

MODERN METHODS OF PSYCHOTHERAPY IN MENTAL HEALTH PRESERVATION

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Abstract

This article analyzes the role and relevance of contemporary psychotherapy methods in mental health preservation. Specifically, the theoretical foundations and clinical applications of methods such as cognitive-behavioral therapy, psychoanalytic approaches, psychosomatic medicine, motivational intervention, and family psychotherapy are highlighted. Based on various literature sources, mental states, interpersonal relationships, unconscious processes, and psychophysiological connections are deeply analyzed. The research demonstrates the necessity of integrating psychotherapy methods that take into account individual, social, and emotional factors in strengthening mental health.

Keywords: Psychotherapy, mental health, cognitive-behavioral therapy, psychoanalysis, motivational approach, family therapy, psychosomatic, interpersonal relationships

Introduction:

Today, one of the main problems facing humanity is the preservation of mental health. Globalization, technological changes, social instability, and negative psychological consequences following the pandemic are having a strong impact on human psychology. Particularly, due to the widespread occurrence of conditions such as stress, depression, and anxiety, the need for psychotherapy methods is increasing. Therefore, this article provides a comprehensive analysis of the effectiveness, theoretical foundations, and practical significance of contemporary psychotherapy approaches. The objective is to determine the role of various psychotherapeutic methods in restoring and strengthening human mental stability.

The methods of psychotherapy hold urgent significance in the matter of preserving mental health. In the modern era, the widespread occurrence of stress, depression, and other psychological disorders necessitates new approaches to strengthening people's mental state. Psychotherapy methods study the complex processes of human consciousness and offer individualized treatment approaches adapted to individual psychological conditions. These methods are used to activate patients' internal resources and strengthen their mental health.

Literature Review:

Numerous valuable ideas have been put forward in the scientific literature regarding the effectiveness of psychotherapy methods. In P. Kutter's work, the concept of the unconscious, transfer and countertransfer mechanisms are deeply illuminated based on the psychoanalytic approach and how they manifest in the therapy process. V.N.Myasishchev interprets a person's

mental health in connection with their social relationships and emphasizes that social context plays an important role in therapeutic conversations. V. Brotygam has scientifically described the organic connections between mental and physical health based on the psychosomatic approach. N.A.Sirota and V.M.Yaltonsky have demonstrated the preventive and corrective possibilities of motivational intervention in psychotherapy among youth. S.S.Yanovsky studies psychodynamic factors from childhood and their manifestation in current family relationships in family psychoanalytic therapy.

Cognitive-behavioral therapy focuses primarily on changing human thinking patterns. This method enables the identification of people's incorrect, negative thoughts and their replacement with constructive thoughts. As a result, the patient's mental state improves and behavior begins to change. Research shows that cognitive-behavioral therapy is effective against depression, anxiety, phobias, and stress. The effectiveness of this therapy method allows for noticeable positive results in a short period, which creates the opportunity for its wide application in clinical practice.

In the work "Contemporary Psychoanalysis: Introduction to the Psychology of Unconscious Processes" written by P.Kutter, the deep layers of human psychology, specifically the role of unconscious processes in psychotherapeutic analysis, are extensively covered. The author places special emphasis on understanding internal contradictions that arise in psychotherapy processes by identifying the influence of the unconscious on human behavior and speech activity. This approach serves as an important theoretical foundation in defining the basic methods of psychotherapy, particularly in analyzing psychoanalytic approaches, transfer and countertransfer concepts. Kutter deeply analyzes how unconscious impulses expressed in human verbal and nonverbal behaviors can be identified and reprocessed in the therapy process.[1] The work consistently covers aspects such as communication between patient and therapist, dynamic processes occurring in their inner worlds, psychic defense mechanisms, and how they manifest during therapy. These ideas demonstrate the necessity of an individual approach in restoring mental health. Particularly, the reprocessing of traumatic experiences, analysis of emotional changes, and these theoretical views in ensuring the patient's mental stability enable the formation of contemporary forms of psychotherapeutic methods. This source is evaluated as important literature for understanding the scientific foundations of deep psychological therapeutic approaches widely used today, particularly dynamic psychotherapy, objectification methods, and analytical psychodiagnostic techniques.

In V.N.Myasishchev's article "The Concept of Personality from Normal and Pathological Perspectives," the role of individual psychological characteristics of personality and social relationships connected to them in preserving mental health is analyzed with primary attention. The author describes personality not only as an internal psychic system but as a complex system of relationships in constant interaction with the external environment. This approach helps in psychotherapy to determine how the patient's condition is in social context and how their internal contradictions harmonize with the social environment. According to Myasishchev, mental health is achieved not only through eliminating individual symptoms but through restoring and strengthening the personality's ability to build healthy psychological relationships

with others. This viewpoint confirms the importance of socio-psychological approaches in psychotherapeutic practice. Particularly, analyzing the patient's relationships with close ones, emotions, and forms of relationships during therapeutic conversations is an important source for understanding their internal state.[2] This article is significant for deeper understanding of the theoretical roots of methodical approaches such as interpersonal relationship therapy and systemic family therapy widely used in contemporary psychotherapy.

In V.Broytigam's work "Psychosomatic Medicine," the influence of human mental state on physical health is illuminated on a deep scientific basis. The author presents the identification of psychic factors and their interconnection with somatic diseases as a central issue through the psychosomatic approach. Broytigam substantiates that psychotherapy has positive effects not only on mental illnesses but also in conditions related to the cardiovascular system, digestive organs, endocrine system, and immune function. Mental stress, anxiety, depression, and chronic psycho-emotional strain states are proven through scientific examples to play a direct role in the emergence of physical diseases.[3] Psychotherapeutic strategies developed based on this approach are interpreted as an integral part of complex medical approaches in restoring patient health. Broytigam's work emphasizes the necessity of considering psychological state in developing individual treatment plans in contemporary psychotherapy. This demonstrates that psychosomatic concepts hold an important place in developing practical measures for preserving mental health.

The manual "Changing Attitudes Toward Psychoactive Substance Use and Forming Motivation in Correcting Other Psychosocial Adaptation Forms Among At-Risk Children and Adolescents" written by N.A. Sirota and V.M. Yaltonsky illuminates the practical application of motivational approaches as one of the contemporary directions of psychotherapy. The authors propose developing preventive and corrective strategies aimed at reducing negative behaviors among at-risk children and adolescents, including factors leading to psychoactive substance dependence, through motivational intervention. In this method, psychotherapeutic conversation, analysis of interpersonal relationships, behavior assessment, and methods of strengthening targeted motivation occupy a central place.[4] This approach serves to consciously strive for change and improve social adaptation. Through the manual, it is proven that mental health can be strengthened by taking into account age-specific approaches and individual needs in psychotherapy. This approach is recognized as an effective tool based on new methodological foundations of psychotherapy in working with children and adolescents.

The work "Family Psychoanalytic Psychotherapy: Lecture Course" written by S.S.Yanovsky is devoted to analyzing the family relationship system through psychoanalytic approaches in psychotherapy. The author deeply reveals the influence of unconscious motives and psychodynamic factors from childhood in identifying the connection between family contradictions and individual psychological states. This work serves as an important theoretical foundation in developing therapeutic strategies that place the family system at the center of preserving mental health. The work analyzes family roles, communication patterns, and transgenerational transmissions in the psychotherapeutic intervention process. According to the author, understanding the internal dynamics of the family and incorporating it into the

therapeutic process leads to high effectiveness in restoring individual mental balance. Through the family psychoanalytic psychotherapy method, individuals learn to identify conflicts in interpersonal relationships and resolve them constructively. This serves not only to strengthen mental health but also to stabilize the family environment.[5] This work illuminates the theoretical and practical foundations of complex approaches conducted in family contexts among the relevant methods of psychotherapy. Psychodynamic therapy is considered an approach aimed at studying the deep layers of human psyche. It enables understanding of the patient's current mental state based on unconscious memories, internal contradictions, and childhood experiences. Psychodynamic therapy is long-term and serves to solve complex personality problems. Research results show that this approach has high effectiveness in identifying and eliminating the roots of mental disorders.

Research Methodology:

This research employed qualitative content analysis method, which involves deep and systematic study of scientific-empirical and theoretical sources related to contemporary psychotherapy methods. During the research, published articles, monographs, clinical research results, and methodological directions recognized by international psychotherapeutic organizations were analyzed. Primary attention was focused on studying sources related to contemporary psychotherapy approaches - including cognitive-behavioral therapy (CBT), interpersonal psychotherapy, gestalt therapy, mindfulness-based therapies, as well as a number of integrative and multimodal methods. The principles, therapeutic techniques, methodological foundations, and criteria for evaluating effectiveness of these approaches were theoretically analyzed.

The research examined not only literature analysis but also the social and personal level impact power of methods used in practical psychotherapeutic activity. This utilized previously conducted clinical observations, experiences working with patients, as well as empirical evidence showing the impact of psychological interventions on mental health. This method served to draw more substantiated conclusions about the real-life application and effectiveness of psychotherapy methods. Humanistic approach focuses on human personal growth and self-understanding. This method is directed toward accepting the patient, helping them, and activating their internal capabilities. In the psychotherapeutic process, the patient's values and personal goals are taken into account. Humanistic therapy is organized based on respect and cooperation toward the individual, which encourages positive changes. This method is widely used to relieve mental stress and accelerate the personal growth process.

Group psychotherapy serves to improve mental health through social interaction and support. In groups, patients exchange experiences, discuss their problems, and develop social skills. Through group therapy, social isolation decreases in people, which has a positive effect on mental state. Research confirms the reduction of depression and anxiety levels as a result of group therapy. Mindfulness techniques serve to develop consciousness and teach focusing attention on the present moment. Through this method, a person reduces stress and anxiety, strengthening mental stability. Mindfulness is applied in complexes of psychotherapy methods

or as an independent approach. Its application increases effectiveness in accepting one's emotions and reducing negative attitudes toward them.

The biopsychosocial approach presents an integrated model in preserving mental health. This approach analyzes biological, psychological, and social factors in a complex manner. Considering these factors in the treatment process helps to understand the patient's condition more deeply. In the biopsychosocial approach, an individual therapy plan is developed, which enables effective elimination of psychological problems. New technologies are driving the development of innovative approaches in psychotherapy. Virtual reality therapy is used in treating phobias, traumas, and stress. Through online psychotherapy and mobile applications, the possibility of meeting the need for psychological help is expanding. These technologies provide people with the opportunity to receive help without place and time restrictions. Research shows that the effectiveness of online therapy is close to traditional methods.

Analysis and Results:

Analysis results show that cognitive-behavioral therapy is one of the most widespread and clinically effective methods. This method ensures mental stability by changing human thoughts in a constructive direction. The psychoanalytic approach helps resolve internal contradictions by understanding the patient's unconscious impulses. The psychosomatic approach shows the direct impact of mental negativities on physical health. Motivational intervention serves to prevent negative behaviors in the younger generation and strengthen social adaptation. Family therapy analyzes the individual's mental health within the framework of complex relationships with family members.

The trusting and cooperation-based relationship between psychotherapist and patient is considered an important factor in the psychotherapy process. In a trusting environment, the patient openly expresses their thoughts, which improves therapy results. Approaches adapted to personal and cultural characteristics increase psychotherapy effectiveness. In treating the patient, an individual approach and considering their needs and characteristics are necessary. Combining various methods of psychotherapy produces more effective results in many patients. The integration of cognitive-behavioral therapy, psychodynamic approach, and humanistic methods creates the opportunity to respond to individual needs. Flexibility and creative approach between doctor and patient are necessary in the therapy process. This ensures the uniqueness and effectiveness of the psychotherapeutic process. Psychotherapy methods are appropriately selected for specific groups. For example, creative therapy methods such as art and music therapy can be applied for children and adolescents. These methods have a positive impact on the emotional and social development of the younger generation.

Discussion:

The integration of psychotherapy methods is important for responding to various psychological needs. For example, while cognitive-behavioral approach is suitable for short-term results, psychoanalytic therapy is effective in solving long-term internal problems. The psychosomatic approach shows the importance of cooperation between doctor and psychotherapist.

Motivational and family therapy are aimed at solving interpersonal problems considering social context. When these methods are applied together, a complex approach suitable for the patient's individual condition is formed. As a result, maximum positive effect is observed in restoring mental health. Adolescents have favorable conditions for self-expression and overcoming mental difficulties in psychotherapy. Psychotherapy methods for the elderly are developed considering their life experience and health condition. In supporting elderly mental health, encouraging social integration and active lifestyle is of great importance. Maintaining mental activity and social connections reduces the level of depression and loneliness among the elderly. Continuous scientific research in the field of psychotherapy serves as a foundation for creating new approaches and methods. Research results serve to increase therapy effectiveness and ensure adaptation to new problems. Testing new methods and introducing them into clinical practice ensures the development of the psychotherapy field. The World Health Organization's recommendations on mental health are aimed at standardizing psychotherapy methods worldwide and improving their quality. Based on these recommendations, mental health services are being improved in countries. In Uzbekistan, the field of psychotherapy is also developing, and qualified specialists are being trained.

Conclusion:

Psychotherapy methods today serve as an important clinical and theoretical tool in ensuring mental health. Each of them affects different layers of human psyche and helps develop targeted therapeutic strategies. Based on the research, it can be said that in contemporary psychotherapy, individual approach, considering social environment, strengthening motivation, and taking into account family factors are necessary. Each method has its own specific advantages, and when applied in an adapted manner according to the patient's condition, high effectiveness is achieved in restoring mental stability. Therefore, the integrated application of psychotherapy approaches is evaluated as the most effective way to strengthen mental health. The relevant methods of psychotherapy in preserving mental health include comprehensively developed approaches that respond to various needs. These methods serve as the main tool in ensuring human mental well-being and improving quality of life. The scientific substantiation and practical effectiveness of each method in psychotherapy.

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