process aimed at developing the necessary skills, behavior patterns, attitudes, and so on. Negative attitudes are erased, while positive ones are reinforced. Stimulation methods can vary widely.
- Training is a practice aimed at practicing and better using already developed skills.
- Training is an active interaction between diverse people aimed at transferring information, experience, knowledge, ideas, etc.
- Training is the creation and support of conditions for participants to work independently, to develop their potential, to find solutions, and so on.

Most often, training is divided into professional and psychological. Professional training is aimed at developing specific skills required for a particular job. Psychological training focuses on developing psychological traits, behavior, patterns, communication, and other aspects that can also be useful in the profession (but are not the key focus).

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Training is development aimed at developing the necessary skills, behavior patterns, attitudes, and so on. Negative attitudes are erased, while positive ones are reinforced. Stimulation methods can be very varied.

- Training is an exercise aimed at practicing and better using already developed skills.
- Training is an active interaction between diverse people aimed at transferring information, experience, knowledge, ideas, etc.
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Psychological training

Psychological training is education or training aimed at developing psychological skills and abilities. The key feature of this method of psychological work is maximum practice and minimum theory. That is, during the training, general information is provided only at the beginning and at the end as a summary, while the main process consists of various practical exercises.

There are many similarities between psychological training and physical education. The only difference is the type of health being improved. In physical education, it's physical health, while in psychological training, it's mental health.

Psychological training is a very versatile program. It's suitable for both teenagers and adults and can be aimed at achieving a variety of goals. Psychological training acts as a kind of "assistant" in the direction a person has chosen for themselves.

It can be said that psychological training is useful for absolutely everyone who wants to improve in one direction or another, for example:

- useful for teenagers with a simplified program or training plan. Often aimed at developing communication, self-esteem, and other skills that are challenging at this age;
- useful for students and teachers, professors and other workers in the educational field;
- useful for people with various types of addictions, especially if aimed at helping with the fight and maintenance of cleanliness from addiction;
- useful for employees of various organizations, especially in the economic sphere: managers, consultants, salespeople, etc.

- useful for managers of any organizations with hired employees;
- useful for company owners;
- useful for housewives and other categories of people who simply strive for self-development and self-awareness .

Psychological training has become incredibly popular today precisely because of its high effectiveness in a short period of time. Unlike other forms of psychological interaction, training makes maximum use of practice. And as we know, practice is the fastest way to achieve results.

Social-psychological training is a field of practical psychology focused on the use of active methods of group psychological work to develop communication skills. However, group psychological training is not limited to social-psychological training. Its scope of application is significantly broader than that of the latter and is by no means limited to developing effective communication skills and enhancing communicative competence. One of Russia's leading training specialists, Yu. N. Emelianov, analyzing the concept of "training," notes that in the structure of Russian psychological discourse, this term should be used to denote not teaching methods, but methods for developing learning abilities or mastering any complex activity, particularly communication. A. P. Sitnikov, a renowned expert in neurolinguistic programming and acmeology, calls training "synthetic anthropotechnics," which aims to transform a person's existing abilities and combines learning and play activities, taking place in simulated game situations.

Psychological training is a form of active learning aimed at developing personal qualities, communication skills, emotional intelligence, self-awareness, and self-improvement. It is conducted in a group (less often individually) with a professional psychologist or trainer.

The main objectives of the training:

- development of certain skills (communication, leadership, etc.);
- increasing self-esteem and self-confidence;
- improving interpersonal relationships;
- overcoming psychological difficulties.

Types of psychological training

1. Personal training

The goal is self-knowledge, development of confidence, motivation, and self-esteem.

Examples: personal growth training, self-esteem training, self-confidence training.

2. Communication trainings

They develop communication skills: active listening, the ability to express thoughts, and resolve conflicts.

Examples: effective communication training, assertiveness training, negotiation training.

3. Emotional intelligence training

Focus is awareness and management of your emotions and the emotions of others.

Examples: emotional regulation training, anger management, empathy development.

4. Professional (business) trainings

Develop skills that are useful in a career.

Examples: leadership training, team building, time management, stress management.

5. Family and couples trainings

Aimed at improving relationships in the family, in couples, between parents and children.

Examples: family relationships training, effective parenting training.

6. Art therapy trainings

They use creative methods—drawing, music, drama therapy—to express feelings and resolve internal conflicts.

7. Body-oriented therapy trainings

Includes body practices to reduce stress, tension, and increase body awareness.

Conclusion

Psychological training is a special form of active learning aimed at developing personal, communicative, and professional competencies. Its origins lie in ancient practices of collective influence, which were eventually scientifically explained in the works of F. A. Mesmer, S. Freud, K. Lewin, J. Moreno, and other researchers. In the 20th century, training methods became an important tool in practical psychology, used to develop self-regulation skills, interpersonal communication, and personal growth. Modern psychological trainings are classified by purpose, content, and form—from personal and communicative to professional and art-therapeutic. Their effectiveness is determined by the combination of theoretical understanding and a practical focus on the development of the individual as an active participant in activity and communication.

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